

openly praying in the streets. Many people have a prayer corner or room or shed or something similar where they pray but you can and should pray anywhere.

How should I pray?

Remember that you are listening to and speaking to God who is much greater than the entire universe! So don't tell God what to do or give Him a shopping list of jobs for the day! The Holy Trinity already knows the news so He doesn't need to be informed of it again. Spend time silently listening for God to speak (God is very shy so you may have to wait some years) and if you speak keep it to the point.

What shall I say?

You might say nothing! You might say the Lord's Prayer, you might like to say a Psalm, you might make intercession for others and yourself. You should pray for your enemies, for those who hate you and do you harm. You should pray for those who harm Christians and other people, for their forgiveness and that God might bless them and bring them into His Light. You should

ask God to grant you a forgiving and non- judgemental heart.

Some ways to pray:

Lord Jesus Christ, Son of God, have mercy upon me the sinner.

Lord Jesus Christ, Son of God, have mercy upon (the person you want to pray for).

Our Father,
who art in heaven,
hallowed be thy name,
thy will be done,
on earth as it is in heaven,
give us this day our daily bread and
forgive us our trespasses as we
forgive those who trespass against
us
and lead us not into temptation
but deliver us from evil.

Most Holy Trinity have mercy on us!
Lord wash away our sins, Master,
pardon our transgressions, Holy one
visit and heal our infirmities for Your
name's sake.

Amen.

God bless you!

Pray for each other and your enemies.



Prayer

All the time!

St. Matthew's Gospel Chapter 6:

⁵ "And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men.

Assuredly, I say to you, they have their reward. ⁶ But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. ⁷ And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.

⁸ "Therefore do not be like them. For your Father knows the things you have need of before you ask Him. ⁹ In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. ¹⁰ Your kingdom come. Your will be done On earth as it is in heaven. ¹¹ Give us this day our daily bread. ¹² And forgive us our debts, As we forgive our debtors. ¹³ And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

Do I have to pray?

Yes! You will have see that Jesus said "When you pray..." not "If you pray..." If you read the Gospels you'll see that Jesus Christ spent a lot of time in prayer, getting up early and praying during the night, praying in lonely places and praying whenever some great event was to happen. As His disciples we must also spend time in prayer.

What is prayer?

Prayer is standing before God in mutual love and trust and allowing God to do whatever He wants with us. Imagine a cat: the cat jumps onto your lap and curling up begins to purr. That is prayer. Or a dog: the dog watches his boss in love and trust and, the instant the boss moves the dog moves with him wagging his tail. That is prayer. John the Evangelist sat next to Jesus at the last Supper. He leant against the Lord. His body was warmed by Jesus' body and Jesus was warmed by John's body. That is prayer. Prayer is knowing God and God knowing you, prayer is intimate, personal and direct. Prayer eats up the time making it fly past, like

when you are with someone you love and just chatting about nothing. Someone once said that prayer is a "glorious waste of time." Prayer is like eating an ice-cream: all of your attention and your whole being is centred on the act and experience and the ice-cream is gone all too quickly.

When should I pray?

The early Christians prayed at the following "Hours of Prayer": 6pm, 9pm, midnight, 3am, 6am, 9am, noon, and 3pm. They also prayed on getting up and going to bed and before and after meals, before and after any activity... and, should you think this was enough, St Paul said to pray all the time!

Where should I pray?

Somewhere private. "But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly." As Jesus says in Matthew Ch 6 v 6. Somewhere private includes praying in a group (like in church or a house group) but does NOT include