

# Praying Hands - Are You Using Yours Correctly?

*By David Hopkins*



Do you find praying hands and knees intimidating? Have you ever said, "I don't know how to pray"? If so, you may be surprised to learn that there is no "right" or "wrong" method of prayer. Nor is prayer reserved for a handful of religious professionals.

Prayer is the act of offering reverent petition to God and an expression of the commitment and trust we have in God by faith.

Matthew 6:6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

When we come before God in prayer and give Him full control of a situation, we are acknowledging His ability to bring about a change in that area of our or someone else's life.

Matthew 21:22 And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.

As a result, God begins to work on the problem with His all mighty, all knowing, everlasting power.

Over the years prayer has not received the recognition that it deserves.

Many people feel since God already knows about our needs, there isn't any need to tell God about them.

This could turn out to be a very costly mistake!

While it's true God knows about and is involved in every area of our life, its also true He wants us to specifically commit each of our concerns to Him so that we will learn to depend on Him and His counsel.

Perhaps you sometimes feel you have no one to turn to with your stress and struggles.

It is not just a matter of having someone to understand, but of finding someone you can trust.

But you can find reassurance in the fact that God remains in control and takes care of His faithful children.

Prayer is one of the greatest contributions we can make to improve our lives as well as the lives of others.

Just pray, offering whatever you're thinking and feeling to the Lord. Whatever you bring, it's a start.

As you pray more regularly or more often, the usual experience is that you start being more truthful in prayer, you start turning away from what you did wrong, your attitude becomes more confident, you start taking the time to listen, you start looking for the signs of divine response in your daily life, you start hungering to read the Scriptures, you start wanting to pray with others, and you think less and less about yourself.

You will soon find preparations and practices that may

help you be more open to God in prayer as you start letting the Holy Spirit change you.

When we come in prayer we come as we are Sometimes scared, Sometimes needy, Sometimes empty, Sometimes bored, Sometimes furious, but we come.

We come trusting that through prayer God can change us, and can change the things that happen in our life.

We come trusting that God is with us and builds us up, that the Holy Spirit prays with us and for us.

We trust that the Lord will lead us to lose our anger, lead us to repentance, lead us to being open to the Spirit's voice, and lead us to love of God and of each other.

If you feel like a victim, you can pray to God, instead of irresponsibly allowing the circumstances of life to overwhelm you. You can begin to take charge of your life by asking God for the power to make changes.

Or maybe you live with unchangeable circumstances that effect your life in a major way.

From finding a spouse, to finding a job, from building a business, to building a life, People frequently pray for God to bless their efforts with success and in a success driven society, people of faith often struggle with the place and pursuit of success.

Ephesians 6:18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

God is more than ready to hear our complaints, appeals, desires and frustrations. Nothing is too big or too small for the Lord not to take into consideration.

Philippians 4:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

In closing I'll leave you with Jesus' instructions on prayer to His disciples.

Matthew 6:9-13 After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And

lead us not into temptation, but deliver us from evil:  
For thine is the kingdom, and the power, and the  
glory, for ever. Amen.