



**SERIES: Becoming Spiritually Fit 2022**

**SPEAKER: Jacob Wirka**

**Monday, 01/10/22**

**Scripture: Philippians 4:6-7**

**TITLE: Why Pray?**

Today we want to answer the question, why pray? Looking at the Bible, it's clear that prayer is essential to the life of a Christian. But sometimes, it seems a little less clear what prayer is or why we should pray at all. To answer why we should pray, we first must address the question of what prayer is in the first place.

So, what is prayer? It's an act of deliberate communication with God, and this can be done with words aloud or silently with the thoughts of your heart and mind. So, why should we pray?

When we look at the Gospel, it's all about relationship. Jesus gave his life on the cross to pay for our sins and ultimately provide a way for us to have a relationship with our creator that we were made to have in the first place. God desires a relationship with us! So, we should want to communicate with God for the same reasons we want to communicate with our friends and family. God wants to talk to us and with us. The key to maintaining a healthy relationship is communication. You shouldn't just text or call your friends when you need something from them; we should communicate just because you want to know them more deeply and be a part of their lives.

In the same way, we shouldn't just pray when we need things from God, like a genie in the bottle; we should pray continuously because we desire to communicate with him. I believe God speaks to us primarily through His word, and we can speak to him primarily through prayer. With these things in mind, there are so many reasons for us to pray!

We pray because God commands us to pray! Philippians 4:6–7 (ESV) puts it this way:

*“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”*

We pray to communicate with our creator. We pray because this life here on Earth is hard! There are so many things to be anxious about, but we trust God's in control. We let our requests be made known, and we rest in the peace that Jesus provides, no matter how those prayers are answered.

We pray because we want to speak to God when we aren't sure where to go or what to do. We pray when we have to make big decisions, We can pray when we are physically in need of

healing. We can pray for spiritual strength and protection because we know we are in the midst of a spiritual battle here on Earth. We can pray to fight against the many simple temptations surrounding us every day.

Ultimately, we should pray because we seek to follow Jesus' example and in every way as Christians. If Jesus himself found time to get away and pray and speak to his Heavenly Father, we should too. Therefore, we should constantly seek time to speak to our Heavenly Father, build our relationship with Him, let Him know what is on our hearts, and remind ourselves of how dependent we are on Him for absolutely everything.

The more our communication with our father increases, the more our relationship with Him grows as we constantly remind ourselves of His grace, goodness, and control no matter the circumstances. That is why we pray.