

INTENTIONAL
Pray Continuously

We pray because life is hard - and God is awesome.

Prayer connects us to God

- We share of ourselves and He hears us (1 John 5:14-15).
- We hear from Him and are ministered to by His Spirit.

Jesus models and instructs us how to pray.

- Mark 1:29-35
- Matthew 6:5-14

Questions to Consider:

- How would you rate your prayer life? What is one thing you can commit to doing to help it improve?
- Who and for what can you pray today?

GOD'S WORD FOR TODAY

James 5:13-18

¹³ Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. ¹⁴ Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. ¹⁵ And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. ¹⁶ Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. ¹⁷ Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. ¹⁸ Then he prayed again, and heaven gave rain, and the earth bore its fruit.

Matthew 6:5-14

⁵ "And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. ⁶ But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. ⁷ "And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him. ⁹ Pray then like this:

"Our Father in heaven,
hallowed be your name.

¹⁰ Your kingdom come,
your will be done,
on earth as it is in heaven.

¹¹ Give us this day our daily bread,
¹² and forgive us our debts,
as we also have forgiven our debtors.

¹³ And lead us not into temptation,
but deliver us from evil.

¹⁴ For if you forgive others their trespasses, your heavenly Father will also forgive you,