

# Pray

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I wonder if living through a pandemic has reminded you of the importance of prayer? Personally I have continually felt my desperate need for a deeper, more consistent lifestyle of prayer. The amazing truth is this: HE LISTENS. He listens because he is a Good Father who loves His children - this is the beginning of prayer. But not only does he listen when we pray, God also RESPONDS. Prayer is a powerful tool for believers because in an instant we are connected with the ultimate Helper (John 15 & 16).

So why is it that we often neglect to pray? We say that we are too busy or too tired. Maybe we don't know if God cares or wants to talk with us. Or perhaps we aren't really sure what to say. Let's take to the scriptures to see what God's true word has to say about prayer.

### Devotion to Prayer

Consider Daniel. (Daniel 6) Daniel was an obedient and faithful man who loved the Lord. There were some men who were jealous of Daniel and convinced the King to pass a law to forbid praying to God. Daniel didn't let this phase him or his faith in God and continued to pray day and night. When Daniel was later found praying, he was thrown into a lion's den to be killed. And God delivered Daniel by protecting him from the lions and saving Daniel's life. How powerful is that!?

So how can we learn from Daniel? Daniel teaches us the importance of consistently praying. Maybe we don't feel the need to pray because our circumstances may not seem as dramatic as Daniel's. But Daniel didn't just pray when he was in trouble or when things were going especially great, he prayed several times a day, every day. A life devoted to prayer means seeking the Lord every day in every circumstance. Prayer is a declaration to ourselves, to others and to God that we need his guidance, help and power..

### Prayer as Worship

Daniel's story also teaches us that prayer is an act of worship. We are tempted every day to worship something other than God. The men in Daniel's story worshipped an earthly king and earthly power that did not hold up when put to the test. But Daniel knew his God to be the true King and the only one worthy of his prayers. Because of Daniel's worshipful devotion to prayer, the entire Kingdom learned this truth. When we humble ourselves before the Lord in prayer we are declaring that he is the only God worthy of worship. In prayer we confess the desires of our heart to the Lord and ask that he would guide us in a life that worships him.

Friends, if you haven't already done so, I want to encourage you to find a personal rhythm for daily prayer. A good start is to pray at the beginning of your day using the words and rhythms of scripture, like Daniel. I do this during my morning coffee. This is something that happens every day so it's easy to remind myself: it's time to speak with the Father, and listen to Him. Think about some things that you do everyday where you can devote times to pray to the Father. By developing a daily routine during these days of self-quarantine, we will only continue to grow closer in our relationship with God, putting our hope and trust in Him, and Him alone.

*"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."*  
– **1 Thessalonians 5:16-18** –