

## **BEGINNING AND ENDING WITH PRAYER**

***“And pray in the Spirit on all occasions with all kinds of requests.”  
Eph 6:18 (NIV)***

Prayer begins at any age. For some as early as age two, for others in their teens and for others when they are older. Prayer can happen once a day or throughout the day. Prayers can be short and to the point or longer if needed. Prayer has no set time or location. Prayer is never ending.

Everyday there is a need for prayer. Prayer can help us come to grips with what's going on in our daily life and world.

Prayer is our lifeline to God and Jesus. God already knows what we want and need. God wants us to ask.

***Without prayer in our lives who knows where our life might be.*** We might feel powerless, no peace of mind, worrying over everything or nothing at all. There are things for which we have no control but God does. He knows how to help us overcome selfishness, lack of self-control, etc. We need to pray and ask for God's help and guidance.

Prayer can give us power in a positive way; peace of mind knowing we've done right, encouragement, fulfillment, feeling secure and good self-esteem in our daily living. Prayer is powerful!

### The Power of Prayer

Answers to our prayers may happen when we least expect them. God can take a situation and turn the tables on us, even allowing another person to be the answer to our prayers. After we pray we need to look around at our surroundings and see if there is a change. Some prayers may go unanswered and we may never know the reason. God knows and has His reasons. We might also know the reason if we really look at what we're praying for.

Prayer is for everyone: ministers, long time followers or beginners.

The crux of the matter: prayer is talking to God. It does not cost money. It does cost us our time to consider the power of prayer. We all have reasoning abilities and time to commune with our heavenly Father.

***Thank you, Lord, for the privilege of prayer. Amen***

Contributed by: Lynne Anderson