Question: Among us believers, if someone says, “Please pray for me, I have a problem,” but when you ask what the problem is, they won’t tell you saying it’s a secret in their heart should we still pray for that secret issue? Welcome, friends.

Answer: There are prayers we can offer for one another without needing to know the specific details. For example, we can pray that God protects our loved ones from harm, that He remembers them in His kingdom, grants them salvation, good health, strength to stand firm in faith, peace, love, and success. These are prayers we should regularly speak over all our brothers and sisters, both physically and spiritually. This aligns with the biblical teaching of intercession and mutual encouragement within the Body of Christ.

The Apostle Paul models this in his letter to the Colossians:

Colossians 1:9-10 (NIV)

> *“For this reason, since the day we heard about you, we have*

> *not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God.”*

This passage highlights how prayer is empowered by the Holy Spirit’s wisdom and understanding, leading to growth and fruitful living.

However, there are situations where a person must openly share their burden for effective prayer support. James 5:16 (NIV) says, “Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” This emphasizes the importance of honesty and confession within the community for healing to take place.

When Scripture commands us to “bear one another’s burdens” (Galatians 6:2, NIV), it means we must understand the nature and weight of others’ struggles to support them effectively. If a person hides their burden, it limits how the community can pray and assist.

Consider someone suffering from a long-term illness who only says, “Please pray for me,” without explaining the condition. While others may pray, the lack of information can hinder specific intercession and practical support. But when the person shares details, it enables others to pray with greater faith and understanding, offer biblical encouragement (Romans 15:4), and help meet tangible needs, facilitating more effective healing and restoration.

Of course, sharing must be done wisely. Proverbs 11:13 (NIV) warns, “A gossip betrays a confidence, but a trustworthy person keeps a secret.” Sensitive matters such as serious illnesses like HIV/AIDS, or legal and moral issues should be entrusted to mature and faithful believers. Meanwhile, issues like everyday sickness, marital struggles, or conflicts should be shared with trusted members of the faith community for prayer and support.

In summary, while it’s possible to pray for others generally without all the details, for your own spiritual and emotional well-being, you should share your burdens with trusted believers. Prayer is most powerful when it is accompanied by transparency and mutual care.

Do not carry your struggles alone if you desire effective prayer and support from others.

God bless you.

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