

CONNECTING WITH GOD



Some of the reasons many Believers struggle to pray can be because of guilt for not praying 'enough' or not reading their Bible. Cultivating a disciplined vibrant prayer life in general is a rarely spoken of subject. One wonders whether this is because it is taken for granted that everyone knows how to pray. Yet another struggle can come from those days we feel our prayers just hit the "ceiling". It is really challenging to pray to God when your heart does not connect with Him.

What does it mean to connect with God?

Connecting with God can easily be mistaken as having a specific 'feeling' or 'experience' when praying. Although that can serve as a great bonus, what can you do when you do not feel or experience anything? We all face such seasons in our prayer life, and this is when we simply have to set our hearts on God and just pray.

1. He is our Father

Jesus said in Matthew 6:6 that when you pray, you should go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. He is our Father 'in Heaven'. So when we pray, we set our mind on Him as our Father. When we intentionally think of God as our Father, the words coming from our mouths sound different. If we just pray 'into the air' in the hope that somehow God will hear us, it can very easily cause us to feel 'disconnected' from God. So, by just obeying Jesus' command to pray to 'our Father in heaven', we can start to overcome these obstacles.

2. A heartbeat away

The second thought mentioned by Jesus that can help or assist us to 'connect with God', is found in Matthew 28:20 where Jesus says; *"I am with you always, even to the end of the age."* How does that help us practically in prayer and connecting with God?

One day I listened to someone explain this in the most profound way. She quoted this Scripture and then had everyone put their hand on their heart. She said, *Do you feel your heartbeat? As sure as you feel your heartbeat right now, know this – God is with you, God is for you, God is alive in you!* I cannot even remember how often I have done that since – just putting my hand on my heart, feeling my own heartbeat, knowing He is that close, and then praying!

3. A phrase away

Sometimes we think prayers should be long, informative explanations of why God should consider answering our requests! But prayer is more than just presenting our needs to Him. Prayer is a conversation, speaking to Him about hidden things in our hearts, our passions, our emotions, sharing our highs and lows with Him. So the third thought that may encourage you in pursuing God, comes from praying just a simple prayer. When we combine a simple prayer with setting our mind on God, feeling His nearness in our heartbeat, our words reach not only our hearts, but His

too! Won't you try that just now? Following are two simple Scripture prayers, short extracts from a verse in the Bible you can use to reset your heart-connect with your Heavenly Father in prayer.

Psalms 119:94a – *"I am Yours, save me..."*

Jeremiah 17:14a *"Heal me, O LORD, and I shall be healed; Save me, and I shall be saved..."*

Finally

Do not seek to make prayer complicated. Do not condemn yourself for not praying. Just take that first step, open your heart and speak to your Heavenly Father. He is waiting to hear your voice and to answer you, far more than you can imagine!

[Watch our video series](#) on Unlocking Prayer