

# Giving You a Fresh Start After Trauma!

## The Importance of Prayer!

Prayer is such an integral and important part of our lives but so many do not pray. Praying can be just talking to the Father. He wants your heart ... not your perfection.

Now know that a successful prayer life does not happen overnight. Just keep praying no matter how good or bad you think you are doing.

- God has a personal plan for each of us.
- We cannot do what someone else is doing and expect the same results.
- Our prayer life is progressive. It will progress as we progress ... so be patient.

Jesus taught the disciples how to pray when He gave *“the Our Father”* in Luke 11. I don’t believe that it is the specific prayer we are to pray (*although praying scripture is always good*), but I believe it was a foundation or template on how we should pray.

Hebrews tells us that we are to come fearlessly, confidently, and boldly to the **Throne of Grace** (Hebrews 4:16). If you feel you need help with your prayer life, just be honest with God and come boldly and tell Him. He has the Grace to help you develop a meaningful prayer life. Just begin to pray *“Lord, teach me to pray”* just like the disciples did in Luke 11:1

But first let me ask you this. Do you know why we should pray? Well, here are a few reasons I believe why we should pray.

1. So that the life of God inside of us is nourished. We eat food to nourish our physical bodies. Well, we need prayer to nourish our Spirits. Prayer is not just supposed to be a means for us to “get” things from God but a way to strengthen our relationship with Him.
2. It is to help us build our relationship with Him. If we pray only because we want answers, we will become irritated and angry with God because those answers may not come in the way we want or when we want them.
3. It’s a way to become His friend. Abraham, Moses and David were some of God’s greatest friends. In Psalm 23:1 it says, *“The Lord is my Shepherd.”* Shepherd in the

Hebrew is taken from the word *ra'ah* which also means best friend. He wants to be your friend as well as your Lord, Savior, God and Shepherd.

4. It is a way to know what he wants us to do in specific situations in our life. We are to pray to get guidance.
5. It's a way to petition our needs to the Father even though He does know our needs. Scripture says, "*We have not because we ask not.*" James 4:2
6. God needs us to pray because you see since the Father created the universe, He chose to work through us and in us and not independent of us. Even though God is sovereign and all powerful, Scripture tells us that He limited himself on earth. He isn't in heaven waving His magic wand changing what He wants changed. No, He desires to work through us by giving us His Grace and power to do what needs to be accomplished. But we must be connected to Him to hear His guidance.

How Do We Pray or what are the different ways we pray?

1. With petitions
2. With Thanksgiving (Philippians 4:6-7)
3. Through Intercession
4. By Worshipping Him
5. In the Spirit or Tongues
6. Asking in Jesus Name (John 14:13)
7. Lastly, we pray guided by The Lord's Prayer (Luke 11)

Let's breakdown the Lord's prayer.

OUR FATHER WHO ART IN HEAVEN

We are addressing Him as our Heavenly Father and our King. It's now that we can approach Him with great confidence as His child (John 14:6). Our Heavenly Father has promised to meet all our needs (Matt 7:7-12; Philippians 4:19)

HALLOWED BE YOUR NAME

It's here where we are honoring God (Psalm 34:3) by setting His Name aside as sacred from all other names. We are to place His name above our own personal needs and desires.

YOUR KINGDOM COME,

Kingdoms require two things ... a king and its people. When we pray and ask for God's Kingdom to come, we are releasing our desire that God's will is in our hearts and lives. We are asking for God's Kingdom to come here on earth and in our lives.

YOUR WILL BE DONE,

It's now that we are asking for God's will to be done – not our own in our life but His. Praying this can be hard at times especially when we feel we have great needs. When we ask for His will to be done, it may not be the outcome we hoped for, but we must be confident that it is the best outcome. That's why we must trust Him. You cannot depend on someone if

you don't trust them. It's the same with the Father. If we don't trust Him, how can we depend on Him.

ON EARTH AS IT IS IN HEAVEN,

Basically, we are asking that what is in heaven will be brought down to the earth.

GIVE US TODAY OUR DAILY BREAD,

The Father only wants us to ask for what we need each day. We don't need to ask for a week's worth or a month's worth of need. Why? I believe because He wants us to commune with Him daily. If God gave us what we needed in bulk, we could not appreciate it or waste it. Just like when the Israelites were in the wilderness, they only got enough manna for the day. If they took more than a day's worth, it would spoil.

FORGIVE US OUR DEBTS,

Our Heavenly Father will forgive us if we are willing to forgive others. Our Lord Jesus Christ took ALL our sins on the cross and we received forgiveness from Him. We must do the same towards others. If we find forgiving others hard, we should go to the Father. It's the Lord that does the forgiving through us, so we just need His Grace to help us through. (Matthew 18:21-35). Forgiving is not a matter of how we feel, it's a matter of God's command and our will.

AS WE ALSO HAVE FORGIVEN OUR DEBTORS,

This is where we are agreeing to forgiving others who have wronged us and hurt us. We must give them to the Lord and release any bitterness and anger we have inside us towards others.

AND LEAD US NOT INTO TEMPTATION,

Now understand the Father DOES NOT lead us into temptation to sin. James 1:13 says, *"Let no one say when he is tempted, I am tempted from God; for God is incapable of being tempted by [what is] evil and He Himself tempts no one."* Know also understand this, that it doesn't mean that His daily guidance will prevent us from encountering temptation because even Jesus was tempted in the desert by satan (Luke 4:1-2). But Jesus tells us how to handle those temptations with the Word of God. This Scripture is us asking the Father to lead us step by step with the struggle we encounter.

BUT DELIVER US FROM THE EVIL ONE.

We are asking for His Holy protection against the enemy.

I hope this breakdown gives you a template on praying to your Father in Heaven through Jesus Christ.