



If Christ consistently prayed to the Father sometimes all night to be strengthened by God, we should realize how much more we need to steadfastly seek God in prayer.

Why?

If Jesus needed spiritual strength to carry out His mission, we surely need the Holy Spirit's guidance to follow Christ as Lord!

Here's what Jesus said on prayer for this purpose:

Luke 18:1: "Then He spoke a parable to them, that men always ought to pray and not lose heart."

Mat 26:41: "Watch and pray, lest you enter into temptation. The spirit indeed *is* willing, but the flesh *is* weak."

John 15:7: "If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you."

The purpose:

2Chron 7:14: "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 I will hear from heaven, and will forgive their sin and heal their land."

Philip 4:6-7: "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

Do we realize the power of prayer to have the spiritual strength to face the world?

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A very important aspect of prayer is to understand we are entering the presence of God, so it must be with a heart of true worship.

Here's what Jesus said in Mat 6:9-10: "In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. Your kingdom come, Your will be done on earth as *it is* in heaven."

In essence, God comes first before our own petitions.

Verse 11 continues saying, "Give us this day our daily bread."

In other words, we must understand that prayer is to enter into the presence of God with an attitude of worship to Almighty God, before asking for our needs or seeking guidance.

Additionally, Luke 18:1 says: "Then He spoke a parable to them, that men always ought to pray and not lose heart."

As well, Col 4:2: "Continue earnestly in prayer, being vigilant in it with thanksgiving."

Then 1Thess 5:16-18 says, "Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you."

Why?

1Tim 2:5: "For *there is* one God and one Mediator between God and men, *the* Man Christ Jesus."

Pro 15:29: "The LORD *is* far from the wicked, but He hears the prayer of the righteous."

Do we understand the need to focus our prayer on God through Christ in thanksgiving and with a pure heart?

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Does God truly care for us, does He answer our prayers for guidance, help through trials and temptations, or even to fulfill our needs?

Here's what scripture teaches us on prayer:

Heb 4:14-16: "For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all *points* tempted as *we are*, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need."

1John 5:14-15: "And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him."

Mat 7:11: "If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!"

Luke 11:9: "So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you."

Why?

1John 3:22: "And whatever we ask we receive from him, because we keep his commandments and do what pleases him."

Introspection: Do I understand the need to pray steadfastly and with a pure heart, for guidance and help even through trials, and to trust God in all situations?

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In Mark 12:31, Jesus said that we must love our neighbor as ourselves. Therefore, whatever blessing we ask of God, we should also wish for our neighbor, right?

Paul in 1Tim 2:1-4 describes it this way: "Therefore I exhort first of all that supplications, prayers, intercessions, *and* giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. For this *is* good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth."

He added in Eph 6:18: "Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere."

Then, James 5:16 adds, "Confess *your* trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much."

Finally, how did Jesus define our neighbor, and enjoined us to pray for them?

Mat 5:44: "But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you."

Introspection: Is my prayer life centered on me, or do I submit to Christ's command in praying for my neighbor?

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