

PRAYER

Prayer is talking to God and listening to God. Jesus taught us how to pray when he presented The Lord's Prayer in the Book of Matthew. Jesus established a model for us pray as *he went off to a solitary place where he prayed.*



Prayer with fasting occurred in both Old and New Testament. In the Old Testament, in Exodus and Leviticus, entering the presence of God occurred in *The Most Holy Place* or the room that in which God appeared; but also occurred for Moses in other appointed areas. In the New Testament, prayer enables all whom have accepted Christ to enter God's presence – it is Jesus who makes us pure or clean of sin. From 1 Timothy, Paul writes:

For there is one God and one mediator between God and men, the man Christ Jesus, who gave himself as a ransom for all men – the testimony given in its proper time...I want all men to everywhere to lift up Holy hands in prayer, without anger or disputing
- 1 Timothy 2:5-8, Paul's Instructions to Timothy

Because of what Christ did on the cross, everyone who receives him as Lord can pray directly to God, can be in the presence of God, and can delight in God forever. In Christ, a man is justified or made righteous by his faith alone. Paul tells us in Romans that our faith, which is grown in the reading and accepting of God's word, is the testimony of our relationship with God.

Though we sin when *our flesh becomes weak*, yet we can be forgiven as we confess sins and receive forgiveness; moreover, Christ will provide sufficiency to overcome temptation through the presence of the Holy Spirit in our lives. In our weakness (in the flesh), we are made strong in the Spirit by faith that comes through reading the Bible and by praying to God through Jesus Christ our Lord.

For in the Gospel, a righteousness from God is revealed, a righteousness that is by faith from first to last, just as it is written: "The righteous will live by faith"
- Romans 1:17

Finally my children, if you are in trouble, than pray as James instructs us. Prayer with Adoration, Confession, Thanksgiving, and Supplication – which means with love, honesty, thankfulness, and to ask or plead in humbleness and earnestness in the example of Christ who said "Not my will, but your will be done".

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will provide a way out so that you can stand up under it.
- 1 Corinthians 10: 13

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