

## HOW OFTEN DO YOU PRAY?

How often do you pray? Do you find yourself saying, "I've been so busy, or tired that I forgot"? Are you finding yourself praying less? Do you tell yourself that you will pray more, but never seem to get around to it? True for many Christians, today.

When you do pray, is it done with passion and from the heart, or are you just going through the motions because it's expected? Is that type of prayer even heard by God, or are they more like nails sliding down a chalkboard to His ears? When we pray with all sincerity, our prayers become powerful and meaningful to the One who created us! **Revelation 8:4**

***At that moment the curtain of the temple was torn in two from top to bottom. The earth shook, the rocks split - Matthew 27:51***

Through the great sacrifice of Jesus Christ, the veil has been torn and nothing can separate us from the love of God. He longs for a personal relationship with each one of us. He wants to be a part of our daily lives. And prayer is our direct connection to Him.

If prayer is not part of your daily routine, you're not alone. But there is good news, **'It's a new day'** and not too late to start! No longer do we need to feel regret over neglected communication with our God. Let today be the beginning of your devoted prayer life. Commit to a deeper relationship with your Father in Heaven. When we draw near to Him, He draws near to us. And He's given us the Holy Spirit to help us in every way.

Make it a point to start the day in prayer. Do it while your making breakfast for the kids, getting ready for work, or in the car to where ever it is you may be going. It's an amazing feeling when we can face the day confidently knowing our God goes with us from the start!

If all is going your way, praise Him. If it's not, do the same. Pray about the decisions you are making, no matter how big or trivial they may seem. Pray for those you are connecting with. He wants to be there for you in all of it. You are His child and like a parent, He wants the best for you. **Matthew 7:11.** Let Him guide you.

There is much to be praying about and many who need our prayers. Never stop praying, even when it seems your prayers are not being heard. Put your trust in Him and believe He is working for the outcome—in His time.

Instead of always telling Him what He can do for us, ask what it is you that can do for Him. Pray He will change the desires of your heart to align with His will. Remember to set aside some time in your busy schedules to be still, be quiet and wait for the Lord to reveal the plans that He has designed specifically for you.

Soon, you will find yourself praying throughout the entire day. We have a God that wants to walk the path with us. We don't have to go it alone. He will bless you with His presence and gift you with a peace that can only come from Him.

Let us unite together and increase our praise and worship to the all powerful God who greatly loves us. May we strive for a closer relationship to the One who has called us out for Himself. It takes commitment on our part, but is worth every effort. Start this new day with the Father at the helm!

Are you remembering our persecuted family in your prayers? We speak with Christians facing extreme persecution almost daily. There is one thing they ask for in every communication, "***Please pray for us***". They know the power of prayer. And it is a great blessing for them to know we care and have them covered in prayer. Oceans can't divide us when we pray. Our prayers reach them. Many times we are told they can feel our prayers. They are facing increasing trials in persecution, the need is great to multiply our efforts in lifting them up to our Lord!

May God greatly bless you, brothers and sisters!

Lois Kanalos, Founder/Advocate  
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