

## Pray

**Psalm 4:1- Hear me when I call, O God of my righteousness: thou hast enlarged me when I was in distress; have mercy upon me, and hear my prayer.**

(KJV)

The Church encourages believers to increase their prayers during Great Lent. The Psalms offer proven and enduring nourishment for those seeking to pray. The Psalmist speaking from his heart has crafted prayerful messages to the Lord. Believers do well to become familiar with the Psalms when desiring to pray. The Psalms are a regular part of daily life for serious believers engaged in prayer.

**Psalm 5:2- Harken unto the voice of my cry, my King, and my God: for unto thee will I pray.** (KJV)

Believers profess belief in Jesus Christ as King and as God at Holy Baptism. It is clearly appropriate to address Jesus as King and as God in daily prayers. The Psalmist shows the way for believers to turn to the Lord as King and as God. Sincerely crying in prayer from deep in the heart is a way to approach the Lord. The Lord determines when and how to respond to prayers from deep in the heart.

**Psalm 5:3- My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.** (KJV)

Patience is required from believers seeking answers from prayers to the Lord. Beginning each morning in prayer sets a good direction for the rest of the day. Faithful believers seek God's guidance by praying before each undertaking. Beginning activities with prayer keeps God's Kingdom in focus as the goal. Following the narrow path to God's Kingdom requires constant prayer. (Mt.7:13-14)

**Psalm 6:9- The LORD hath heard my supplication; the LORD will receive my prayer.** (KJV)

The Lord's response to prayers provides the direction for the believer to follow. Believers can expect crosses in daily life just as Jesus faced the Cross. Jesus is always within prayerful reach when crosses arise in daily life. Believers seek beneficial outcomes when facing crosses responsibly. The Lord is present to strengthen believers addressing the crosses in daily life.

**Psalm 17:1- Hear the right, O LORD, attend unto my cry, give ear unto my prayer, that goeth not out of feigned lips.** (KJV)

Effective prayer entails uniting the heart, mind and soul in concerted effort. Resolutely focusing the mind on the Lord is the way to ward off distractions. The Scriptures show that resolute prayer makes a beneficial difference in life. The Holy Prophets are sources of nourishment for life-changing prayer. The Holy Prophet Elijah illustrates the essential value of prayer in life. (James 5:15-17)

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