

Why Pray?

Is prayer a waste of time? After all, God knows what we need even before we ask. As you face your day with its challenges, disappointments, joys or trials consider these fourteen reasons to pray to God.

1. **Prayer is Talking with a God Who Cares** “Give ear to my words, O LORD, consider my sighing. Listen to my cry for help, my King and my God, for to you I pray. In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation” (Psalm 5:1-3).
2. **Prayer is Heard by God** “For the eyes of the Lord are on the righteous and his ears attentive to their prayer, but the face of the Lord is against those who do evil” (1 Peter 3:12).
3. **Prayer is Following the Teaching of Jesus** “Then Jesus told his disciples a parable to show them that they should always pray and not give up” (Luke 18:1).
4. **Prayer is Following the Example of Jesus** “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed” (Mark 1:35).
5. **Prayer Changes Things** “I tell you the truth, if you have faith and do not doubt, not only can you do what was done to this fig tree, but also you can say to this mountain, ‘Go, throw yourself into the sea,’ and it will be done. If you believe, you will receive whatever you ask for in prayer” (Matthew 21:21-22).
6. **Prayer Brings Joy** “Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete” (John 16:24).
7. **Prayer Brings Peace** “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus” (Philippians 4:6-7).
8. **Prayer Brings Physical Healing** “Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well” (James 5:14-15).
9. **Prayer Helps Us Resist Temptation** “Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak” (Matthew 26:41).
10. **Prayer Helps Us to Fight Evil** “Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints” (Ephesians 6:17-18).
11. **Prayer Helps Us Deal with Those Who Mistreat Us** “But I tell you who hear me: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you” (Luke 6:27-28).
12. **Prayer Blesses Our Leaders and Protects Our Families** “I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone – for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness” (1 Timothy 2:1-2).
13. **Prayer Advances World Mission** “Then he said to his disciples, ‘The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field’” (Matthew 9:37-38).
14. **Prayer is God’s Pattern for Revival** “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 will heal their land” (2 Chronicles 7:14).

This list is not exhaustive. Pray often and you will discover more!

“In true prayer one enters God’s presence in the weakness of one’s humanity and emerges with the strength of His divinity”

(Roy E. Conwell – Truth for Travellers)