

## Learning how to Pray for Beginners.

Most people know the "Our Father" or various table or bedtime prayers. But praying is more than just quoting certain verses. So how to pray to God?

"Lord, teach us to pray" His disciples ask Jesus (Luke 11:1-13). They probably meant not the formulas to be learned or the rites to be performed, but how to pray, what prayer means in general. They wanted to know how to reach God, to stand before Him.

It is unfortunate, but the word "pray" for many people usually means "obsessively asking", "persuading", "to change your attitude." This approach is unacceptable to Jesus, and in teaching the apostles to pray, He wanted to explain to them how to re-open to God, to receive Him as the mouth of a thirsty person corresponds to a transparent source.

It is said "Necessity teaches prayer". But let us not forget that a Christian must pray and be in union with God in all situations of life. For example, to say thanks for the many good things in our life is very important.

Praying means pouring out our heart to God and giving Him glory. Prayer is the state of your soul when you stand before God face to face.

### Talk to God

You can do this freely and effortlessly in your own words. Talk to God like a friend or a good father. In the Bible we read: "You answer prayer, that's why everyone comes to you." (Psalm 65:3)

From Jesus' point of view, prayer means seeking to establish a relationship by addressing God in the most meaningful name: "When you pray, say, 'Father.' More than a hundred of Jesus' prayers can be found in the gospel, and they always begin with the same admonition: "Father." It is the most appropriate word for one who wants to stand before God, a word that can be uttered by an infant and an adult, the name in which life lies.

## Learning how to Pray for Beginners

How to start praying:

1. Turn to God as Jesus taught: Father, or My Heavenly Father. Or you can just say: God.
2. Then insert a few words of worship. For example: You are the Creator and the Lord of the world. You are also the Lord of my life.
3. Then express gratitude to God. For example: Thank you for protecting and blessing me. Thank you for blessing my family. You are near us in the hours of joy and pain. Thank you for that.
4. Now comes the time when everything that lies on your heart can be told to God. Tell Him about the work and tasks you need to do, the stress you are experiencing. Talk to God about your fears and distrust of yourself. Ask Him to help you to give you courage and strength. Don't forget your family, loved ones. Maybe there are more things that seem important to you and don't give you peace of mind. For example, you are worried about your country, about world peace. Or your heart hurts because of poor people. Talk about it with your Heavenly Father.
5. The point of summarizing your prayer is to ask God what His will is for you personally. What God wants from you to do. Especially in those things that you have expressed to God in your prayer. Ask the Father to send you the Holy Spirit to enlighten your mind and heart so that it is clear to you what your mission is today.
6. The end of prayer. Each prayer should be completed: In the name of Jesus Christ. Amen. This end of prayer is based on the words of Jesus: "And I will do whatever you ask in my name, so that the Father may be glorified in the Son. You may ask me for anything in my name, and I will do it." (John 14:13-14)

### Simple Prayer Examples

**Heavenly Father, as the new day begins, I come to your nearness and want to be with you for a few minutes. Thank you for loving me. Thank you for being your child. I know that in every situation in life I have your support. So please bless me all this workday. Help me with my tasks. Protect against disasters and failures. I want this whole day to be for your honor and glory. In the name of Jesus Christ. Amen.**

Here is another example of prayer. Start your conversation with God by confessing your sins to Jesus and asking for forgiveness. Tell Him honestly what you are becoming aware of. Use your own words, like this:

**Lord Jesus, thank you for loving me. I want to confess my guilt to you (here you can get very specific) and ask for forgiveness. Thank you for dying on the Cross for me. Now come into my life and make me what you like. Be the Lord of my life. Thank you for letting me be your child now. Amen.**

From [www.prayer.com](http://www.prayer.com)