



# The Essentialness of Prayer

LifeCare Memos® Messages of Compassion

## ***GOD Desires Prayer***

One of the reasons why prayer is essential is that **GOD** desires for us to pray. That within itself should be enough reason for us to do so. Throughout the Word of **GOD** we read time and time again of **GOD**'s overwhelming desire that we come to Him through the avenue of prayer. We are told:

*"Pray continually"* (I Thessalonians 5:17).

The thought is that every day and in every portion of every day we should be engaged in the discipline of prayer. We are not only told to pray all the time, we are also told to pray for every-thing.

*"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to **GOD**"* (Philippians 4:6).

Sometimes our tendency is to go to **GOD** with the "big stuff" but neglect to take our day-to-day needs to Him. But if we take the exhortation literally, we need to approach **GOD** for everything – yes, everything. Nothing is too large that **GOD** can not handle it, and yet at the same time, nothing is too small that He does not care.

The Scripture also tells us to not only pray for everything, but to pray in all kinds of situations.

*"Give thanks in all circumstances, for this is **GOD**'s will for you in Christ Jesus"* (I Thessalonians 5:18).

**GOD** not only wants to hear from us all the time and for everything but also we are told to pray everywhere.

*"I want men everywhere to lift up holy hands in prayer, without anger or disputing"* (I Timothy 2:8).

## ***An Example***

One of the places where I pray is in the car while driving. My suggestion is that if you pray as you drive, be sure to pray with your eyes wide open.

These verses tell me that **GOD** desires to hear from me and all His people. I find it totally amazing that our **GOD** desires to hear from us. The Scripture says,

*"What is man that You are mindful of him, the son of man that You care for him?"* (Psalm 8:4).

I would suggest that this verse might be translated, what is man that you desire to hear from him in prayer?

## ***We Require Prayer***

In the Philippians 4:6 verse which was already quoted, a connection is made between anxiety in our lives and prayer. It said,

*“Do not be anxious...but in everything, by prayer...”*

Rather than be anxious, Paul exhorts us to take our burdens to the Lord. One of the great hymns of faith written by Charles R. Tingley has these words:

*“If the world from you withhold/of its silver and its gold/And you have to get along with meager fare/Just remember, in His Word/how He feeds the little bird/ Take your burden to the Lord/and leave it there.”*

When we take the advice of Scripture and Mr. Tingley and take our burdens to the Lord and leave them there, an interesting thing happens. The Apostle Paul goes on to say,

*“And the peace of **GOD**, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”* (Philippians 4:7).

So, not only is there a connection between being less anxious and turning things over to **GOD** in prayer, but there is also a connection between prayer and peace. **GOD** has a peace that indeed does pass beyond all the limits of our understanding. And, it is accessible through prayer.

Another great hymn of the faith, “What a Friend We Have in Jesus,” by Joseph Scriven, expresses this idea very pointedly when it says, *“Oh what peace we often forfeit/O what needless pain we bear/all because we do not carry/everything to **GOD** in prayer.”*

We need to pray in order to receive from **GOD**.

*“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened”* (Matthew 7:7-8).

These and other verses indicate there is a direct connection between asking and receiving. In what is commonly called the “**LORD**'s Prayer” we are told to ask **GOD** for our daily bread. Much is lacking in our lives simply because we do not ask.

We need to pray because prayer helps provide fellowship with **GOD**.

It is through prayer that we can find restoration of our relationship with **GOD**.

That relationship has been severed by sin, but it can be restored.

*“If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us”* (1 John 1:8-10).

It is interesting that to not pray is to sin, but in order to restore ourselves to His will, prayer is required.

### ***Others Need Our Prayers***

Scripture reminds us,  
*"Pray for each other"* (James 5:16).

James also connects our prayers with the healing power of **GOD**.

*"Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise. Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the **LORD**"*  
(James 5:13-14).

The prophet and priest Samuel tells the nation of Israel.

*"As for me, far be it from me that I should sin against the **LORD** by failing to pray for you"* (I Samuel 12: 23).

A vital part of our prayer life should be praying for others: for illness, well-being, stresses and their other needs.

I hope you will be encouraged to be diligent in this vital spiritual discipline which is so essential to your spiritual life. Take every opportunity to fulfill the requirement, while at the same time enjoying the privilege to go to our Creator **GOD** in prayer.

Denis Coe, 210109

---

### ***LifeCare Memos***<sup>®</sup>

When experiencing the stresses of life, people need support. The Psalmist needed that support and found it when he turned to God. He said, *"Look to my right and see; no one is concerned for me. I have no refuge; no one **cares for my life**. I cry to you, O LORD; I say, 'You are my refuge, my portion in the land of the living'"* (Psalm 142:4-5).

**LifeCare Memos** are designed as messages of compassion that integrate biblical guidelines for emotional and spiritual well-being. Topics focus on various life-care issues and address them from the perspective of Scripture.