

## How do I pray?

There's not a specific method of praying in order to be heard by God. God does not only hear our words in prayer. More importantly, He searches our attitude and thoughts behind the words expressed. There needs to be trust in the One to whom we are praying. This level of trust depends on the level of a personal relationship with God. If a person is in the early stage of a relationship with God, she may need to pray often as the father prayed in **Mark 9 of the Bible, "I do believe, help me overcome my unbelief."**

In prayer, it is important that there is a desire to live according to God's will for life. For example, occasionally I meet people on the street who might be drunk or high on drugs and not thinking clearly. At that moment, they want me to pray with them, and to pray for them. Though I usually pray with them, I tell them first that God will listen to our prayers when our thoughts are focused on Him and when we truly want Him to redeem us from our ways, rather than just help through the hang-over so the drunkenness can start again.

### What should I say:

- Start prayers with praise to God for all that He gives to us, and for who He is. In prayer, humbly know who we are as humans as we come to God who is holy.
- We can ask God for things through prayer, but these are to be unselfish requests. This might include asking God to heal a friend who is sick, or to help us through worry, or to help deepen our trust in Him, or to bring peace in war-torn places in His world.
- In prayer, ask God to help us become better people, so that we may glorify Him through our actions.

When we pray, it can be helpful to seek out a quiet place to avoid distractions. Some people close their eyes to avoid distractions. Some people kneel or even lay prostrate on the floor out of humbleness before God and to focus on God. Others fast from food to help them focus in prayer.