



WEEK FOUR

DAY 17

JOHN 14:13

PRAYER

A relationship with our Father in heaven is based on regular conversation with Him. This is similar to a good friendship that you may have with someone you love. You have regular conversations, sometimes short and sometimes long chats, which happen at regular intervals. See how Jesus refers to us as his friends:

"Instead I have called you friends, for everything that I learned from my Father I have made known to you." (John 15:15)

When we realize that prayer is an activity of friendship, we realize that it is just conversation with our God.

What do you think Paul meant when he wrote in 1 Thessalonians 5:17: "Pray continually"?

All of us constantly talk to ourselves in our minds. We know it as self-talk. If you start each of these conversations with 'Father', you are well on your way to learning how to pray continually! Praying continually does not mean you should spend your entire day sitting somewhere and praying. It rather refers to a practical way to involve God in your day to day thoughts. When you include Him in every thought, your self-talk will turn into God talk!

Jesus taught the same thing when he said in Matthew 6:9 that our prayers should start with 'Our Father.' Jesus also demonstrated prayer as a critical part of His relationship with His Father.

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Jesus showed us the value of regular retreats where we are alone to have deep conversation with God.

“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you in the open.” (Matthew 6:6)

It is clear that prayer behind closed doors is not just thinking, it is talking. This sounds obvious but many people still need to learn how to actually talk to God. Let me give you a simple method to start a life of prayer. I love to do it while I am reading the Bible because it is a good option to pray through what we read in the scriptures.

Let's use Psalm 23 as an example. Verse 1 says: 'The Lord is my shepherd.' Let's put the word 'Father' in front of it: 'Father, you are my shepherd.' This immediately turns what I am reading into a conversation. You could then go one step further and ask your Father to help you understand what it means that He is your Shepherd. Praying the scriptures like this gives the Holy Spirit the opportunity to then respond. He will fill your mind with thoughts about how God wants to be your Shepherd.

A very good next step is then to take this prayer and apply it to all the practical challenges of your life. For instance: Father, shepherd me with my responsibilities at home. Father, shepherd me with my responsibilities at work. Father, shepherd me in every area of my life.

The last important discovery about prayer is that we must pray in the Name of Jesus:

“And I will do whatever you ask in my name, so that the Father may be glorified in the Son.”
(John 14:13)

We love to end all our prayers with this statement: 'In the name of Jesus, Amen.' The word 'Amen' just means: Let it be done.

Praying in the Name of Jesus actually means that we pray in alignment with His purposes for our lives. It also means that we pray on behalf of His reputation. This gives us the boldness to ask anything, whether it seems insignificant or extreme. As we align our prayers with His purposes and plans, we know that He will give us what we ask for!



AFFIRMATION

**“FATHER, I THANK YOU THAT I CAN TALK TO YOU
IN EVERY MOMENT OF MY DAY.”**

**WRITE DOWN A SIMPLE PRAYER AND READ IT OUT ALOUD AS YOU
BEGIN TO PRACTICE TALKING TO GOD.**

ACTION STEPS
