

## FAITH HABITS -----April 27, 2008

Why should we pray?

Springtime. God's time to make nature treat us to newness in everything. The trees are turning green, I just picked some daffodils, and the air is warm. Thank you, Jesus; winter is gone!

Change usually means "better". Somehow I've been mulling around in my little brain thoughts about prayer. Changing or improving the quality of my prayer. Some of us remember the Baltimore Catechism's definition of prayer: "the lifting up of our hearts and mind to God". That includes me and God. Also, my mind and my heart, that is, my thoughts and feeling, not just one or the other. But prayer is a two way street, my sharing with God, and God sharing with me. Or, my personal conversation with God.

However, I truly feel that prayer is powerful when I realize prayer is being in the presence of God's love. But, why pray? Doesn't God know my thoughts, desires and actions, as well as what's in my heart? First, God knows what's on my mind and in my heart, but do I really know? Have I gotten so busy that I've lost touch with my thoughts and feelings? Prayer is "time out" from the busy-ness of life to stop and reflect on my needs and desires. When we pray, we discover what's both in our mind and in our heart. Honest prayer helps us do a reality check on our needs and desires

Another reason we pray is to also discover what God thinks and feels, since earlier, we said prayer is a two-way street. By praying, we give God time to communicate with us. But prayer is taking a risk! By asking God to speak to us, we risk being changed, that is, we risk having our attitudes altered our perspectives broadened, and even our plans modified. And, most of us resist change!. I've heard many times: the only person who welcomes change is a wet baby!

If I can listen carefully to God in my prayer, I will eventually realize an improvement in many facets of my life. Life is changed by Prayer.

God answers prayer in His time. The proof is that spring is here and I know my prayers are answered! The trees are green and the flowers are blooming! Thank you Jesus!

Prayer puts us in touch with ourselves as well as an incredibly demanding God. I will converse with God about my prayer today

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