



PRAYER WORKS

EVERYTHING I KNOW ABOUT PRAYER

BY

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PRAYING ON THE GELEITZUG



PRAYING IN THAT SECRET PLACE

Everything I Know About Prayer

You Can Pray When You Don't Know You're Praying

Very often, when something is very strong on your heart, you don't even realize you're praying. When you look back and replay the day's events, you suddenly realize that you've been praying all along. Very powerful, indeed.

You feel the tug on your heart all the while you're busy with life's dramas and all those countless, fleeting moments that drain away your time until you have no more time. The day is at its end and you think you haven't prayed at all.

Think again. You don't have to have your conscious mind involved to be on your knees in deep and earnest prayer, in spite of all that's going on around you.

It's effervescent and gratifying all at once, knowing that your time was well spent anyway.

You Can Pray After An Event

There was a period of about three month's time when I learned some very important facts about prayer that I have never forgotten since. One of those was that you can pray any time for a particular outcome or grace for someone or to have some affect on an incident. A good friend had lost her father and I knew nothing about it until long after. She was heartbroken and I was deeply saddened, not only by her loss, but by my inability to help her with her ache.

I stepped God with a delightful lesson. I could pray for her at the time of her loss, even though it was long past. There is no time with God. Just being with us. In our prayer we can step out of time and place our gift of power and uplifting joy whenever and wherever we want.

You Can Pray When You Don't Know Who You're Praying For

So many times I've learned of peoples' traumatic moments and wished I had had the opportunity to pray for them. Especially if I didn't know them. I was seriously broken up about the Challenger disaster. I cried for days. I don't know why I was so strongly affected by Christa McAuliff's tragic death, but I know that my prayer was felt equally as strongly by her and her family.

Sometimes, I don't even have any idea who I'm praying for at all. I just have the most urgent desire to pray. In those moments, I keep on praying as long as I feel that urge. I may never know who or why, but I know I've prayed. And I'm certain that many people have prayed for me in the very same way. Not knowing who they're praying for nor why.

Just keep praying.

When my children were safely tucked away in their beds and I was ready to nod off

myself, I'd suddenly think of all the people being beaten, raped or murdered in that very moment – and I would pray for them. All of them. I know they felt my prayers.

Just keep on praying.

Pray Intensely

As I spent so many years interviewing my mother for our historical novel, *Heddy's Miracles ~ Lilo's Family Defies Hitler and All Natural Laws ~ In the Deepest Darkness There is Light at Albrechstrasse 9*, there was one element of prayer that stood out for my mother that she learned from Heddy, my grandmother, my Oma.

Pray intensely.

Pray with all your might and with every ounce of your strength. The you can be sure that your prayers have been heard by God and, as Oma often said, “you will move the hand of God..”

I will always remember that way to pray. What I have found, though, over the years, is that when I have the most important issues to pray for, the intensity comes along and matches the need for prayer. Always.

Be Thankful

When a heart is overflowing with gratitude during and after prayer, it seems to make the prayer stick more. More than that, when we feel really happy when we pray, I think what's happening is that in our hearts we KNOW that God is busy answering our prayer. We must somehow feel His Spirit moving to bring us the delights of our hearts.

And, no, it isn't always, no. As a matter of fact, I really believe that God is interested in answering our prayers as we ask for them. All the more reason to go to prayer, often throughout the day, but in great expectation, with the knowledge beforehand that we will receive not only an answer, but an answer we are hoping for.

In Jesus' Name

I don't have all the answers. Just a few of them. You'll read later the story of how God answered my question about why Jesus is so important, the only way. This one is about why it's so important that we pray “in the name of Jesus.” It adds power. Intersession. It's the 'who you know' thing.

I'd say it's probably like an allegory or a parallel or a pattern. Somehow, this name impacts the entire universe - imbued with power, glory, light and the way. That power is not just for some. It's for all. If you know him and understand him as a result of that knowing, and anyone can do that, the Name of Jesus figures prominently in all the lives of all the people of the world. God is no respecter of persons. Nor respecter of religions. He just is.

The Jabez Prayer

There was such a major uproar about the prayer Jabez prayed thousands of years ago. I think the interest was in prayer itself, but also in how one man prayed and how his prayer was answered.

Each of us has a Jabez prayer. Circumstances that beg for that prayer, or hearts that are brimming with need.

I feel the most inspiring aspect of Jabez's prayer is that he really connected with God because of his humility and courage to ask of God what most would not. We probably are praying Jabez prayers more often than we know.

Just look for the answers. They are there!!!

People Are Praying For You Who You Don't Know

Just as you have been praying for others, there are those who have no idea you exist. They have been and are praying for you. This is one of the most powerful ways to pray for others.

We have to be the most selfless and earnest when we have no idea who we're praying for, only that we must pray

and when someone else is praying for us with such great candor, we are not able to put up any conscious efforts in our minds to block them in any way, for any reason.

Ask Someone's Name To Pray For Them

When you feel the need to pray, or if someone asks you to pray for someone, I've often found that I want to ask for their name. I'm not sure why, but it seems each time I need that bit of information, there is a good reason, even if I don't know what it is, to have it on hand when I lift my heart to beseech God for that person.

Names are extremely important to God, so they should be to us, as well. And when you feel that pull on your spirit, you should always heed it in any way that you can.

Fasting With Prayer Is Far More Powerful

Fasting is a practice that has lost its allure over the centuries. Sadly, along with the fasting we've also missed out on the amazing benefits of fasting that make life immensely more vital, both physically and spiritually.

There are physical benefits in fasting that no one should do without. The body has a huge job keeping us healthy and happy. It needs a rest once in awhile, too. Although, it gets a rest from the digestive process, it also has other varying tasks to do when the fasting is going on. Then it can rest awhile.

Whenever I have fasted, in the five decades I've been doing it, the greatest results have come in the spiritual form. Some of the most amazing things have happened when I've undertaken a total fast for one to three days and attached a particularly knotty issue to it.

Morning, Noon And Night

Wrapped in prayer. Prayer works extremely well when it's applied often. Three times a day is probably the best, but I've found for more than a decade that prayer in the morning and at night can melt away the most trying of times. At least, it makes those times far easier to bear.

Out Loud

Whether it's because we hear ourselves when we pray out loud or if it just makes us feel better hearing our own voices, or if there is something beyond that, praying out loud gets more attention. More answers. Better answers. Anyway, speaking forth our desires, wishes, questions, even banter, will bring us closer to what we want to get out of it.

Pray Bible Verses

Again, speaking out loud gets more attention. It also brings us into the seriousness of the situation we're praying about and the deep compunction to have answers. Good answers. Does it make it more real so that we take it more seriously? Perhaps.

Not only that, speaking out loud enhances the power that's packed into every jot and tittle that was written in that book. Whatever is in there, is released in such a way when spoken out loud, than it is by quietly reading it to ourselves.

Forgive Others

When we forgive others, we drop the feelings that create the walls between us (they are the walls) that block us from praying or praying effectively. These walls are real. We can't see them, but they stop any good from happening that could end the mistrust and holding back the good.

Forgive Yourself

Forgiving ourselves must be the greatest barrier to praying with any hope of getting answers. Most people will be able to forgive others a lot easier than forgiving themselves. Very often, we don't even realize we have some forgiving to do. We just keep blaming and shaming and moving farther and farther from making things better.

Forgiving yourself is loving yourself. And we can't love others as ourselves if we don't love ourselves because we're too busy hurting ourselves.

Pray In Your Closet And You Really Interact With God

So, there can be a real prayer closet or we can find a place where we pray that we can take with us wherever we go.

I lived for a year alone in Orange County, CA. Without anyone around to rearrange my thinking or keep me logged into the belief systems they designed for me, I met God in the

truest way possible for a human being.

God would wake me out of a sound sleep in the middle of the night. We would commune, there's no other word for it, for hours at a time. I learned a myriad of amazing revelations and found the best communication anyone would want.

Any Questions?

This brings me to one of the most astonishing periods of my life being close to God. When I was in college, a terrible event occurred in my life. I was so hurt and angry that I reached my fist up to Heaven and, through the hot tears streaming down my cheeks, I soundly gave God a stern ultimatum. "I want answers and I want them now!"

Oh, I got answers. It was God who kept track of them, though. When I came up with a question, if it were years before I got the answer, God would first remind me of the question and then immediately deliver the answer. It was always very clear what was happening. Never a skipped beat or a curious glance. It was clear and definitive.

One of those answers was when I had asked of him, "Why is Jesus the only way?" I did wait some time for that one, and I don't remember the exact answer, but I will never forget that I mulled it over in my mind and it was totally satisfying. I never again had that question on my heart. You don't question something you already know the answer to.

Ask God questions. You will receive your answers. God is no respecter of persons. I am not better than someone who might not have had these experiences.

Prayer Works

This I do know.

Prayer gets answers.

Ask God whatever you want. He will answer you. He will give you the best answers possible and he will give you the desires of your heart.

AMEN