

The Key Elements of Prayer

Do you ever wonder what you should say in your prayer so that God will answer? The Apostle Paul once wrote: "Don't worry about anything, but pray and ask God for everything you need, always giving thanks for what you have. And because you belong to Christ Jesus, God's peace will stand guard over all your thoughts and feelings. His peace can do this far better than our human minds."¹

Paul was explaining some of the key elements of prayer. First, he explains that when we have a need, we should pray and tell God about it and ask for His help. Paul then says that we should thank God for the ways He has helped us in the past and know that we don't have to worry about anything when we place it in God's hands.

Even if the answer to our prayer isn't exactly what we had hoped for, it's important to remember that God knows what's best for us in a particular situation. God cares for us and knows what will bring us the most joy and the best results in the long run. When we thank God for the answers to our prayers, even ones we don't fully understand at the time, we are showing our gratitude and faith in His love and care for us, His children.

So when we pray, we can remember these points:

- Take our concerns and requests to God; ask Him for His help and guidance.
- Make praise and thanksgiving a part of our prayers.
- Once we bring our requests to God, we don't need to worry—they are in God's hand. And if you find yourself still concerned, you can take it to God in prayer again.



¹ Philippians 4:6–7 ERV

Do you or someone you know have a need? Instead of worrying or fretting about the situation, bring it to God in prayer, and when you do, remember to express your gratitude!

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