

The new life that begins at salvation is sustained through prayer. If God's Word is our spiritual food, then prayer is our spiritual water. Just as our bodies need both food and water to live, the Christian life cannot thrive without prayer.

What Is Prayer?

Prayer is communication with God—not only speaking to Him but also listening to Him. It's not just a routine or a string of empty words. It is a living relationship between us and our Heavenly Father.

“Call to me and I will answer you and tell you great and unsearchable things you do not know.”

— *Jeremiah 33:3 (NIV)*

The Lord is near to all who call on him, to all who call on him in truth.”

— *Psalms 145:18*

When Should We Pray?

Scripture places no limit on when we can or should pray. On the contrary, we are encouraged to pray continually.

“Pray without ceasing.”

— *1 Thessalonians 5:17 (ESV)*

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 Lord's people.”

— *Ephesians 6:18*

Prayer is meant to be a constant, ongoing part of our daily walk with God.

“In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait in expectation.”

— *Psalms 5:3*

Blessings of Prayer for the Believer

1. We overcome temptation

“Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.”

— *Matthew 26:41*

No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear.”

— *1 Corinthians 10:13*

2. We are filled with the Holy Spirit

“When all the people were being baptized, Jesus was baptized too. And as He was praying, heaven was opened...”—

Luke 3:21

Prayer invites the Holy Spirit to work in and through us, empowering us to live a godly life.

3. We experience breakthrough in our problems

“Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you. However, this kind does not go out except by prayer and fasting.”

— *Matthew 17:20-21*

“The prayer of a righteous person is powerful and effective.”

— *James 5:16*

4. Our needs are met

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

— *Philippians 4:6*

“And my God will meet all your needs according to the riches of His glory in Christ Jesus.”

— *Philippians 4:19*

Types of Prayer

There are many forms of prayer—thanksgiving, confession, intercession, petition, worship, and more. Each has its place in a healthy spiritual life.

□ *How Many Types of Prayer Are There?*

How Should We Pray?

Jesus gave us a perfect model in what is commonly known as the “Lord’s Prayer.”

□ *How to Pray the Lord’s Prayer Effectively*

This, then, is how you should pray: ‘Our Father in heaven,

hallowed be your name...’”

— Matthew 6

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