



# PRAYER

*Submission • Obedience • Presence*

## Are you feeling ...

That God is far away? Your prayers are unanswered?  
A lack of trust? A need to unload burdens?

## WHAT IS PRAYER?

Prayer is a shared conversation with God. It's about what you and God are thinking and sharing. Simply put, prayer is the way you commune with God for the purpose of deepening your relationship with him.

As your prayer life grows and trust is formed, you recognize the sovereignty of God. Answers are not always necessary when everything is in the powerful hands of God. Regular communion with God produces peace instead of anxiety because you believe you can trust him

alone. Over time you will witness and prove that he answers prayer.

Prayer is not about the words you say but about a two-way communication with God. You will discover that words are not always necessary, and in those times of silence there is a deep connection with God. When the Holy Spirit intervenes on your behalf, you reach a relationship with God that goes far beyond anything you could imagine (see Romans 8:26-27).

## WHEN DO I APPLY IT?

If you are beginning in the discipline of prayer, your first efforts at communicating with God may seem awkward or your conversation may seem contrived, but don't give up. God isn't as concerned with your words or outward appearances as he is with your heart

(see 1 Samuel 16:7).

A good way to pray is using the Psalms. And as you pray, willingly submit yourself to God's direction in your life. Follow Jesus' example and pray to the Father, "I want your will to be done, not mine" (Luke 22:42 NLT).

## READY TO PRACTISE PRAYER?

1. Find a quiet place where you can be alone
2. Open your heart to God. Be prepared to wait and listen for him to respond, in his time
3. Select a Psalm to pray and make it your own prayer (i.e. Psalm 32)

**Want to learn more on prayer? Download a one-page study guide at [www.SASpiritualLife.ca](http://www.SASpiritualLife.ca)**



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