

Prayer, “Power Up”

Power up! That means to get some power; some real energy, dude.

Prayer is powerful; yes, *the prayers of a righteous person are powerful and effective.*

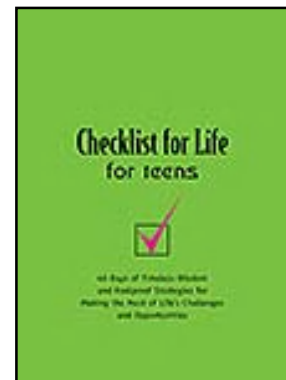
Do you pray?

Do you believe as Jesus instructed that believers are to pray...by faith, believing that God the Father will answer our prayers?

Do you find it hard to pray – because of doubt or because you don’t believe that God cares about you, or loves you?

Maybe you don’t believe that God exist; or maybe you don’t believe the Bible is true.

Well, if you answer “yes” to any of these questions, you are not alone and, on the upside, you are being honest. Better to be honest and admit the truth, than to be dishonest and fool yourself.



The *Checklist for Life* encourages the teen to spend time reading the Lord’s Prayer and to read the Psalms. I think that I’m going to go back and that too. The word of God never gets old (even though its old) because the truth of God prevails; and not only truth, but power made possible through prayer.

God is truth, and God is powerful. He knows the mind of the Holy Spirit; and the Spirit helps us prayer in truth and power.

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Homework:

Please try to do these:

- Trust God to help overcome my inhibitions to prayer
- Give God any fears associated with praying (in public)
- Realize that prayer is simply a matter of talking with God
- Pray as the Spirit leads (you don't have to pray eloquent prayers)
- Praying begets more praying; the Spirit helps you when you don't know what or how to pray

Things to Do:

- ✓ Use the Lord's Prayer as a model
- ✓ Read (and memorize) some of the Psalms
- ✓ Use a notebook or other means to take-down verses that you can claim in prayer – promises and truths of God, for example
- ✓ You can write down your prayers too...as a way of offering up praise and requests to God

One of my favorite prayers from Philippians, chapter 4 (from *The Message*):

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

Another from Jesus is Mark, chapter 11 (from *The Message*):

That's why I urge you to pray for absolutely everything, ranging from small to large. Include everything as you embrace this God-life, and you'll get God's everything. And when you assume the posture of prayer, remember that it's not all asking. If you have anything against someone, forgive—only then will your heavenly Father be inclined to also wipe your slate clean of sins.

What's important to know is that God listens to the prayers of the righteous – or those who have been made righteous by Christ. Jesus makes it know that we are to pray; and when we pray, we are also to ask for forgiveness of our sins and we are to forgive others who we know have sinned against us. **Forgiveness and righteousness go hand in hand; if we don't forgive, we are not following the ways of righteousness.**