

I have been thinking recently about the subject of prayer. Prayer is something Christians are often very familiar with; what have we been taught and what does the Bible say about prayer?

Many characters in the Bible used prayer to talk to God. In 2 Kings 19:14, Hezekiah, “went up to the temple of the Lord and spread it out before the Lord.” King David, “praised the Lord in the presence of the whole assembly, saying ‘Praise be to you, Lord, the God of our father Israel, from everlasting to everlasting’.” (1 Chronicles 29:10)

Jesus often withdrew to lonely places and prayed. He taught his disciples the Lord’s prayer (Matthew 6:9-13 among others), where he encouraged them to pray to their holy, heavenly Father, for the coming of the kingdom, God’s will to be done on earth, our material needs and spiritual sustenance, forgiveness of sins for ourselves and others and salvation from temptation.

Paul exhorts us to pray, “without ceasing” (1 Thessalonians 5:17); as well as words, many aspects of our lives can be done in a prayerful manner. He emphasises the importance of love in all that we do, “If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal.” (1 Corinthians 13:1).

Jeremiah reminds us to, “Also, seek the peace and prosperity of the city to which I have carried you (into exile). Pray to the Lord for it, because if it prospers, you too will prosper.” (Jeremiah 29:7) At the present time, we can pray for the city of Aberdeen and all that surrounds it.

At Sunday school we may have been taught the ‘Teaspoon’ model of prayer: Thank you, Sorry and Please. The ACTS model is also one I like: Adoration, Confession, Thanksgiving and Supplication. It provides a fuller picture and allows us to seek God’s will more and stop simply coming to him with requests.

Finally, here is a prayer I would like to share:

*Father, we praise you for your power and your grace and mercy towards us. Thank you for everyone in your church and for sending your son Jesus Christ. Thank you for the joy of the children and the wisdom of the older folk. We pray that you would protect us all and that we would be able to share the gospel in our lives. In Jesus’ name, Amen.*