

PRAYER LESSON 149

STOP, LOOK, LISTEN

I'm not sure if this is still the case, but when I was child the signs at the railroad crossings often read STOP, LOOK and LISTEN. Good advice for anyone contemplating crossing the tracks. The advice meant that one should stop his car, look both ways, roll down a window and listen for the train before proceeding.

The number of car/train accidents since the advent of the light rail trains in Phoenix, might be an indication that the old signs ought to go up again.

I find that this advice to STOP, LOOK and LISTEN is good advice for those who pray, too. In Psalm 46:10 the psalmist gives this advice, "**Be still, and know that I am God.** And again in Psalm 130:5 **I wait for the LORD, my soul waits, and in his word I put my hope.** We must STOP all the other things we are doing, we must clear our minds of all the clutter of daily life, we must have our focus totally on our Father, the object of our prayer.

Hebrews 12:2 instructs us to **fix our eyes on Jesus, the author and perfecter of our faith.** And Paul encourages his readers in Colossians 3:1-2 **Since, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things.** We must LOOK to our Father and his Son, Jesus, when we pray as there is no other one in all the universe who can hear us and respond. So, when you pray, fix your eyes on the throne room of heaven and on those who reign there.

Jesus said in John 10:27 **My sheep listen to my voice; I know them, and they follow me.** There is also this admonition from Deuteronomy 13:4 **It is the LORD your God you must follow, and him you must revere. Keep his commands and obey him; serve him and hold fast to him.** We must LISTEN to the Father's voice, by reading his word, the Bible. So, when you pray, also read his word and listen to his voice, as he speaks to you.

STOP, LOOK, and LISTEN, good advice before crossing the tracks and before praying.