

# Why Pray?

## 1. We are invited to pray.

“Jesus told his disciples...that they should always pray and not give up” (Luke 18:1). The apostle Paul said, “Pray continually.” (1 Thess. 5:17) “Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise.” (James 5: 13)

## 2. Prayer helps to nurture our relationship with God.

Jesus said, “this, then, is how we should pray: Our Father in heaven...” (Matt 6:5-14)

## 3. Pray even when we don't know how to pray.

‘In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God. “(Romans 8:26-27)

## 4. Jesus prayed.

“Jesus often withdrew to lonely places and prayed” (Luke 5:16). “Very early in the morning, while it was still dark, Jesus left the house and went off to a solitary place, where he prayed” (Mark 1:35). “After leaving them, he went into the hills to pray” (Mark 6:46).

## 5. Asking is encouraged.

“Ask and it will be given to you...everyone who asks receives” (Matt 7:7).

## 6. God hears and answers.

“Call to me and I will answer you” (Jeremiah 33:3). “This is the assurance we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us – whatever we ask – we know that we have what we asked of him” (1 John 5:14-15).

## 7. Prayer is effective.

“The prayer of a righteous person is powerful and effective” (James 5:16).

## 8. Prayer brings peace.

“Do not be anxious about anything, but in everything by prayer and petition with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your heart and your minds in Christ Jesus” (Philippians 4:6-7).

## 9. We need God's help.

“My God, I cried to you for help and you healed me” (Psalm 30:2). “Call upon me in the day of trouble and I will deliver you” (Psalm 50:15).

## 10. Prayer can heal our land.

“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land” (2 Chron. 7:14).

## 11. All great men and women of God were people of prayer.

Many prayed several hours per day. Read the biographies of faithful people. Moses (Exodus 15; 32;33), Hannah (1 Samuel 1 and 2), David (1 Samuel 7; 2 Samuel 22; Psalm 18), Elijah (1 Kings 19), Ezra 9, Nehemiah 1.

## 12. Through prayer there is growth.

“He who dwells in the shelter of the Most High, will rest in the shadow of the Almighty” (Psalm 91:1).