

# If my people pray...



## How Do I Pray?

*Pray Second Chronicles 7:14*

⋮ If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.

**Humbly** - "And being found in appearance as a man, [Jesus] humbled himself and became obedient to death— even death on a cross!" (Philippians 2:8)

Just as Jesus humbled Himself before the Father, we must humble ourselves as we come before the Creator of the Universe. And it is not simply humility; it is the casting off of pride to the point of brokenness. We must surrender ourselves to the purposes of God so much that we are experiencing pain, the pain of selflessness, submission and self-sacrifice.

**In an Attitude of Prayer** - "Be still, and know that I am God." (Psalm 46:10a)

Our lives are filled with the "busy-ness" of our daily activities. Coming to God in prayer without refocusing our minds on Him makes our prayer just another task to be done rather than a special time of meeting with God. John Bunyan said, "Prayer is a sincere, sensible, affectionate pouring out of the heart or soul to God, through Christ, in the strength and assistance of the Holy Spirit..."

**Seeking His Face** - "Do not hide your face from me, do not turn your servant away in anger; you have been my helper. Do not reject me or forsake me, O God my Savior." (Psalm 27:9)

So often when we pray, we are seeking God's hand—what can He do for us. He wants us to depend on Him for His providence. He says in James 4:2, "You have not because you ask not." But more importantly, He wants us to seek His face; that is, His heart, His person, His nature, His revelation, and His will. God created us to have a close relationship with Him through seeking His face.

**With Repentance** - "Therefore this is what the LORD says: 'If you repent, I will restore you that you may serve me...'" (Jeremiah 15:19a)

We "turned from our wicked ways" when we accepted God's free gift of salvation through Jesus' finished work on the cross. But because we are imperfect human beings, we inevitably return to sin. As we grow in our Christian walk, our sin should become less frequent and more convicting. In 1 John 1:9, God promises that "...if we confess our sin He is faithful and just to forgive our sin and cleanse us from all unrighteousness." Our sin should cause us pain as it causes God pain, and we must recognize, acknowledge and confess it to Him.