

God promises to help us and guide us... *"With all your heart... trust the LORD... and he will clear the road for you to follow"* (**Proverbs 3:5-6 CEV**).

God can always make good come from something that is not good. *"We know that God is always at work for the good of everyone who loves Him"* (**Romans 8:28 CEV**).

11. GIVING THANKS

God loves to hear us thank Him for all His blessings. It helps us become like Him. *"Don't worry about anything, but pray about everything. With thankful hearts [tell God what you need]"* (**Philippians 4:6 CEV**).

12. PRAYING FOR HEALING

Sickness is everywhere! Can we really trust God to heal people? God wants us to be well. *"Dear friend... I pray that all goes well for you. I hope that you are as strong in body as I know you are in spirit"* (**3 John 2 CEV**).

There are times when God miraculously heals the sick. He doesn't promise to do this every time, but He does tell us to ask Him. *"If you are sick, ask for the church leaders to come and pray for you. Ask them to put olive oil on you in the name of the Lord. If you have faith when you pray for sick people, they will get well. The Lord will heal them, and if they have sinned, He will forgive them"* (**James 5:14-15 CEV**).

When Jesus comes back to Earth the second time, God will heal all sickness and disabilities. *"The blind*

will see, and the ears of the deaf will be healed those who were lame [couldn't walk properly] will leap [jump] around like deer [or marlu/kangaroos]" (**Isaiah 35:5-6 CEV**).

Another promise says: *"He [God] will wipe all tears from their eyes, and there will be no more death, suffering, crying or pain. These things of the past are gone forever."* (**Revelation 21:4 CEV**).

Precious promises.

FINALLY

We are all made for fellowship with God. We are all made so God can live in us. We feel empty in our hearts when He is not there.

But He will only come in if we ask Him to. Jesus promised, *"I give you peace, the kind of peace only I can give. It isn't like the peace this world can give. So don't be worried or afraid"* (**John 14:27 CEV**). Only our Creator God can fill that empty space.

God's promise is, *"You will seek Me and find Me, when you search for Me with all your heart"* (**Jeremiah 29:13**).

"You will worship Me with all your heart, and I will be with you." (**Jeremiah 29:13 CEV**).

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INSIGHT

Experiencing
God's Presence
through

Prayer



IN SIMPLE ENGLISH

1. WHAT IS PRAYER?

Praying is more than just thinking. Prayer is talking to a very close Friend. Talking honest from our hearts. We talk to God about our lives—things that we're happy about, things that worry us, things that we're sad about, things we need, and things we want to thank Him for.

God loves us. He never gets tired of listening to us or talking with us. He wants us to know He always looks after us, in every way, if we let Him.

Jesus said, *"You... know how to give good gifts to your children. But your heavenly Father is even more ready to give good things to people who ask"* (**Matthew 7:11 CEV**).

God cares about every one of us. It's like we are the only one who needs His love and help. He's listening all the time. We can talk to Him in a crowd. We can talk to Him when things go wrong quick way. We can talk to Him when we're happy, sad, or lonely. When we wait quietly for Him it's easier to hear His voice and know He's here with us (see Desire of Ages page 363).

2. WILL GOD REALLY HELP US?

God loves us. Jesus said, *"God the Father loves you"* (**John 16:27 CEV**). He told us to ask Him for help. Jesus promised, *"Ask, and it will be given to you; seek [search], and you will find"* (**Matthew 7:7**).

Jesus also said, *"Put God's work first and do what he wants. Then the other things [food, clothes, shelter] will be yours as well"* (**Matthew 6:33 CEV**).

God promises He will give us what we need for life. He knows what those things are. If we ask, He gives. So ask.

3. POWER IN GOD'S PROMISES

The Bible's promises are God's and He can be totally trusted. Just ask God to do what He's promised for you. Then thank Him for doing it. When you need an answer, it will come. You can trust Him.

"For all the promises of God in Him are Yes, and in Him Amen [true]" (**2 Corinthians 1:20**).

4. THE POWER OF PRAYING WITH OTHERS

Jesus gave us a powerful promise. *"I promise that when any two of you on earth agree about something you are praying for, My Father in heaven will do it for you"* (**Matthew 18:19 CEV**).

When we show unselfish love and pray for each other, God gives us more than we ask.

God gave the first Christians a miracle by pouring His Holy Spirit into them when they all prayed together about the same thing (see **Acts 1:14**).

God loves to hear us pray for others, not just for ourselves (see **James 5:16**).

5. PRAYER BRINGS US TO GOD

God made us for Himself. When we come to Him He pulls us closer.

"If My own people will humbly pray and turn back to me and stop sinning, then I will answer them from heaven" (**2 Chronicles 7:14 CEV**). Prayer opens our

hearts and minds so we can come to Him.

"I will also love you and show you what I am like" (**John 14:21 CEV**).

One way we know God is living in us is when we have peace in our hearts (see **John 14:27**).

6. THE POWER OF PRAYING IN JESUS NAME

Jesus said, *"Until now you have asked nothing in My name. Ask, and you will receive"* (**John 16:24**). This is a special, powerful promise from Jesus.

Jesus promised, *"If you ask anything in My name, I will do it"* (**John 14:14**).

7. PRAYING ACCORDING TO GOD'S WILL

The Bible says that God wants to give us what we need for life... forgiveness for sin and help to make good decisions (see **Proverbs 3:5-6**). We have to make many choices in life. When we ask Him, and are willing to obey, God will show us what to do each time.

"We are certain God will hear our prayers when we ask for what pleases him." (**1 John 5:14 CEV**).

8. PRAYING FOR THE HOLY SPIRIT

The miracle of the Christian life is that God's Holy Spirit lives in His people. We never walk through life alone—by ourselves. He makes us rich by giving us gifts of *"love, joy, peace"* (**Galatians 5:22**).

The Holy Spirit changes us. He gives us *"patience, kindness, goodness, faithfulness, gentleness, self-control"* (**Galatians 5:22-23**) and more.

When we pray, we are telling God we want Him to help us live His way, then His Spirit can work powerfully.

9. PRAYING FOR SPIRITUAL HELP

God wants us to ask Him to forgive our sin. *"If we confess [tell] our sins to God, he can always be trusted to forgive us and take our sins away"* (**1 John 1:9 CEV**).

When Jesus died on the cross, He took ALL the blame that we should get for doing wrong.

God hears us when we are sorry and we tell Him exactly what we've done wrong. We can come to Him and ask for forgiveness. We can ask for the power of the Holy Spirit to help us turn away from sin. *"But your heavenly Father is even more ready to give the Holy Spirit to anyone who asks"* (**Luke 11:13 CEV**).

A very powerful promise in the Bible is in **2 Corinthians 10:4-5**. Pray that the Holy Spirit will fill your mind and change your thinking to obey Christ. When we are in danger or tempted to do wrong we can ask God to protect us from the devil (see **Psalms 34:7**).

10. PRAYING FOR RESCUE AND HELP

Even though we don't know exactly what will happen in our lives, we can be sure trouble will come. GOD doesn't send trouble. He's waiting to help us through it. *"So whenever we are in need, we should come bravely before [to]... our... God. There we will... find help"* (**Hebrews 4:16 CEV**).