

# Why Prayer?

## Making Prayer a Part of Your Life



Do you ever struggle with prayer? Is it something you try to do but aren't consistent? Maybe you worry that you don't have the right words or you don't even know where to start. Or maybe you wonder if prayer really makes a difference. You're not alone. Many of us struggle with prayer... even Jesus' disciples asked Jesus to help teach them how to pray (Luke 11:1).

For years, I mostly prayed when I needed help or when someone I cared about was sick. It was in response to circumstances, rather than something I did on the regular. Sometimes I still find myself praying a bit less when times are good and a whole lot more during times of struggle. It can be easy to get caught up in life sometimes.

Having said that, my life is better when I prioritize prayer and make it a regular part of my day. Prayer helps me to focus my love and attention on God and others, and less on myself and my worries. When I'm struggling, prayer brings me to my Creator, Savior, and Advocate and they walk with me through whatever I'm facing. It was in my conversations with God through prayer and scripture, that he became more than a concept to me... he became my friend, someone active and moving in my life; and I began to truly experience the fullness of Jesus' radical love for me. And it's been through prayer that God reveals his incredible plans and purposes for my life.

Over the course of the next few months, we'll be bringing to you a series of guides to help you learn more about prayer and the impact it can have on your life. Each installment will consist of a teaching about prayer, a prayer practice to try, and a link to more in-depth teachings if you want to dig deeper. While there's no one right way to talk with God, we hope that these guides and simple practices will help you to develop a more active prayer life that brings you closer to God and unleashes the power of prayer in your life and out in the world.

— Amy Eberman, CC Care Director, June 26, 2020