



ELEMENTS TO CONSIDER

PRAY

Spiritual Society | LearnDGC.com | By Diondra Gray



Posture

How you pray does make a difference.

Not necessarily where and how long but your posture plays a huge part.

Praying can and should happen anywhere. In the car, at the job, in the midst of a crowd, laying across the bed, etc. God wants your full attention as well.

Praying on your knees is a display of surrender and full attention. If you don't have Megan's knees it's not the most comfortable lol. I keep my mini praying pillow near to make me comfortable so I can take my time when praying. There were times when I was so weak and in tears, posture didn't even cross my mind. I just wanted my Heavenly Father! God gets it. Just be intentional. Make **prayer** a habit as soon as you get up and before bed.



Reason

I grew up with the idea that prayer is about asking for something. I then learned prayer is conversation and a form of intimacy with God.

Imagine if someone only called you to ask for something or complain, at some point your feelings become hurt because you feel used then you disconnect. Thank God we aren't God! He may not cut you off but he may not always respond the way you want. Prayer is about conversation. Asking permission for his ways. Bragging on him and about him to others and directly to him. He loves to be loved. Sharing things with him you are ashamed of, when you feel like you can't talk to anyone else... that's his deepest desire- for YOU to come to him. The reason you want to spend time with him doesn't really matter, just know he is where you are and can conquer ALL things. Be honest and come to God with a pure heart. Even when you are upset or disappointed.



Problems

Praying ABOUT someone is 2nd nature but the more you get closer to God, you begin to develop the calmness and sympathy to pray FOR someone instead of "about them".

When reading God's word and spending time with him you start to realize there is NO real expectation you should have of people. God is your primary and strongest source. He gives us so much grace, happiness, healing, ideas, insight, love and more. People will betray you, hurt you, leave you and even have the audacity to be mad with you when you have done nothing wrong. God tells us to trust no man. He knows that flesh isn't perfect and storms, challenges, actions and things hurt us. It's why we need to stay close to him. I've wanted to close the door on God a few times because I felt like he didn't "get it" or he was being unfair. In the next breath I get up, close my door and walk outside mad lol. You need to realize...in life you will have the same problems. You can either deal with them WITH or WITHOUT God. I'll take God ANYDAY! Somebody prayed FOR me and I'm so glad!



You

Have you ever experienced a bad day and then receive a call regarding someone else who was having an even worse day?

Instantly you find the words and strength to encourage them and support them through their storm. That's one of the best ways to heal YOURSELF- Pouring into others. Now don't get it twisted...many times I absolutely have nothing to pour. I feel physically and spiritually drained. During these times, I recommend you take breaks from social media, huge gatherings and take a rest day for yourself.

Read, Worship & Journal.

Then Fill back up. WE NEED YOU!

POURING



Ok back to pouring...

When you pray... GIVE and CONSIDER others.

Why? It's simple...

You're sowing seeds in the heavens for when it's your time to reap the harvest. Trust me your time is coming for the need. You might need it RIGHT NOW!!

START PRAYING for someone! But first, remember it's just a conversation. Be real. Get comfortable and most importantly...Like Cardi B said: "*Be careful wit me*".

Your WORDS ARE EVERYTHING!!

Corinthians 13: 1-12

Ephesians 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.



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