

PRAYER LESSON 134

Pray Like Jesus

We can learn a lot about prayer by looking at Jesus' prayers in the gospels. Jesus prayed frequently, Luke 5:16 says, **Jesus often withdrew to lonely places and prayed.** He prayed with passion, Luke 22:44 **And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.** He also prayed faithfully, 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.**

I've often wondered why Jesus, being God, would have to pray to God the Father. Well, Jesus was also a man, and as such, he had the same need that all of us do, the need to communicate with the Father. Jesus played by the same rules that all men do while still remaining divine, he did not take spiritual or physical shortcuts.

Jesus also prayed as an example to his followers, sometimes praying with them and other times going off by himself to pray. Jesus seemed to need the counsel of the Father on several occasions, and therefore, goes to his Father in prayer. Before choosing his twelve disciples he spends the previous night in prayer with the Father. Jesus had confirmed his dependence on his Father when he said in John 5:30 **By myself I can do nothing; I judge only as I hear, and my judgment is just, for I seek not to please myself but him who sent me.**

So, what do we learn from Jesus' example. First, we learn that we need a daily encounter with the Father. Second, we learn that God the Father is the only one who can and will take care of all our needs. Third, we learn that our best efforts will amount to nothing if we do not include God's guidance in our attempts. Fourth, we learn that Jesus prayed for the needs of others, not for himself. We too should lay before the Father the needs of others and trust he will continue to care of us.