

Prayer is the foundation of a strong relationship with God. It connects us to Him, strengthens our faith, and aligns our hearts with His will.

What is Prayer?

At its core, prayer is simply talking to God. It doesn't require elaborate words or a rigid structure; what matters is a sincere heart. It includes:

- Petition: Asking God for specific needs.
- Intercession: Praying on behalf of others.
- Praise and Thanksgiving: Expressing gratitude and worship to God.

Who Do We Pray To?

We pray to God the Father in the name of Jesus, who is our Mediator (**John 16:23–24, John 14:13–14, 1 Timothy 2:5, Hebrews 8:6**).

How Should We Pray?

Jesus taught His disciples to pray (**Luke 11:1–4, Matthew 6:9–13**), demonstrating:

- Our Father in heaven: *Relating to God as a Father*.
- Hallowed be your name: *Reverence for God, focus on God's Greatness*.
- Your kingdom come, your will be done: *Submission to God's will*.
- Give us each day our daily bread: *Dependence on God for daily needs*.
- Forgive us our sins, as we forgive others: *Confession and forgiveness*.
- Lead us not into temptation, but deliver us from evil: *Guidance and protection*.

When Should We Pray?

- Always! We are encouraged talk with God throughout our day, not limited to formal prayers, but a constant mindfulness of His presence (**1 Thessalonians 5:16–18**).
- However, setting aside uninterrupted times for prayer is also important (**Mark 1:35, Daniel 6:10, 1 Samuel 1:9–11**).

Why Should We Pray?

- To know Him (**Jeremiah 33:3, Ephesians 1:17**).
- Because Jesus modeled a life of prayer, and we follow His example (**Luke 6:40**).

Challenge

Set aside intentional time for prayer, even if it's just 5 minutes. Make it a priority to spend uninterrupted time with the Lord. Additionally, practice including God in your activities throughout the day, inviting Him into every moment and decision. If you see one another this week, take a moment to ask how it's going and encourage each other in this challenge!

