

The Ark Community

128: **Liberating Prayer**

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Despite our best intentions, as Christians it is too easy to slip into a comfortable prayer routine, even when following the model of prayer given by Jesus (Matthew 6 v 9 -13). Having focused our gaze upon the Lord, we then proceed to present him with a list of needs or requirements in relation to either ourselves or others, say the special words 'in the name of Jesus' and then leave it up to him.

I was recently challenged about my prayer life by the Lord, whilst reading 1 Corinthians 13. As I read this amazing passage on unconditional love, the Holy Spirit pointed out to me that I am quick to ask for things i.e. material, spiritual, financial needs for my self and others, **but I never ask for love.** He told me to stop and pray in a different way, and then I would see change both in myself and in those I lifted up to the Lord. Who was I to argue! At the start of every day I was simply to pray for more of the Father's love and presence and for more of His love for all those I would encounter that day, or who would be on my mind. I began this new adventure in prayer and as I waited on Him my mind was free from words and my heart began to be filled with love for those around me. My only prayer was for more of His love, for those I knew and those I did not; for the love described in 1 Corinthians 13 to be expressed through me.

Since I have done this I have found prayer liberating. I am learning that every day I can become His opportunity to be an answer to prayer for someone, as I bring His love to them. His love gives me the right motivation for what I think about others and what I say to them. In the workplace I have seen people change their attitude towards me, and being more reliant on listening to the Holy Spirit He has given me wisdom to resolve situations. I believe that throughout the day, the love of God in me transforms the atmosphere of every environment I enter.

I believe Jesus has given me a glimpse of how He lived on earth, daily spending time in quiet being filled with His Father's love, and then being a vessel of love poured out for others.

No wonder people loved being with Jesus, and I too want to have and leave His fragrance of love everywhere I go.

The Lord is radically changing my prayer life. My prayer is now free from the burden of finding the right words to say about someone or a situation and is soaked in love for Him and those I encounter or who are on my heart. Jesus declared His yoke is easy and His burden is light (Matthew 11 v 29 – 30), I pray each of us will find this in our prayer lives as we go deeper in Him.

Many blessings