

## Prayer Can Transform Our Lives

Prayer should be a regular practice in our Christian lives. More than explaining what prayer is or how to pray, practice is what makes the difference. God accepts the simplest worded prayers, like that of a child, the same way he receives the most sophisticated ones, coming from the more illustrated Christians. What this means is that although we can certainly improve our prayer lives, learn better methods, or grow in our dedication to it, the reality is that the more we practice the better equipped we become in our Christian lives.

Reading any of the four gospels will put in the forefront the fact that prayer was a regular part of Jesus' life. The evangelist Mark says, "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." (1:35). This statement points to the fact that before the day would get too busy for him, he made prayer a priority, so that he could be energized by his Father for the rest of the day.

Think about the impact and impression that his prayer life made on those disciples that observed him dedicating time to this practice. Not surprisingly, on one occasion, after he had finished praying, one of his disciples made the request, "Lord, teach us to pray, just as John taught his disciples.". Notice that prayer can be learned, it can be taught, there could be a method. Jesus' answer is what we know as the 'Lord's Prayer', a model or example of how our prayers should be, a model that has been used for almost two millenniums, and that we study closely in church, As Luther said in the Small Catechism, with this prayer, "God encourages us to believe that he is truly our Father and we are truly his children in order that we may approach him boldly and confidently in prayer , even as beloved children approach their dear father".

So, if you want to improve your prayer life, make it a priority, make it a habit, make it a part of your daily life. As a priority, it needs to have a slot in your calendar and a commitment with yourself and God that your will follow through. I recommend that you make a list with important prayer requests. You can find online many guidelines about different categories or topics you could include. Our own Concordia Publishing House has several books, booklets and other resources that could enrich your prayer life. You can also use written prayers, like those you find in the Portals of Prayer, but there are many other sources where you can find many more.

*At the end, prayer is a time we spend with our heavenly Father, through our Lord and savior Jesus Christ. It's a sacred time with the One that created us and redeemed us to be his own. He is expectantly waiting for each of us to have a cordial conversation with him. Let's just do it! Let's just talk to him! In Jesus' name! Amen.*

~ Pastor Borges | Associate Pastor  
3.3.2021