

What does God say He will do when we pray to Him? Jeremiah 29:12-13

God says He will listen to us!

What is God like? Psalm 103:13-14

God is like a compassionate father who knows our limitations and weaknesses, yet loves us and wants to communicate with us. Knowing this about Him, makes it easier to talk to Him in prayer.

But if you've never prayed before, you may wonder what to talk about.

WHAT CAN YOU PRAY ABOUT?

As you read about prayer in the Bible, you discover there is much you can talk about with God. When you talk to God, you can:

- Praise Him (Daniel 2:23)
- Thank Him (Daniel 2:23; Ephesians 5:20)
- Confess your sins to Him (Psalm 32:5; 51:3)
- Ask for forgiveness and cleansing (Psalm 32:5; 51:1-4,10)
- Ask for His will to be done (Matthew 6:10)
- Ask for necessities of life (Matthew 6:11)
- Ask for power to overcome temptation (Matthew 6:13; 26:41)
- Ask for wisdom (James 1:5)

- Pray for your friends (Job 42:10)
- Pray for your enemies (Luke 23:33-34)

WHEN CAN YOU PRAY?

When should you pray? Ephesians 6:18

Some translations read "pray at all times," "pray - on all occasions." This doesn't mean Christians must literally pray every minute of the day and night, but rather that there is no time that it is inappropriate to pray.

When else should you pray? Psalm 55:17

You can pray anytime. Most Christians find it helpful to have a definite time each day for prayer. Often this is first in the morning. Devote 10 - 15 minutes each day to communion with God. You will be better equipped to cope with whatever happens that day.

WHERE CAN YOU PRAY?

Where should you pray?
1 Timothy 2:8

Matthew 18:20

Matthew 6:6

You can pray anywhere - in your car, in the kitchen, in a church, among crowds, or alone. But it is best to have a quiet time alone each day.

Pick a place where you can be undisturbed. One mother of preschoolers found that the only place where she could be undisturbed was in the bathtub! Another man pulled his car into a parking lot and prayed each day after work before going home. But plan a definite time in a definite place each day. And pray aloud, it helps you keep awake.

Some folks find it helpful to keep a prayer journal, entering the date and items they wish to talk over with the Lord, then noting how and when answers come.

To whom should you direct your prayers? Matthew 6:9

UNANSWERED PRAYERS

Sometimes prayers are not answered the way we'd like. Why is this so? James 4:3

The New International Version of the Bible translates this text: "If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. But when he asks, he

must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind." James 1:5-6

What motives and attitudes should you have as you pray? James 1:6

1 John 3:22

1 John 5:14-15

Faith, obedience and submission to God's will are important attitudes in prayer. But maybe you don't feel you have these attitudes. Perhaps you're afraid to pray because you "don't have everything just right."

But what does God promise you? Romans 8:26-27

You don't need to worry. The Spirit will help you pray. Go ahead. Start talking to God. So what if you're a baby in Christ and your words may seem like baby talk! God is more delighted to hear your first words to Him than your parents were to hear you first speak to them.