

Freestyle Note: Kia ora whanau - use this space to write a message & let your loved one know why you thought they'd be interested in this article.

Praying Purposefully

My husband made this comment a few weeks ago while we were watching the evening news and it's stuck in my mind like a burr;

"What people often say when they're witness to something traumatising is that the least we can do is pray, well I reckon we have that around the wrong way, because one of the most powerful things we can do is pray."

The reason that this comment had stuck in my head was because I'd been thinking into the power and responsibility that God has gifted to each and every-person.

I also found that I was either singing or thinking into the lyrics of that lovely old hymn 'what a friend we have in Jesus' and the verse 'take it to the Lord in prayer' really resonated in me. Below are the lyrics to the first three verses:

1. What a friend we have in Jesus,
All our sins and griefs to bear!
What a privilege to carry
Everything to God in prayer!
Oh, what peace we often forfeit,
Oh, what needless pain we bear,
All because we do not carry
Everything to God in prayer!

2. Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged
Take it to the Lord in prayer.
Can we find a friend so faithful,
Who will all our sorrows share?
Jesus knows our every weakness;
Take it to the Lord in prayer.

3. Are we weak and heavy-laden,
Cumbered with a load of care?
Precious Savior, still our refuge
Take it to the Lord in prayer.
Do thy friends despise, forsake thee?
Take it to the Lord in prayer!



So in this article what I want to encourage you to think into are these two points:

1. Share your burden with God

You've no doubt heard the saying that to share a problem is to halve it? Well from my life experience this holds a whole lot of truth. The thing is that many of us Opal people aren't always keen to share our inner-most thoughts and fears with other people - but here is a truth - Give your burden to God.

No matter how you practice your faith - please make the time to share your burden with whoever it is that you pray to, because ultimately we are all communicating with God, whom we all belong to.

And keep up prayer; surely prayer keeps (one) away from indecency and evil (Qur'ān 29:45)

2. Pray purposely - Pray like a warrior

Pray Purposely - because it's important not only for your spiritual well-being and the well-being of your loved ones but it's also important in the scheme of every-thing both in this life & the next.

This means that Opal people who live behind the wire should set out to make prayer a key life-job, because if each one of us unites as a body to pray for good - **Wow** - just think of what we can achieve as a community for our world.

Perhaps start by setting aside some time to pray for your chosen areas each day.

Suggestions could include:

- *Dear God, please let my prayer of peace act like a light in the heart of some-person who is planning to do something bad today.*
- *Dear God, please hear my prayer for our beautiful planet and let it heal it in some way.*
- *Dear God, please let my prayer of protection surround any child in danger or need today...*
- *Dear God, let my prayer go out to any person who has an accident today...*
- *Dear God, help me to become the best person that I can be...amen.*



Never forget my Opal Friend - You are important & this world needs you & your prayers.

Always hold your head high because you are a child of God.