

ENCOUNTER
PRAYER

Why Pray?

SESSION 1

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01 Why should we pray?

We want this course to help you understand why we, as Christians, believe in prayer. Our desire is that you will not only understand why people pray but will also be encouraged and equipped to start praying too; to start connecting with God.

02 What is prayer?

- Prayer is a direct line to God. God wants us to communicate with him in prayer to have a two-way conversation; like a person to person phone call or conversation with a friend.
- We know what it's like not to be heard or to be misunderstood - good communication is important.
- To many people, prayer seems complicated, but it is simply talking to God. Praying is like talking to a good friend, having a conversation with someone who completely understands you.

03 How should I speak to God?

#1

Keep it simple...



Jesus said, "And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words."

MATTHEW 6:7

#2

God hears and understands you whatever language you speak.

#3

Some people kneel or close their eyes to help them focus, or stop their minds from wandering. People pray in many different ways. You can try kneeling or speaking out loud if you feel comfortable, but remember that if you don't do these things God still hears you.

#4

The best place to start with prayer is on your own, just like Jesus did:



"After He had sent the crowds away, He went up on the mountain by Himself to pray; and when it was evening, He was there alone."

MATTHEW 14:23

And He encouraged us to do the same:



"But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you."

MATTHEW 6:6

04

God already knows you and knows your story

The Bible says this about God and you:



"You know me inside and out, You know every bone in my body; You know exactly how I was made, bit by bit, how I was sculpted from nothing into something. Like an open book, you watched me grow from conception to birth; all the stages of my life were spread out before you, the days of my life all prepared before I'd even lived one day."

PSALM 139:15-16

God will get your language; He'll know what you mean even if you think you're not describing it well, because He knows you. It's so much easier to have a conversation with someone who already knows you.

05

Am I good enough?

We may think we are not good enough or religious enough to talk to God, but this isn't true. God is full of love, He is not distant from us and the reality is we can all confidently approach God in prayer.



"Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to feel sympathy for our weaknesses, but we have one who has been tempted in every way, just as we are – yet He did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

HEBREWS 4: 14 -16

God wants to have a conversation with us, not just when we are in trouble or through a priest or chaplain. He wants us to speak personally to Him at all times. He knows what we are going through, and we can approach Him in prayer with confidence.

 **RICHARD FOSTER**
[CHRISTIAN WRITER]

"We will never have pure enough motives, or be good enough, or know enough in order to pray rightly. We simply must set all these things aside and begin praying. In fact, it is in the very act of prayer itself – the intimate, on-going interaction with God – that these matters are cared for in due time."

God will never get tired of having a conversation with you; He never gets tired of hearing your voice.



"If my people, who are called by my name, 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."

2 CHRONICLES 7:14-15

06

Regular contact

A regular time of prayer helps build a strong relationship with God. Remember, it's an ongoing conversation, not a one-off chat. Try and do it regularly.



"But Jesus often withdrew to lonely places and prayed."

LUKE 5:16

It helps to build a routine (like praying in the morning and evening) but if you miss a slot, it's also helpful to remember that God won't punish you. Don't beat yourself up, just keep trying and you will soon find that it becomes a habit.

A FEW THINGS TO REMEMBER:

- 01 Anyone can pray
- 02 Start on your own
- 03 Use your own language
- 04 Try and do it regularly