

prayer

what is prayer?

Prayer is having contact with God.

Jesus himself also regularly sought silence to pray. It is good to set aside time to seek God.

But of course you can also talk to Him and listen to Him all day long.

 Matthew 14:23

When Jesus' disciples ask how to pray, He gives the following example:

 Matthew 6:6-13

This prayer is also called the "Our Father".

1 - giving thanks

Giving thanks is a command and gives peace in your thoughts that you cannot explain.

 Philippians 4:6,7

2 - telling what's on your mind

God wants you to involve Him in your life. Simply because you are His child. Tell Him what makes you happy. Tell Him what you are sad and worried about.

He asks you to give your worries to Him and trust Him.

 Matthew 6:19-34

 Philippians 4:6,7

3 - listening

 A separate lesson has been written on this topic: [Hearing God's voice](#).

4 - praying for direction

 Psalm 27:11

 Psalm 86:6,7,11

 Psalm 143:10

To think about

- God's plan for your life is not just something for later. **God's plan for you has already begun!** What do you see of that already?

Prayer

- Are there things I need to know or do that fit Your plan for me?

5 - telling what you believe

God says that He will do what you pray for.

 Matthew 7:7-11

 John 14:13-14 and 16:23

Praying "in His name" means saying something on behalf of Jesus. Then you are saying or asking something with authority. If you know it is correct with the Bible and with what God has said or promised before, through prophecy for example, you may simply say, Lord, You promised! So I trust that You are going to do it. I believe that. We also call this *proclamation*.

 2 Samuel 7:18-29

Get to work


- Find Bible texts that fit your situation or need (or someone else's) and pray/read these texts out loud every day.

[CLICK HERE for Bible verses by topic.](#)

5 - praying in the language of the Spirit

God wants to give us a new language. This is also sometimes called “your personal prayer language”, or “tongues”. What you pray in that language is always exactly the right thing at the right time!

 1 Corinthians 14:2

 A separate lesson has been written about this subject: [Prayer language of the Holy Spirit](#).

6 - fighting for the Kingdom

What you say has consequences in the world that you cannot see: the spiritual world.

 James 4:7

Prayer is not just talk ... prayer has a lot of power!

Therefore, you can also tell the devil to leave you alone.

 Matthew 4:1-11

God commands us to make an impact in our environment, our country and the world.

 Acts 12:5-11

 Ephesians 6:18

Sometimes it takes a long time to see results, but hold on!

Continue to seek and pray.

 Daniel 10

 Luke 18:1-8

7 - fasting

Fasting gives prayer extra power.

Fasting = you don't eat or eat less for a certain amount of time. If you don't eat, do so for one or a few days, because you need food to live a healthy life. And always keep drinking; drink even more than usual when you are fasting.

There are also people who fast by, for example, putting away their phones for a time, not watching television, or anything else. You can do that, too. In the Bible, fasting is always eating less or not eating at all.

A wonderful story about fasting can be found in the book of Esther:

 Esther 4:15-17.

If you want to know why Esther started fasting, read the entire book Esther.

amen

Many people say **Amen** after their prayers. That word means: “That's how it is! I believe that, I trust that, I assume that!”

