

## Praying to God

by Rev. Wilfred Karsten

*Let everyone who is faithful pray to you while they can still look to you.* -Psalm 32:6 NIV

Most of us communicate with people every day. We tell or show our thoughts and feelings.

- Who listens to you when you have something to say?
- When you are lonely, how can you let others know?
- How do you connect, or keep in touch, with people who are important to you?

We can't see God's face or call Him on the phone, but we can talk with Him every day. When we say a prayer; it is talking with God. He is a very good listener. More than that, God has the power to help us with our troubles. God loves us and cares for us. Many times when people pray, they talk to God about their troubles.

- Have you ever had any troubles or things that worried you?
- If so, did you talk to God about them?
- Are you or anyone you know having troubles right now?
- Let's write those prayer needs down right now and add them to our closing prayer.

*(Make a list of prayer requests.)*

Psalm 32 says God will keep us safe from troubles. This doesn't mean troubles will suddenly go away as soon as we pray, but it does mean God will never go away. God is always with us to help us in every trouble. He keeps us safe. We can always pray to God because He is always nearby. Every time we pray to God, He listens.

- Do you say prayers each day?
- When do you say your prayers? Is it at a certain time or throughout the day?
- Do you remember to thank and praise God in your prayers?
- Do you remember to ask for forgiveness in your prayers?
- Do you remember to pray for others in your prayers?

Jesus prayed often. When we read the Bible, we learn about many of the times Jesus prayed. For example, Jesus talked to God in the *Garden of Gethsemane* just before He was arrested. He even talked to God when He was hanging on the cross! Jesus is also the One who taught us the prayer that begins with these words, "Our Father who art in heaven."

Because Jesus died for our sins and rose on Easter Day, we know God will hear our prayers. It is a great joy to pray to God every day. We can pray when we are sad or when we are happy. We can pray for ourselves and we can pray for other people. We can pray when the sky is sunny or when it is cloudy. We can pray at the table, in our bedrooms, and anywhere else in the world. We can pray by ourselves or with other people. All this is true because whenever and wherever we pray, God hears us.

### Prayer

Dear Father in Heaven,  
Thank You for the gift of prayer.  
We are so glad we can talk to You.  
Help us when we face troubles, especially help [insert prayer requests here].  
Thank You for always listening to us.  
Thank You for loving us.  
In Jesus' name we pray.  
Amen.

