



How Do I Pray?

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.
Mark 1:35

The essence of prayer boils down to two things:

- Desire for relationship
- Declaration of dependence

Keep it simple.

When you pray, don't babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. Don't be like them, for your Father knows exactly what you need even before you ask him!
Matthew 6:7-8

- We come simply as we are – our personality, our experiences, our words, our hurts – and we speak to him directly and truthfully. Brings great freedom to prayer.
- There really are very few rules for us when it comes to prayer.

Keep it real.

- God is not afraid of your honesty.
- We see honest prayer with Moses complaining and whining to God during the Exodus, David lamenting through the Psalms, Jesus in the Garden of Gethsemane, etc.

Keep it up.

One day Jesus told his disciples a story to show that they should always pray and never give up. Luke 18:1 NLT.

- Make it easy.
- Make it enjoyable.