

HOW TO PRAY: 101



What is prayer?

Prayer in simple terms is communicating with God, it's a conversation just like you would have with anyone else! Sometimes you talk, sometimes you listen.

How do we pray?

Luckily for us the Bible gives us great examples of how to pray, many are found in the book of Psalms but the most famous example is called the Lord's Prayer. Jesus showed us that our prayers don't need to be long or fancy, God only cares about our hearts.

FAQs

Sometimes we can get discouraged because we don't feel like God is listening or talking to us. That's okay! A lot of the time God doesn't speak to us through audible words, instead He uses His Holy Spirit. When we feel like this, it's good to remember that He has promised us through His Holy Scriptures that He is always listening! Jesus said in Matthew 21:22 "... whatever you

ask in prayer, you will receive if you have faith.” So we pray in the faith that He is right there with us.

What does pray look like?

There are so many ways to pray that no one could possibly list them all. Our God gives us the freedom to be as creative as our imaginations can be. Listed below are some helpful examples to get your started...

1. Thank You

Thanksgiving is the act of expressing gratitude to God for His blessings. You can thank God for His mercy, love, provision, and challenges leading to personal growth. Start by simply acknowledging and listing out the things you're grateful for, expressing your thanks sincerely.

[1 Thessalonians 5:16-18](#)

2. Praise

Praising God means acknowledging His greatness, His majesty, His power, and His goodness. Take some time each day to meditate on God's attributes and express your admiration.

[Psalm 145](#)

3. Requests & Prayer Needs

Don't hesitate to bring your needs before God, whether they're spiritual, emotional, or physical. Remember, prayer is a conversation, and God cares about all aspects of your life.

[Philippians 4:6](#)

4. Journalling

Prayer journaling involves writing down your prayers. It's a great way to organize your thoughts, keep track of answered prayers, and reflect on your spiritual growth over time.

[Psalm 143:5](#)

5. Silence & Solitude

In our busy world, finding time for silence and solitude can be transformative. Use this time to quiet your mind, listen for God's voice, and connect with Him on a deeper level.

[Psalm 46:10](#)

6. Expressive Prayer

This form of prayer involves expressing yourself through art, dance, or music as a way of communicating with God. It's about being creative and using your unique talents to worship.

[Psalm 150:4](#)

7. Prayer Partners

Praying with a partner can provide encouragement, support, and accountability. You can share your prayer requests, learn from each other, and grow together in faith.

[Matthew 18:20](#)

8. Prayer through Scripture

Praying through Scripture involves taking a passage, like the Lord's Prayer or a Psalm, and using it as a template for your own prayers. This can help guide your words and keep your prayers focused.

[Psalm 1:2](#)

9. Listening

Listening is just as important in prayer as speaking. Take time to quiet your thoughts and listen for God's voice. This may come through feelings, thoughts, scriptures, or impressions.

[Jeremiah 33:3](#)

10. Communion

Communion is a sacred act remembering Christ's sacrifice. While it's not prayer in the traditional sense, it's a profound form of worship and reflection that can deepen your relationship with God.

[Luke 22:19](#)

11. Confession

Confession is acknowledging your sins and seeking God's forgiveness. It can be done alone or with a trusted mature Christian for guidance and support.

[1 John 1:9](#)

12. Fasting

Fasting is a spiritual discipline that involves abstaining from food (or other activities) to focus more deeply on prayer. It's a way to humble yourself and seek God's guidance.

[Matthew 6:16](#)

Prayer is all this & more!

Remember that this is just a guide, in Jesus we have unlimited access to God and boundless freedom to express ourselves creatively in prayer to Him!

EBC