

# Call&Care

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Keeping  
Prayer  
Simple

## What is Prayer?

Prayer is communication with God our Heavenly Father.

It can take the form of worship, adoration, praise, thanksgiving, confession, intercession, and last but not least listening.

It can be spoken or silent, an attitude, meditation, contemplation. But it needs to be two way, responsive, open and real.

Many Churches are used to having set prayers and liturgical services.

If you are from this tradition and there are prayers which are appropriate for you to use, then go ahead and use them.

This may be particularly helpful for people who are used to this type of prayer.

Most people know the Lord's Prayer and the Grace.

These can be particularly helpful for some people at this time.

Other people may want you to pray for them in your own words, so I will now give you an introduction to praying for people.

## Who do we pray to?

We pray to God

The Lord God Almighty, Creator of Heaven and Earth

We pray through Jesus Christ His one and only Son, our Saviour

We pray in the power of the Holy Spirit, the helper and comforter given to us by God.

## Why do we Pray?

Is it to alleviate our anxiety?

Is it because a problem shared is a problem halved?

Is it to get something off our chest?

Or because we need someone to talk to?

Is it about keeping someone in mind, or thinking of them?

All of these could apply, but prayer goes beyond simply talking with another human being.

## So What Makes Prayer Different?

What matters is who we pray to.

The important aspect of prayer is the recognition of who it is directed to and the power He has to bring about change:

God the Creator of the Universe;

God with whom "nothing is impossible";

God who showed His love for us through Jesus His son;

God who knows each one of us and cares about us individually;

God who is unchanging - the same yesterday, today and forever;

God who can be trusted with our lives and knows what is best for us;

God who listens when we cry out to Him and hears our prayer;

God who forgives our sins through His son Jesus taking them on Himself;

God who has the power to heal and make whole;

God who changes lives and brings new meaning to our existence;

God who knows the future and will direct our path;

God who gives us the Holy Spirit as the confirmation of our inheritance;

God who truly is God - King of Kings and Lord of Lords.

## **What Part Do We Play?**

When we pray for others we:

Intercede or represent on behalf of the person before God;

Accompany them as we come before the throne of grace and help them connect with God;

Offer a prayer of agreement that reflects their need;

Unite with them in faith;

We may be using telephone technology but we are still one in spirit as we pray.

## **What Do We Need To Know To Be Able to Pray?**

We will be called to pray for a variety of needs.

We do not need to know all the circumstances of the situation.

It may only be necessary to know very basic information.

God knows their need even before they speak on the telephone, so trust the Holy Spirit to fill the gaps in your knowledge.

Keep the prayer simple. It is not by our might or power or skill but by God's power that the prayer is heard and answered.

Do not promise a specific answer as if you were Father Christmas answering a child for their request of a Christmas present.

God will answer in the best way and time for the person.

The challenge is, do you believe that God can and will answer prayer for this request?

Do you believe that God intervenes in the world today?

It is important to be continually in tune with God in all we think, do and say.

## **Answers to Prayer**

Do we expect answers to prayer?

Does the person expect an answer to prayer?

### **Reassure them that:**

God knows their need

God hears our prayer

God listens to our prayer

God will answer our prayer

### **But**

God has the final say

God chooses how he answers

God knows them

God knows what is best for them

When God answers and there is a miraculous outcome - all praise and glory be to Him!