



The Good News

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Reminding Ourselves to Pray

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“**E**re you left your room this morning, did you think to pray? Oh, how praying rests the weary!” Most of us will recognize these words from “Did you think to pray?”, #62 in our song books. The words of this wonderful song should inspire us to take a closer look at our lives and ask ourselves, “Do I think to pray?”

Why should I pray?

1) It is a gift from God. One of the greatest blessings we have been given as children of God is the avenue, opportunity, and privilege to approach God in prayer and talk to Him. Sometimes in worship services, prayers begin with thankfulness that “we are able to approach Your throne of grace”. Consider that a moment – picture yourself, so lowly, minuscule, so small, approaching the magnificent throne of the Almighty One. How glorious a gift we have been given that we can approach Him, bowed low, our metaphorical knees on the ground and thank Him for all the wonderful things in our lives, both spiritual and physical, and tell Him about our troubles, both spiritual and physical. It causes one to consider the words of David when he says, “*What is man, that thou art mindful of him?*” (**Psm. 8:4**)

2) God wants us to talk to Him. 1 Pet. 5:7, “*Casting all your care upon Him; for He cares for you.*” Peter encourages the saints to put their trust in God, give Him all their distractions and anxieties, and allow Him to take care of them. He wants us to cast our cares upon Him. One of the ways in which we accomplish this is through prayer. In **Luke 18:1**, Jesus

gives a parable of a judge and a widow and how she continually came to get “justice for me from my adversary”. The judge eventually fulfilled her persistent requests. He spoke this parable to teach that “*men always ought to pray and not lose heart*”.

How much should I pray? We can read in **Dan. 6:10** how that Daniel prayed three times a day, “*giving thanks before His God*”. This does not mean that three is the magic number of prayers we should offer in a day, but the point is that Daniel was consistent in prayer. It was important to him. He was never too busy to pray. Our lives can often be busy and chaotic. Yet, we need to remember that we are trying to get to Heaven, and one of the tools God has given us to help us do that is prayer. Why shouldn’t we take the time in the morning to offer a prayer of thanks that we were blessed with another day of life and ask God to be with us through the new day? Why shouldn’t we pray before we go to bed and tell God about our day, and ask Him to help us be better servants tomorrow? Ben Franklin (preacher in the 1800’s) wrote that “Where there is much faith, there is also much prayer; where there is little faith there is little prayer; and when there is no faith there is no prayer.”

Do we pray only a little? Do we pray at all? If this is a problem for us, we should examine our faith and ask, “Why don’t I pray as much as I should?” We must remember to pray. What true servant of God would allow such a wonderful blessing to go wasted and unused? As the song says, “Prayer will change the night to day.”