

# PRAYER

**Watch This Video Clip:** [The Importance of Prayer](#)

Prayer has become a subject of growing interest in recent years. Studies have been performed in an effort to discover if prayer can actually affect the outcome of physical ailments. Medical researchers acknowledge that prayer contributes to physical and emotional well-being. But there is a great deal of confusion as to what prayer actually is.

Prayer is not tapping into some unknown mystical force, or energy that we stir up in ourselves. Prayer is simply talking to God. As a new believer, you have the privilege of coming to God with all your concerns and requests. You can-and should-speak to God about anything and everything. He will listen and answer. Prayer is an essential ingredient in growing your new relationship with Jesus Christ, so take a few minutes to discover some basic things about prayer.

**WHEN?** The Bible tells us to pray "morning, noon, and night" (**Psalm 55:17**). There is no time of the day or night when you cannot talk to God.

**WHY?** Why do we pray in Jesus' name? (see **1 Timothy 2:5**)

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**WHAT?** What should we include in our prayers?

Read the verses below for some answers:

**Psalm 100:3-4** \_\_\_\_\_

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**Psalm 51:2; 1 John 1:9** \_\_\_\_\_

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**Philippians 4:6** \_\_\_\_\_

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**1 Timothy 2:1** \_\_\_\_\_  
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**James 1:5** \_\_\_\_\_  
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**HOW?** How can we be certain that God will hear and answer our prayers?  
**John 15:7** \_\_\_\_\_  
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**1 John 3:22** \_\_\_\_\_  
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*Prayer is not just trying to get God to move. It is an important process through which God moves and changes us. In other words, prayer will not only transform whatever you are praying about; it will transform you. -Greg Laurie*

**Closing Video:** [The Christian and Culture Salt](#)