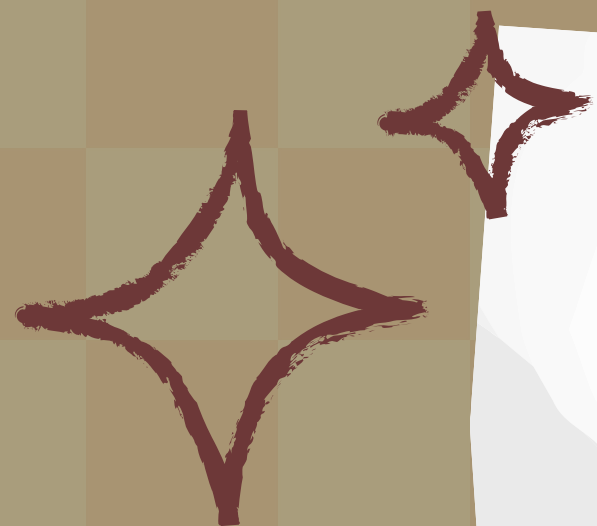


**OUT OF
OBLIVION**

**Prayer
time**



A hand holding a piece of torn paper with text, next to a wooden door with a lock. The background is a light brown checkered pattern.

Ask, Seek, Knock

**MATTHEW
7:7-11**

A life of prayer

When cultivating our relationship with God, prayer is a crucial means of communication. Similar to how we express ourselves to others, we can approach God openly and honestly, having confidence that He hears us and will respond.



Turn all thoughts into prayer

Rather than dwelling on unpleasant thoughts, consider communicating with God about the matter. Share any emotions or apprehensions with Him.



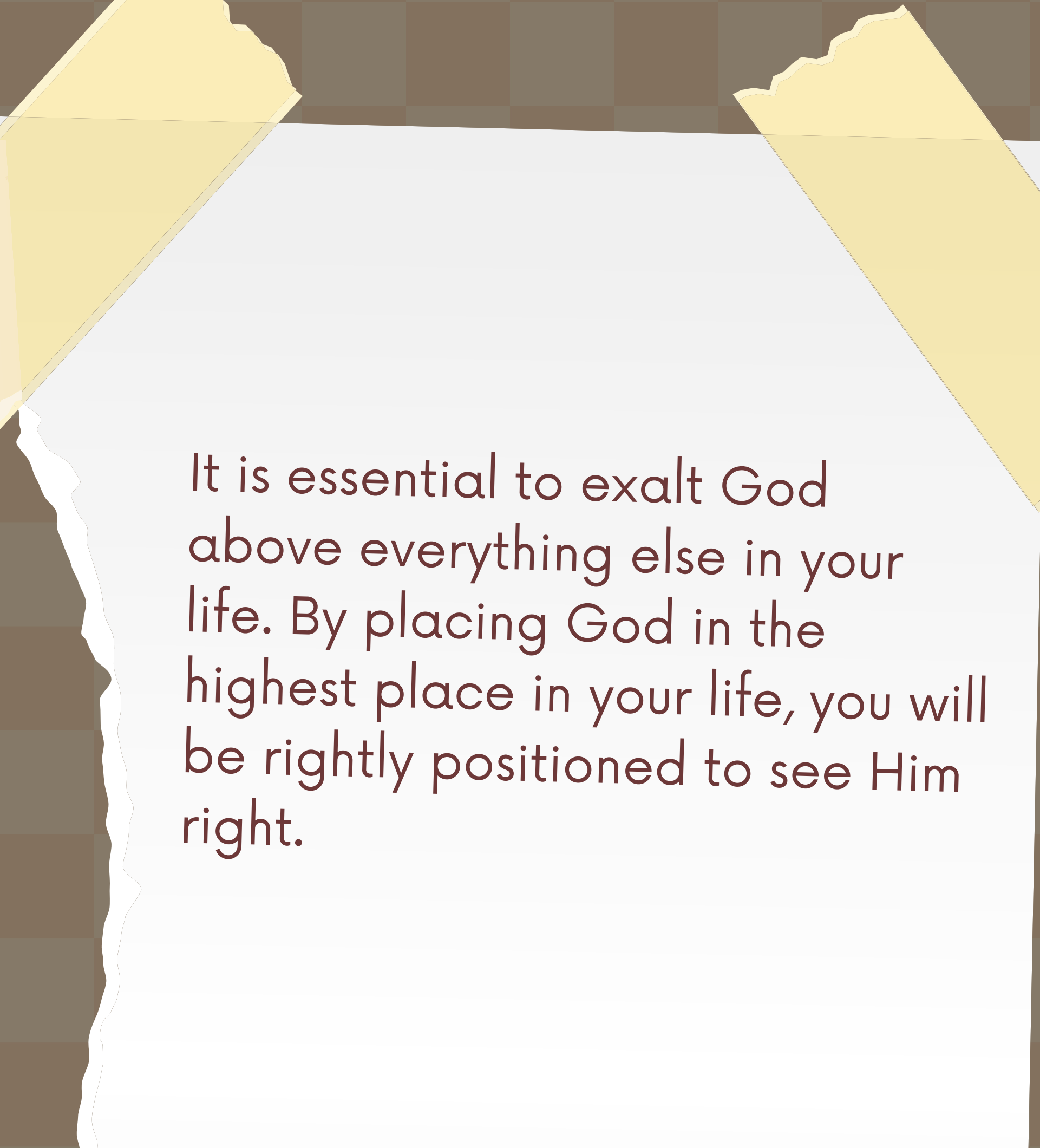


Thankful

Allow the spirit of Thanksgiving to supersede all your words of prayer. Whether it's the benevolence of others or the love shown by your children, take a moment to express your gratitude to God for His presence in these moments.



Praise and Worship



It is essential to exalt God above everything else in your life. By placing God in the highest place in your life, you will be rightly positioned to see Him right.



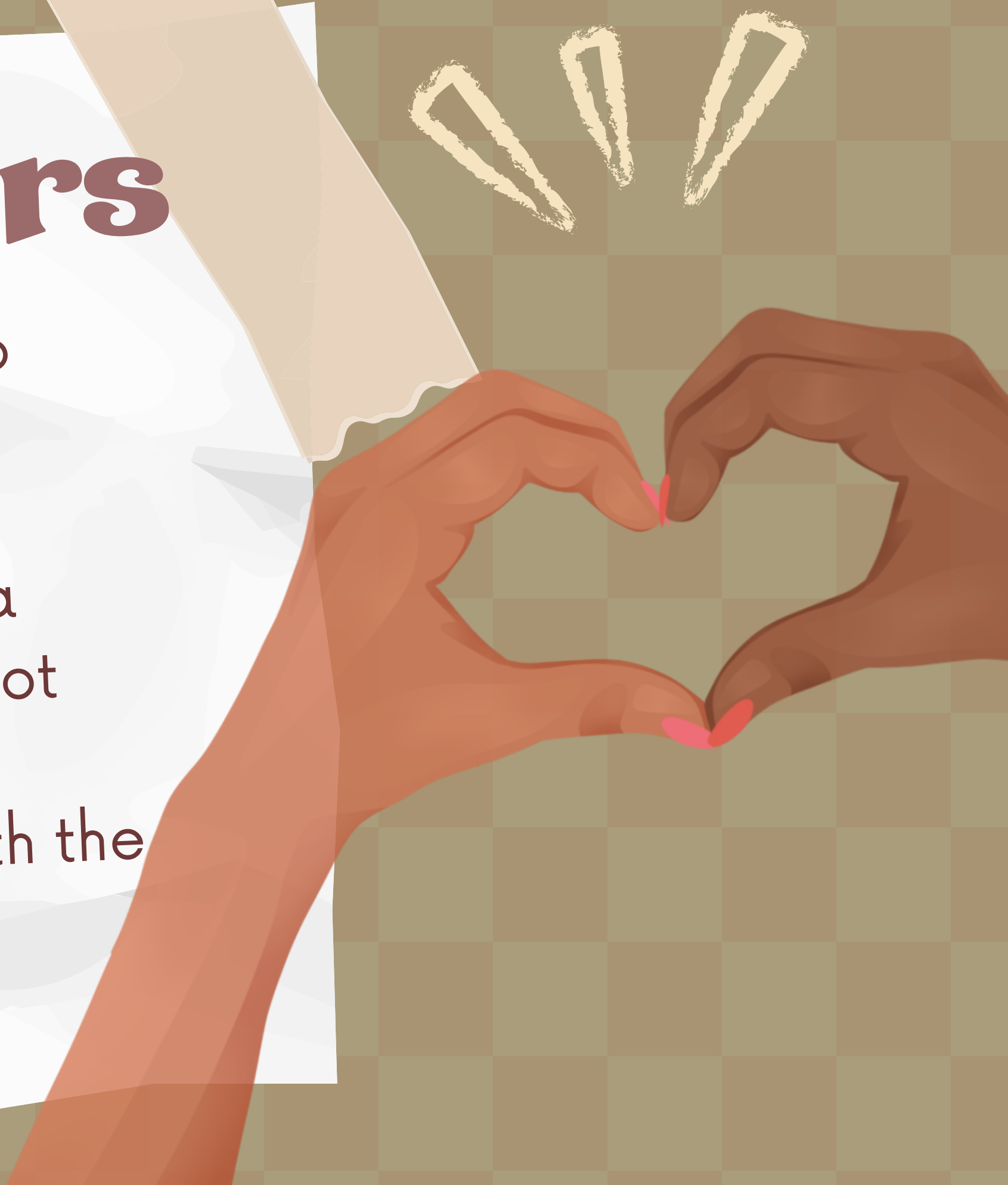


Speak in tongues

If have the gift of praying in the Spirit, embrace the freedom to pray in this way wherever and whenever you feel led. Your tongues is a spiritual language only heaven understands and will be the best form of prayer.

Pray for others

Occasionally, you may sense an urge to pray for a particular individual or circumstance. This is referred to as intercession. It's essential to set aside a moment to pray, recognizing that it's not about the words you speak, but the disposition of your heart, engaging with the Spirit of God.



MARK 1:35

**Very early in the morning,
while it was still dark, Jesus
got up, left the house and
went off to a solitary place,
where he prayed**



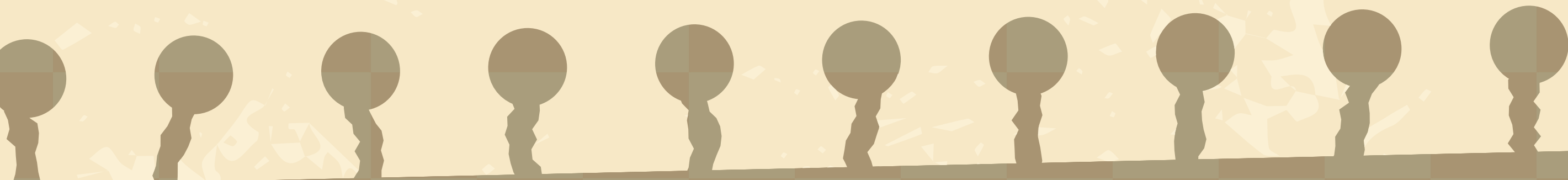
Pray like Jesus

Matthew 6:9-15

Although there is no prescribed approach to communicating with God, it's essential to identify methods that align with our beliefs. For instance, Jesus instructed his disciples to pray in the following manner.

**OUR FATHER WHO IS IN
HEAVEN, HALLOWED BE
YOUR NAME**

We deeply respect and honour God for His supreme power over everything in creation, acknowledging His breathtaking and awe-inspiring nature.



**YOUR KINGDOM COME
YOUR WILL BE DONE ON
EARTH AS IT IS IN HEAVEN**

We acknowledge God as the ultimate authority, submit to His rule, and strive to align our desires with His. Our actions and choices aim to establish God's kingdom on earth.



**GIVE US THIS DAY OUR
DAILY BREAD**

We prioritize seeking God's kingdom
and trust in His provision for our needs,
finding gratitude in the present and
not worrying about tomorrow.



**AND FORGIVE US OUR
OFFENSES AS WE FORGIVE
THOSE THAT HAVE
OFFENDED US**

Forgiving others as we hope to be forgiven frees us from bitterness and anger, reflecting God's mercy and compassion in our lives.



**LEAD US NOT INTO
TEMPTATION, BUT DELIVER
US FROM THE EVIL ONE**

We can overcome challenges and resist evil with God's help. Seeking guidance from God can provide the strength and wisdom needed to navigate life's obstacles and stay on the righteous path.



**FOR THINE IS THE
KINGDOM, AND THE POWER,
AND THE GLORY, FOR EVER.
AMEN**

We should submit to God's will and ways, approaching Him in prayer and acknowledging His sovereignty. God reigns supreme and His kingdom will last forever.

