

PRAYER

By: Lynne Andersen

I remember praying the prayer as a child, “Now I lay me down to sleep...” I believe I was four or five years old. I think I stopped praying that prayer around seven or eight years old. I stopped because I thought I was too old to say that prayer and I didn’t know any other prayer. I think I also stopped praying altogether at that time.

Prayer wasn’t a big issue at my house. I really never saw my grandparents or father pray, so I don’t feel I was given a role model or guidance on how to pray. The only person I saw pray regularly was my minister at church. I always thought he learned how to pray from going to school to become a minister!

We prayed at meals sometimes, but normally only when we had company over and I usually said the prayer which was “God is great, God is good”. As I got older, I would say the prayer faster!

I do remember praying as a teen, but only for what I wanted. (I have learned better over the years) As a young adult I didn’t pray much either. Now I wish I had, because my life and my children’s life might have taken a whole different path.

I now praise and thank God every day that I am allowed to live in His wonderful creation. If a situation arises and I have no control over it, I put it in God’s hands and allow him to work his magic. I also ask for prayer from fellow Christians. I do this for guidance and insight. Then I sit back and wait patiently for God’s glory to shine through. When I give it to God, I receive a calm, relaxing feeling. God knows more of what’s going on in His world. After all, He created it!! He sees and hears everything—even my thoughts as I am typing this right now.

It’s hard to sit back and wait, but when I don’t, I find myself worrying and almost making myself sick over something I have no control of.

At this time in my life, prayer is very important to me because there are many things happening that I am very concerned about. I believe if I hadn’t started to pray again, my life would be like it was before – even worse.

Prayer, worshipping, talking to God – the only way to go!
God knows what is best for me. He created me and knows me inside out.

