

“Sought Through Prayer And Meditation To Improve Our Conscious Contact With God...” – How’s Your Seeking Going?

11th Step - Lesson 1

There aren’t many instructions about how to pray in the Bible. It says to pray “in Jesus’ name” (for instance, John 15:16—“The Father will give you whatever you ask in my name”), meaning that you believe and acknowledge that you have the right to pray because of Jesus, your Savior. In the Lord’s Prayer Jesus gave some instructions about what kinds of things to pray about. Beyond that, the Bible doesn’t say a whole lot about what words or methods to use.

When we pray we’re coming to the God who accepts us just as we are, for the sake of our Savior Jesus. It isn’t our words or our attitude that make our prayers work; it’s the promise of God.

So we’re free to seek the ways that work best for us to conversate with God. For example:

- Does quiet reflection and meditation work best for me? (Psalm 63:6—“On my bed I remember you; I think of you through the watches of the night”)
- Or does emotional confrontation with God work best for me? (Genesis 32:22-32—Jacob wrestling with God)
- Does it work best for me to express humble submission to God’s will? (Luke 22:42—“Not my will, but yours be done”)
- Or do I need to let God know I’m not happy with what he’s doing? (Jeremiah 20—“O LORD, you deceived me, and I was deceived ; you overpowered me and prevailed”)
- Does it work best for me to settle myself down when I pray? (Psalm 131:2—“I have stilled and quieted my soul”)
- Or do I need to express my doubts and anger and fear? (Psalm 13:1—“How long, O Lord? Will you forget me forever?”)

What else is helping you as you seek conscious contact with God?