

Prayer

A practice of communicating and being present with God.

1 Thessalonians 5:17 – “pray continually”

In its most basic form, prayer is any form of communicating or being present with God. As such, prayer (communicating or being present with God) is the central avenue God uses to transform us. Nearly every spiritual practice could be considered a form of prayer. What follows are common categories of prayer. As you read through them, listen for an invitation from the Holy Spirit as to how he might be calling you to pray.

Adoration: prayer acknowledging who God is and what he does

Intercession: prayer for the needs of others

Supplication: prayer for your own needs

Thanksgiving: prayer acknowledging God’s blessings

Confession: prayer acknowledging our sin and shortcomings and receiving God’s forgiveness

Listening prayer: prayer in which you sit silently before God and listen for his Spirit’s ‘still small voice.’ (remember...prayer is a two way conversation so listening is of the utmost importance)

Common prayers: prayers that have been written by others

Just as there are many ways to communicate and be present with a friend, prayer can take a myriad of forms. But no matter the form, entering the presence of God and engaging in two-way communication is fundamental for life change.