



Chaplain's Notes

October 2005
"life is for us"

Power to Live

Are you tired? Have you run out of energy? Are you feeling 'pooped'?

Sometimes life can get that way, can't it. It's like we need to get a new *Energizer* battery plugged in to us to give us that new 'get up and go' - oi!

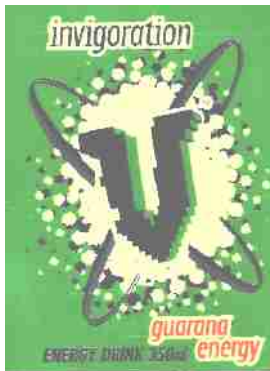
What do you do to help you get refreshed, to get your energy back? Just finding the time to have a rest is always a good start, isn't it? There is a big difference between sleeping at night in bed, and resting while awake by just sitting quietly in a comfortable chair, or on the sofa, with no TV or music; just "being still". I hope you get the chance to do that!

But there is another type of rest that we can experience, a rest for our souls that comes from sharing with God in prayer.

Jesus said, **"Come to me, all you are weary and burdened, and I will give you rest."**¹ We come to



or



or



Jesus today by praying, that is, talking to Jesus, talking to God. This month, I'd like to encourage you to pray, because there is power in prayer!

1. Pray to God. Prayer is not "talking into thin air," nor is it talking to yourself. God exists, and even though He is invisible, we humans have the ability like no other creature on earth to actually communicate with our spirits to God (who is Spirit) by talking to Him. Jesus is our number one example of someone who prayed to God a lot to get strength for His life. He even at times prayed all night to God² (and through this praying didn't get tired! - that's how much power there is!). Jesus Himself prayed, **"This is eternal life, that they may know You, the only true God, and Jesus Christ, whom You have sent."**³ We get to know God and Jesus by talking to Him in prayer.

Jesus even taught us how to pray - that's how important it was to Him, and how important He thought it was for us! The

(1) Matthew 11:28. (2) Luke 6:12; Matthew 14:23ff. (3) John 17:3.

prayer upon which we are to model our prayers goes like this:

**"Our Father in heaven,
hallowed be Your Name;
Your kingdom come,
Your will be done on earth as it is in
heaven.
Give us this day our daily bread.
And forgive us our sins, just as we
forgive those who sin against us.
And lead us not into temptation, but
deliver us from evil.
For Yours is the kingdom, and the
power, and the glory, forever and
ever,
Amen."**⁴

Notice, you can call on God as your *Father*. God is listening, and wants to listen to you talking to Him!

One of the hallmarks of a person who has "godly power" and a godly personality is that they pray a lot. Do you pray? I encourage you to do so! There is power in prayer!

2. Pray with people. Christians all through the ages have experienced that there seems to be even more power in prayer when you pray together with someone else out loud. Whilst we are not to neglect praying alone in secret in our rooms, as Jesus taught us⁵, the early church also often **"raised their voices together in prayer to God."**⁶ Jesus also said **"If two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven."**⁷

I have found so much help in being able to pray out loud with someone else. I don't exactly know why, but somehow my thoughts become a whole lot clearer, I become less distracted, and it even feels like God guides us in what to pray. Significantly,

when I hear someone else praying for me, I always feel a great weight off my shoulders!

As I understand it, when we speak out our thoughts to God, and talk to Him, a supernatural physical power is unleashed, a creative force. God becomes even more 'real', if I can say that, and I have felt so much more transformation in my life!

I really encourage you to pray out loud with another person. Even over the phone! I do it often. There is power in prayer!



There is
power
in prayer

3. Prayer with purpose. And finally, when you pray, pray specifically about issues. Yes, pour out your heart and your worries and concerns, but also specifically talk to God about what you would like Him to do. For example, if you are needing wisdom for a decision, tell God all about it, and ask Him for wisdom! It is written, **"If any of you lacks wisdom, he should ask God, who gives to all without finding**

(4) Matthew 6:9-13. (5) Matthew 6:6. (6) cf Acts 4:24. (7) Matthew 18:19.

fault, and it will be given to him."⁸
Jesus said, "Ask and it will be given to you; seek and you will find; knock and it will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened."⁹
Make up a whole list, and tell God about all the issues that are bothering you. It may surprise you just how precisely God will answer your requests!

The Bible says, "**You do not have because you do not ask God!**"¹⁰ Ask God for what you need. Ask God for what others need! Praise God, and tell Him just how much you love Him. Pray. There is power in prayer!

Power to live. We need it.

We need strength for our bodies, for our minds, for our souls, and for our spirits. Don't leave out prayer as a power source for your life. From experience both ways, I can tell you that prayer works.

How about we pray now! Let us pray: (why not say this out loud)

*Father in heaven,
thank you that I can talk to you in prayer!
I praise You for just how great You are,
and I just come humbly now before Your throne, and submit myself to all You have in store for me.
I ask you to fill me with Your power, all the power and strength I need to fulfill all my responsibilities.
And I thank you Jesus for just how much You love me! Help me to love others in just the same way.
In Your name I pray,
Amen.*

(8) James 1:5. (9) Matthew 7:7,8. (10) James 4:2.

You're invited to...

Saturday Night Live!



A great evening of live theatre, fun, and laughter, around a theme that will really get you thinking!

Suitable for
kids and adults!

Where?
St Mark's Family Church
19 Beatty St, Reservoir.

When?
7pm – 8.30pm,
Saturday 22nd October

**Highly
Recommended!!**

Kids' Church

(adults  welcome, too!)

Come along and enjoy all the **fun** as we:



sing songs

do great activities

learn more about God

play games

participate in drama

eat food



Where: Preston North East Primary School Hall

When: Sunday 16th October, 4pm - 5.30pm

(Come at 3pm to help set up!)

All children under 12 years old should be supervised by a parent / guardian / brother or sister over 16.

Invite your friends!

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