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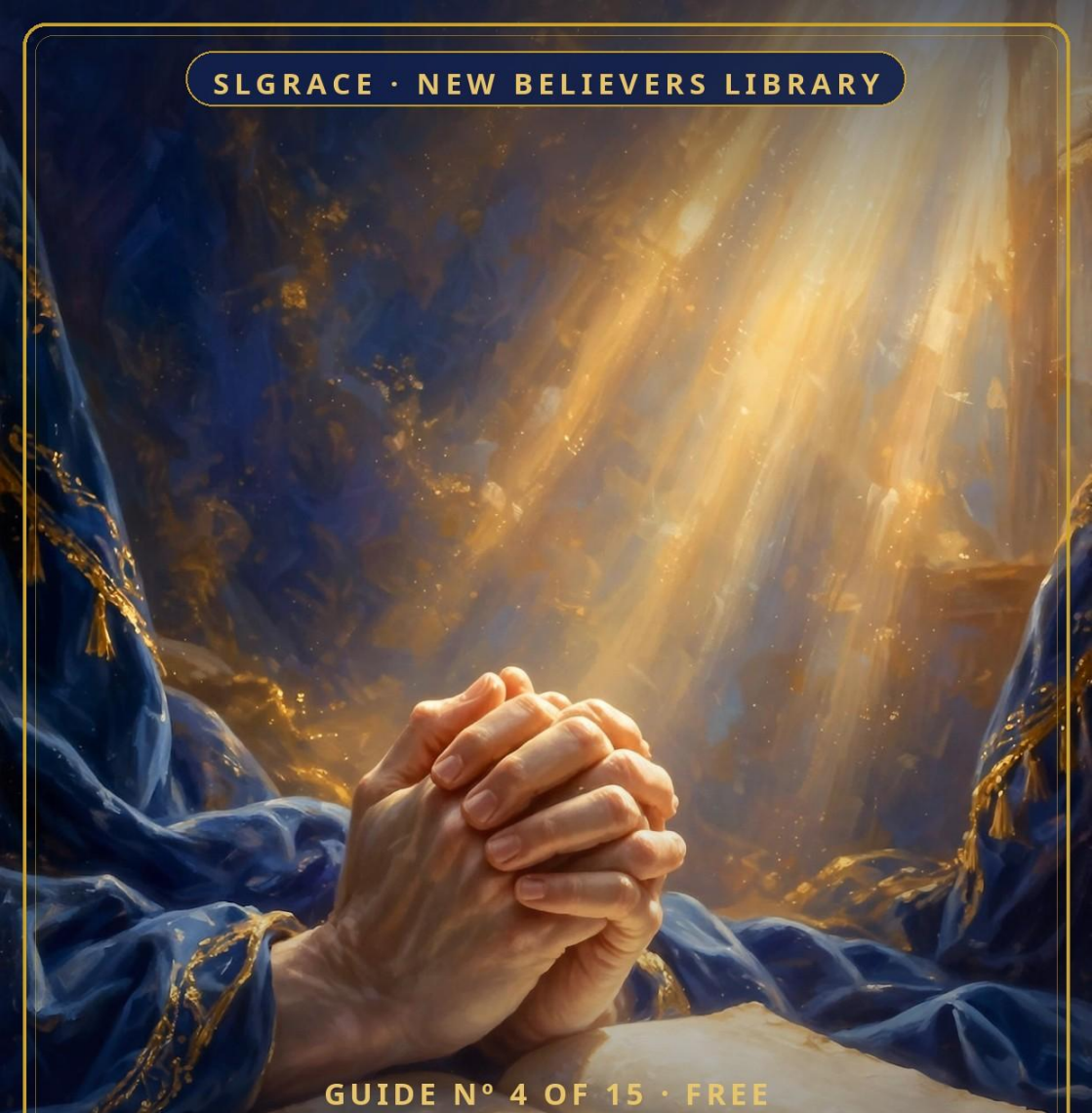

GUIDE Nº 4 OF 15 · FREE

How to Pray

Talking with your Father — simply, honestly, every day

— MATTHEW 6:9 (KJV)

A free guide for new believers · slgrace.com

A letter to you, dear friend

Dear friend, prayer is not a performance. It is a child talking with a Father who loves him. Many new believers fear prayer because they have heard others pray with big words and loud voices, and they think, 'I can never pray like that.' Hear this clearly: God is not grading your grammar. He is listening to your heart. The shortest, most honest prayer — 'Lord, help me' — has moved heaven more than a thousand fine speeches spoken without faith.

In this guide you will learn what prayer is, the pattern Jesus Himself gave us, how to pray when words fail completely, and how to build a daily prayer life that actually survives busy days, tired evenings and hard seasons. You will not become a prayer giant in one week, but you can become a person who prays — truly prays — starting today. Your Father is already listening. Let us learn to talk with Him.

What prayer really is

Prayer is talking with God. That is all — and that is everything. It includes thanksgiving (telling God what you are grateful for), praise (telling Him who He is), confession (agreeing with Him about your sin), requests (asking for your needs), and intercession (asking on behalf of others). It also includes listening: sitting quietly with an open Bible and an open heart, letting God speak to your conscience and your thoughts through His Word.

Because Jesus has opened the way, you pray to the Father in Jesus' name — not as a magic ending to your sentences, but as your standing ground. You come because Jesus brought you. You do not need to shout to be heard across a distance; God is near. You do not need to repeat the same words many times to persuade Him; He is your Father, and He knows what you need before you ask. Pray simply, pray truly, pray believing.

Prayer can happen anywhere: on your knees by your bed, walking to work, quietly in a bus with your eyes open, whispered over your children at night. God hears the prayer in the market and the prayer in the church with the same attention, because He hears the heart, not the building.

> *"And when thou prayest, thou shalt not be as the hypocrites are... But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly."*
> **— Matthew 6:5-6 (KJV)**

The pattern Jesus gave: the Lord's Prayer

When Jesus' disciples asked, 'Lord, teach us to pray,' He gave them a pattern we still follow. Walk through it slowly. 'Our Father which art in heaven' — begin with relationship and reverence: He is your Father, and He is holy and great. 'Hallowed be thy name' — worship first, before requests. 'Thy kingdom come. Thy will be done in earth, as it is in heaven' — surrender your plans to His better plans. Notice: Jesus puts God's name, God's kingdom and God's will before our needs. Prayer reshapes our desires before it changes our circumstances.

'Give us this day our daily bread' — ask for today's needs without shame: food, rent, school fees, health, wisdom for work. God cares about bread, not only about heaven. 'And forgive us our debts, as we forgive our debtors' — keep a clean heart and a forgiving one; unforgiveness chokes prayer. 'And lead us not into temptation, but deliver us from evil' — ask daily for protection, because you know your own weakness. Then end where you began, in worship: 'For thine is the kingdom, and the power, and the glory, for ever. Amen.'

Use this prayer two ways. First, pray it word for word, slowly, thinking about each line. Second, use it as a frame: worship, surrender,

daily needs, forgiveness, protection, worship. Five fingers of prayer — you will never again sit down and not know where to begin.

> *"Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors."*
> **— Matthew 6:10-12 (KJV)**

Do this:

1. Pray the Lord's Prayer aloud, slowly, once today.
2. Then pray it again in your own words, line by line.
3. Write one 'daily bread' need and thank God for it when He provides.

When words fail: the Holy Spirit helps you

There will be days when you kneel to pray and nothing comes — grief too deep for sentences, confusion too thick, shame too heavy. The Bible knows those days, and it gives a beautiful promise: the Spirit Himself makes intercession for us with groanings which cannot be uttered. When you cannot find words, the Holy Spirit prays through your sighs, your tears and your silence, and the Father, who searches hearts, understands perfectly.

So on wordless days, do not stay away from prayer. Come and be silent before God. Say His name. Weep if you must. Open a Psalm and pray its words as your own — Psalm 42, Psalm 61, Psalm 130 were written by people in deep waters. Borrow their words until your own return. God counts a groan of faith as prayer, because He reads hearts, not scripts.

Also let others carry you in such seasons. Ask a trusted believer, 'Please pray for me; I have no words this week.' That is not weakness to be hidden; it is the family working as God designed. One day you will carry another the same way.

> *“Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.”*
> **— Romans 8:26 (KJV)**

Building a daily prayer life that lasts

Good prayer lives are built on small, kept appointments, not on occasional long marathons. Choose a time — early morning suits many, before the day’s noise begins; others pray best at night. Choose a place — a corner of your room, a chair, a quiet spot outside. Keep the appointment short enough to keep daily: fifteen honest minutes every day will change you more than two hours once a month. As hunger grows, time will grow naturally.

Keep a small prayer notebook. Write requests with dates, and when God answers, write the answer beside it with thanks. Within months you will own a record of God’s faithfulness that will carry you through the next hard season. Also pray through your day in short breaths — ‘Lord, give me wisdom in this meeting,’ ‘Father, calm my heart,’ ‘Thank You, Jesus.’ This is what it means to pray without ceasing: not non-stop talking, but a heart that keeps turning to God.

Expect answers in God’s wisdom, not always in your script. Sometimes yes, sometimes wait, sometimes a gentle no that later proves to be mercy. A father who loves his child refuses requests that would harm him. Keep trusting, keep thanking, keep asking. The God who heard you the first day is hearing you still.

> *“Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”*
> **— 1 Thessalonians 5:17-18 (KJV)**

Do this:

1. Fix your daily prayer time and place — start with 15 minutes.

2. Start a prayer notebook: request, date, answer, date.
3. Pray one short prayer for another person every day this week.
4. End every prayer with thanksgiving, even before the answer comes.

Praying with faith — and handling delay

Jesus taught us to ask believing. Faith in prayer is not pretending, and it is not forcing God; it is trusting His character while you ask. You believe because He is able, and you rest because He is wise. Bring big requests — healing, family salvation, provision, open doors. Nothing is too small for His care or too great for His power. The God who counts hairs also moves mountains.

When answers delay, examine three things calmly. First, your heart: is there known sin or unforgiveness to settle? Second, your request: are you asking for something God has already answered differently in His Word? Third, your timing: seeds grow underground before they show. Many prayers are answered in the waiting itself — you become patient, deep, unshakeable. Delay is not denial. Keep a soft heart and a steady mouth: thank God while you wait.

Close every season of prayer the way Jesus closed His hardest one: 'Nevertheless not my will, but thine, be done.' That sentence is not defeat. It is the prayer of a child who trusts his Father more than his own understanding — and such prayers heaven delights to answer.

> *"And all things, whatsoever ye shall ask in prayer, believing, ye shall receive."*
> **— Matthew 21:22 (KJV)**

A SIMPLE MORNING PRAYER IN YOUR OWN WORDS

Father, good morning. Thank You for the gift of a new day and for making me Your child. Your name is holy, and I worship You. Let

Your will be done in my life today — in my work, my family, my words and my choices. Give me today what I need, and forgive me where I fail, as I forgive those who wrong me. Keep me from temptation and deliver me from evil. I trust You with everything I cannot carry. In Jesus' name, Amen.

Verses to hold on to

Keep these verses near you. Read one each morning. Say it aloud. God's Word will hold you on days when feelings are weak.

> *"Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not."*
> **— Jeremiah 33:3 (KJV)**

> *"The effectual fervent prayer of a righteous man availeth much."*
> **— James 5:16 (KJV)**

> *"Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us."*
> **— Ephesians 3:20 (KJV)**

> *"Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need."*
> **— Hebrews 4:16 (KJV)**

You are not walking alone

Dear friend, you have finished this guide — well done. Keep it near your Bible and return to it whenever you need it. Growth is day by day, and your Father is patient, present and proud of every honest step you take toward Him.

If you would like someone to pray with you, answer your questions, or walk with you in these first steps, our free Salvation Follow-Up team would be honoured to hear from you. Visit slgrace.com and open the chat — ask for the "Salvation Follow-Up" desk. It is completely free, and you will be received with love.

The other free guides in this series

1. You Are a New Creature — free from the Salvation Follow-Up Desk at slgrace.com

2. First Steps With Jesus — free from the Salvation Follow-Up Desk at slgrace.com

3. Reading the Bible — free from the Salvation Follow-Up Desk at slgrace.com

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May the Lord bless you and keep you, make His face shine upon you, and give you peace — today and all your days. (Numbers 6:24-26)