



## Life-Link Study #17

# PRACITISE II: Praying

### Introduction

Our second Practise session is on Praying. From the life of Jesus, we realised that He was always in fellowship with God through prayer. Praying is another way to fellowship because this gives us the room to speak and then listen out for an answer from God. When you have fellowship with God, life becomes easy, more like driving at night on a road you know so well, or a singing without the script a song you know so well.

In Jesus day, he told a parable to His disciple to emphasize on the fact, "...that men ought always to pray and not faint;" – lose heart, discouraged, discontented, disheartened (Luke 18:1). When situation arises which tends to have a toll on your life, joy and happiness, the recommended way to get out of it is by prayers. Prayer brings hope.

### The act of prayer shows that:

- A. Something can be done and assures us there is hope for an answer. When we pray, we see things differently. Some people become more emotional and less inhibitive when they pray. They pray with such passion to prove their only option is in talking to God about the matter.
- B. Someone greater than the situation is available and willing to help if you just ask. Consider the Psalm of David (Psalm 23) talking about how God cares for His children as a good shepherd. In Psalm 24, David expresses that God is the legal owner of the earth and everything in it – both people and situations. That means, if there is anything in our realm which bothers us, it is within God's powerful reach. All we need do is trust him.

Prayers expresses our confidence in God whom is able to do exceeding, abundantly, above all that we can ever ask or think, according to His power that is at work in us (Ephesians 3:20). The Apostle Paul very articulately advises (1 John 5:14 - AMP), "***And this is the confidence (the assurance, the privilege of boldness) which we have in Him: [we are sure] that if we ask anything (make any request) according to His will (in agreement with His own plan), He listens to and hears us....***" Isn't that an amazing thing to know that when we ask according to His will, irrespective of what it is, He listens and hears us?

Read Amplified version – Ephesians 3:20 –

***"Now to Him Who, by (in consequence of) the [action of His] power that is at work within us, is able to [carry out His purpose and] do superabundantly, far over and above all that we [dare] ask or think [infinitely beyond our highest prayers, desires, thoughts, hopes, or dreams]—"***

**Q: Where would you find God's will?**

Tip: Joshua 1:8, Psalm 1:1-3. – His word is His will. Spend time studying the bible.

Spending time praying builds and solidifies our relationship with God. Don't forget the 'confident' part when you pray. If you pray in fear, the element of confidence in the answer will not be present. When you pray in faith you'll have the answer. Faith says, "I have the answer," Fear says, "I am not sure what is going to happen."

**Q: Jesus said, when you pray, 'Believe...' What was His reason for saying this?**

**Q: Above, we established that Prayer is another way to fellowship with God. How do we achieve this?**

Lastly, spend more time praying with Thanksgiving. [Decide on special time of day when you can spend time praying. Start with 5 minutes, and then develop on your time. You can also try the idea of praying wherever and whenever possible; it gives you a *sense* of God's presence all the time, and this helps to strengthen your relationship with God]. When you pray with 'Thanksgiving,' you are saying, "I can see the answer,' 'I am grateful for God's help because He hears me always,' 'I am confident I am coming out on the other side in victory.'

**PRATICE POINT –**

**Consider trying this:**

- Determine to pray for the next 1 week without an idea of 'winging' in your prayers.
- Practice praying and using words that expresses your gratitude to God.
- Practice time shifts – 5mins, 8mins and 10mins in your prayers for the next two weeks .