



HOW TO EFFECTIVELY COMMUNICATE WITH GOD

Through Prayer



SURRENDER
ministries

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**"Prayer is the breath of the soul.
It is the secret of spiritual power."
*Messages to Young People p.249***

Inexpressible Love

"Brethren, with the beloved John I call upon you to 'behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God.' [I John 3:1]. What love, what matchless love, that, sinners and aliens as we are, we may be brought back to God and adopted into His family! We may address Him by the endearing name, 'Our Father,' which is a sign of our affection for Him and a pledge of His tender regard and relationship to us. And the Son of God, beholding the heirs of grace, 'is not ashamed to call them brethren.' They have even a more sacred relationship to God than have the angels who have never fallen.

All the paternal love which has come down from generation to generation through the channel of human hearts, all the springs of tenderness which have opened in the souls of men, are but as a tiny rill to the boundless ocean when compared with the infinite, exhaustless love of God. Tongue cannot utter it; pen cannot portray it. You may meditate upon it every day of your life; you may search the Scriptures diligently in order to understand it; you may summon every power and capability that God has given you, in the endeavor to comprehend the love and compassion of the heavenly Father; and yet there is an infinity beyond. You may study that love for ages; yet you can never fully comprehend the length and breadth, the depth and the height, of the love of God in giving His Son to die for the world. Eternity itself can never fully reveal it." *Testimonies to the Church, Volume 5 p.739,740*

It is only against the backdrop of this inexpressible love that we can comprehend God's deep desire to communicate with us. In an effort to draw us into a relationship with Him, God has provided a variety of very effective methods for communicating with us. The most prominent of these are:

Prayer:	The privilege of speaking to God as a close friend
Creation:	God's expression of His power and His love for us
The Bible:	God's permanent words to us
The Holy Spirit:	God's means of comforting us and prompting us with Christlike thoughts

Prayer is the focus of this presentation. Prayer is an integral part of our relationship with God. Since God desires to be our best friend it is only natural that we should earnestly desire to effectively communicate with Him. "Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us." *Psalms 62:8*

Christ Our Example

In all things our example is Christ. "For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps:" *1 Peter 2:21*

Christ, as the Son of God, realized the necessity of daily prayer. "But as He returned from the hours of prayer that closed the toilsome day, they [the disciples] marked the look of peace upon His face, the freshness and life and power that seemed to pervade His whole being. From hours spent alone with God, He came forth, morning by morning, to bring the light of heaven to men." *Ministry of Healing p.55,56*. "And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed." *Mark 1:35*

"My voice shalt thou hear in the morning, O Lord; in the morning will I direct my prayer unto thee, and will look up." *Psalms 5:3*

"O God, thou art my God; early will I seek thee:" *Psalms 63:1*

"The strength acquired in prayer to God will prepare us for our daily duties. The temptations to which we are daily exposed make prayer a necessity." *The Youth's Instructor, August 18, 1898*

With this in mind, let us commit ourselves to pray to God every morning as Christ prayed.

THE 4 ESSENTIAL PARTS OF AN EFFECTIVE MORNING PRAYER

Surrender	Intercession	Personal	Blessings
Surrender Your Guardian Angel The Holy Spirit	Permanent list Temporary list Groups	Your personal needs	God's blessings to you (at least 10 per day)

SURRENDER

Please note that this part of the morning prayer is so vital that it must never be excluded. And although prayer is very personal, and will vary greatly with each person's experience, here is an example of the "Surrender" portion of a morning prayer:

Dear Heavenly Father,

Thank you for another day of life. Please help me to surrender all things to you today. I surrender my thoughts. I surrender my words. I surrender my actions to your will. Please take control of my emotions and my impulses today. Please maintain the presence of my guardian angel by my side today to protect me from evil and danger and to prompt my mind with Christlike thoughts. Please maintain and increase the presence of the Holy Spirit within me to comfort me and to fill me with the fruits of the Spirit:

Love (for others)

Joy and Peace and Longsuffering (in all things)

Gentleness (& Kindness)

Goodness

Faith

Meekness (& Humbleness)

Temperance

The Importance of Surrender

"We may leave off many bad habits; for the time we may part company with Satan; but without a vital connection with God, through the surrender of ourselves to Him moment by moment, we shall be overcome." *The Desire of Ages p.324*

"You cannot control your impulses, your emotions, as you may desire; but you can control the will, and you can make an entire change in your life. By yielding up your will to Christ, your life will be hid with Christ in God and allied to the power which is above all principalities and powers." *Testimonies to the Church v.5 p.514*

"Surrender" is defined by Webster's Dictionary as: "To yield to the power of another." Yielding completely to the power of God entails no risk. In His divine wisdom, God invites us to let Him direct every step of our lives. The God of the universe remembers our past and knows our future. He will do what we can never do for ourselves: perfectly orchestrate every aspect of our lives.

The Wonderful Results of Surrender

"Trust in the Lord with all thine heart and lean not unto thine own understanding. In all thy ways acknowledge Him and He shall direct thy paths." *Proverbs 3:5,6*

"Our heavenly Father has a thousand ways to provide for us of which we know nothing. Those who accept the one principle of making the service of God supreme, will find perplexities vanish and a plain path before their feet." *Help in Daily Living p.13*

"But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you." *John 14:26*

"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: ..." *Galatians 5:22,23*

INTERCESSION (Interceding on behalf of others)

Intercession Lists

Permanent List:

People you pray for daily (e.g. your spouse, family members, your friends, people to whom you are witnessing about God).

Temporary List:

The Temporary List can be organized into two groups: 1) People you pray for until the specific request is answered (e.g. a prayer for someone's health, or a prayer regarding a particular decision someone needs to make); and 2) People who are on your prayer list for a specific amount of time. This length of time can be voiced to the person for whom you are praying, if appropriate. For example: For someone who isn't sure about the power of prayer -- you might suggest that they pray using the above example of an effective morning prayer for two weeks. Then let them know you will be praying diligently for them to receive understanding regarding the power of prayer during this two week period.

Groups:

Groups of people you, permanently or temporarily, pray for at consistent intervals (daily, weekly, monthly). For example: Bible study groups, church leaders, government leaders, groups of friends (such as former or current classmates), etc.

Prayer Gifts

Praying for another person is much like giving them a gift. When buying a gift for someone you love, you would not simply walk into a store and randomly grab something off of the shelf. Instead, you would carefully ponder their needs, their hobbies, their interests ... until you determined that one gift that would bring them the greatest joy.

Praying for a specific "prayer gift" is important for several reasons:

- 1) God alone knows the best "prayer gift" for a particular person. "...for your Father knoweth what things ye have need of, before ye ask him..." *Matthew 6:8* It is

important to keep in mind that, as we pray for that person, God will teach us how and what to pray.

- 2) God often answers specific prayers to strengthen our faith, to bring glory to His name, and to show the power of sincere, thoughtful prayer.
- 3) By focusing on the specific needs of a person, God can more readily impress us with the things that WE can do (outside of prayer) to help that person.

The Mandate to Intercede

"I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. For this is good and acceptable in the sight of God our Saviour; Who will have all men to be saved, and to come unto the knowledge of the truth."
1 Timothy 2:1-4

Heaven's Response to Intercession

If we intercede according to God's will, heaven will ALWAYS be mobilized into action.

"It would be well to remember that every true child of God has the co-operation of heavenly beings. Invisible armies of light and power attend the meek and lowly ones who believe and claim the promises of God. Cherubim and seraphim, and angels that excel in strength, stand at God's right hand, 'all ministering spirits, sent forth to minister for them who shall be heirs of salvation.' *Hebrews 1:14.*" *The Acts of the Apostles p.154*

"The children of God are not left alone and defenseless. Prayer moves the arm of Omnipotence. Prayer has 'subdued kingdoms, wrought righteousness, obtained promises, stopped the mouth of lions, quenched the violence of fire.' " *Christ's Object Lessons p.172*

"It is a part of God's plan to grant us, in answer to the prayer of faith, that which He would not bestow did we not thus ask." *The Great Controversy p.525*

"The day of Peter's execution was at last appointed, but still the prayers of the believers ascended to heaven; and while all their energies and sympathies were called out in fervent appeals for help, angels of God were watching over the imprisoned apostle. To prevent all possibility of release, Peter had been put under the charge of sixteen soldiers, who, in different watches, guarded him day and night. In his cell he was placed between two soldiers and was bound by two chains, each chain being fastened to the wrist of one of the soldiers. He was unable to move without their knowledge. With the prison doors securely fastened, and a strong

guard before them, all chance of rescue or escape through human means was cut off. But man's extremity is God's opportunity." *The Acts of the Apostles pp.145-146*

"Peter therefore was kept in prison: but prayer was made without ceasing of the church unto God for him. And when Herod would have brought him forth, the same night Peter was sleeping between two soldiers, bound with two chains: and the keepers before the door kept the prison. And, behold, the angel of the Lord came upon him, and a light shined in the prison: and he smote Peter on the side, and raised him up, saying, Arise up quickly. And his chains fell off from his hands. And the angel said unto him, Gird thyself, and bind on thy sandals. And so he did. And he saith unto him, Cast thy garment about thee, and follow me." *Acts 12:5-7*

"...if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of My Father which is in heaven. For where two or three are gathered together in My name, there am I in the midst of them." *Matthew 18:19-20*

The Solemnity of Intercession

Intercession is an extremely solemn endeavor. Heaven responds, and angels are mobilized into literal battle.

Daniel prayed for three weeks regarding the captivity of Israel by King Cyrus. In direct response to his prayers, the following occurred: "Through the prophet Daniel we are given a glimpse of this mighty struggle between the forces of good and the forces of evil. For three weeks Gabriel [the highest ranking angel in heaven] wrestled with the powers of darkness, seeking to counteract the influences at work on the mind of Cyrus; and before the contest closed, Christ Himself came to Gabriel's aid. 'The prince of the kingdom of Persia withstood me one and twenty days,' Gabriel declares; 'but, lo, Michael, one of the chief princes, came to help me; and I remained there with the kings of Persia.' *Daniel 10:13*. All that heaven could do in behalf of the people of God was done." *Prophets and Kings p.572-573*

PERSONAL (Praying for our own needs)

"Lord, help me to do my best. Teach me how to do better work. Give me energy and cheerfulness. Help me to bring into my service the loving ministry of the Saviour." *Help In Daily Living p.6*

Examples of Personal Needs

- Grace
- Health

- Wisdom
- Courage
- Patience
- Memory
- Reverence
- Knowledge
- Future Plans
- Understanding
- Help in business
- Help with finances
- Help with relationships
- Witnessing about God to others
- Help with areas the Holy Spirit has prompted you to correct in your life

God's Invitation to Personal Prayer

"If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering..." *James 1:5,6*

"Be careful [anxious] for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God." *Philippians 4:6*

"If we would importune God, laying before him our needs in simplicity, with unfaltering confidence, in the name of Christ, we should receive of the abundance of the blessing of God. Tell the Lord exactly what you want in the way of spiritual blessings; and you need not fear to lay before him your temporal needs and perplexities." *Signs of the Times, April 25, 1892*

"Christ says, 'What things soever ye desire, when ye pray, believe that ye receive them; and ye shall have them.' He makes it plain that our asking must be according to God's will; we must ask for the things that He has promised, and whatever we receive must be used in doing His will. The conditions met, the promise is unequivocal." *Education p.257*

"Ask for humility, wisdom, courage, increase of faith. To every sincere prayer an answer will come. It may not come just as you desire, or at the time you look for it; but it will come in the way and at the time that will best meet your need. The prayers you offer in loneliness, in weariness, in trial, God answers, not always according to your expectations, but always for your good." *Messages to Young People p.250*

God's Response to Personal Prayer

"...our heavenly Father in love answers our prayers by giving us that which will be for our highest good -- that which we ourselves would desire if with vision divinely enlightened we could see all things as they really are." *Steps to Christ p.96*

"Are not two sparrows sold for a farthing? [4 cents] and one of them shall not fall on the ground without your Father. But the very hairs of your head are all numbered. Fear ye not therefore, ye are of more value than many sparrows." *Matthew 10:29-31*

"Nothing that in any way concerns our peace is too small for Him to notice... The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watch care; not another soul for whom He gave His beloved Son." *Steps to Christ p.100*

"...this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus. Let us therefore, as many as be perfect, be thus minded: and if in any thing ye be otherwise minded, God shall reveal even this unto you." *Philippians 3:13-15*

"Every promise in the Word of God is for us. In your prayers, present the pledged word of Jehovah, and by faith claim His promises. His word is the assurance that if you ask in faith, you will receive all spiritual blessings. Continue to ask, and you will receive exceeding abundantly above all that you ask or think. Educate yourself to have unlimited confidence in God. Cast all your care upon Him. Wait patiently for Him, and He will bring it to pass." *Signs of the Times, November 18, 1903*

BLESSINGS (Thanksgiving and praise to God for His blessings)

Spend time making (and adding to) a list of God's blessings to you. Mention at least 10 things you are thankful for each morning. In this way you will always end your prayer with a positive attitude that will uplift and encourage you throughout the day. For example, your list might include: the presence of the Holy Spirit, your guardian angel, God's providence in your life, friends (be specific), the Bible, the gift of eternal life, the privilege of prayer, health, food, clothing, shelter, the beauty of nature, etc.

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The Results of Praise

"If we keep the Lord ever before us, allowing our hearts to go out in thanksgiving and praise to Him, we shall have a continual freshness in our religious life. Our prayers will take the form of a conversation with God as we would talk with a friend. He will speak His mysteries to us personally. Often there will come to us a sweet, joyful sense of the presence of Jesus. . . Prayer turns aside the attacks of Satan." *The Faith I Live By*, p.225

MORE INSPIRATION REGARDING THE MORNING PRAYER

Attitude in Prayer

We all have been given the privilege and honor of speaking directly to God in the name of Jesus. "Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you." *John 15:16* We should pray to God as our best friend. We have no more loving a friend than God. He wants us to rely on Him to guide our lives. He is never burdened by our prayers. He knows our future and remembers our past. He is saddened by the experiences we must go through to become ready for the heavenly lifestyle.

"True reverence for God is inspired by a sense of His infinite greatness and a realization of His presence. With this sense of the Unseen, every heart should be deeply impressed. The hour and place of prayer are sacred, because God is there; and as reverence is manifested in attitude and demeanor, the feeling that inspires it will be deepened. 'Holy and reverend is His name,' the psalmist declares. Angels, when they speak that name, veil their faces. With what reverence, then, should we, who are fallen and sinful, take it upon our lips!" *Gospel Workers pp.178,179*

Commitment to Prayer

We must be diligent in prayer. "Pray without ceasing." *1 Thessalonians 5:17*

God has instructed us to take life one day at a time; therefore, prayer is a daily necessity. "The temptations to which we are daily exposed make prayer a necessity." *Help In Daily Living p.45*

"While engaged in our daily work, we should lift the soul to heaven in prayer. These silent petitions rise like incense before the throne of grace; and the enemy is baffled. The Christian whose heart is thus stayed upon God cannot be overcome." *Messages to Young People p.249*

"Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof." *Matthew 6:34*

"The faithful discharge of today's duties is the best preparation for tomorrow's trials. Do not gather together all tomorrow's liabilities and cares and add them to the burden of today." *Help In Daily Living p.13*

Prayer is one of the best ways to know God and His love for us. You will find that God will shower you with consistent tokens of His unsurpassed love for you just as a spouse or a close friend will do little things for you that will make your life easier or happier with no thought of return.

Place of Prayer

The morning prayer is just between you and God. You should do your best to pray in a private, quiet place. Pray in the most reverent position possible. You will find that the morning prayer can be quite lengthy. It is not always possible or practical to be on your knees for this amount of time. Consider praying the first section of the prayer (Surrender) on your knees and the remainder in a comfortable position. Your posture should always be reverent whether kneeling or in some other position. It may even be appropriate for you to pray a portion or all of your prayer while still in bed. However, this is not appropriate if you find yourself falling asleep. If your mind tends to wander during prayer, consider praying out loud.

Time of Prayer

For each of us God has a specific time in mind for our morning prayer. When you go to sleep at night pray that God will awaken you at the proper time. Pray this prayer for two weeks and arise when you wake up in the morning, no matter what time that turns out to be. This should be a quiet time of the morning before the phone rings, before anyone else in your house is making noise that would affect your ability to concentrate.

Conditions for Successful Prayer

We must:

- be sincere
- be diligent
- be reverent
- not retain any known sin
- pray in the mind and spirit of Jesus
- feel the need to commune with God
- surrender all things in our life to God daily
- have a spirit of love and forgiveness in our hearts

- have faith that God hears and answers our prayers
- surrender the outcome of our requests to His divine will
- feel humble, meek, helpless, and totally dependent upon God

"If I regard iniquity in my heart, the Lord will not hear me:" *Psalms 66:18*

"But without faith it is impossible to please him; for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him." *Hebrews 11:6*

"You are to believe that Jesus knows just what you need, and will supply all your wants; so you can go on in faith, saying 'I have laid my burden upon the Lord, and I will not lay it upon any human being. God will hear and answer my prayers.'" *Review and Herald, May 19, 1891*

"Prayer is not an expiation for sin; it has no virtue or merit of itself. All the flowery words at our command are not equivalent to one holy desire. The most eloquent prayers are but idle words if they do not express the true sentiments of the heart. But the prayer that comes from an earnest heart, when the simple wants of the soul are expressed, as we would ask an earthly friend for a favor, expecting it to be granted -- this is the prayer of faith. God does not desire our ceremonial compliments, but the unspoken cry of the heart broken and subdued with a sense of its sin and utter weakness finds its way to the Father of all mercy." *Thoughts From the Mount of Blessing, p.86*

Other Types of Prayer

- Secret prayer
- Group prayer
- Church prayer
- Morning prayer
- Mid-day prayer
- Evening prayer
- Prayer before each meal
- Prayer before reading the Bible
- Instant prayers for help any time and any place

Bibliography:

The King James version of the Holy Bible, 1611
Available at all Christian bookstores

The following books were written by Ellen G. White. They are available by calling ABC at (800)765-6955 or Laymen Ministries at (800)245-1844.

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