



Experience 23: Prayer

Wednesday February 10, 2021

Romans 8:14-16

For all who are led by the Spirit of God are children of God. So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." For his Spirit joins with our spirit to affirm that we are God's children.

NLT

A few weeks ago, I was brushing my daughter's hair and asked her, "Who is that pretty girl in the mirror?" She looked at me with a sly smile and said, "Par Per" (which is toddler for Parker). As excited as I was that I got to hear her say her name for the first time, I was overjoyed that she connected a truth about her to her name.

Do you know what God thinks about you?

In Romans chapter 8, Paul encourages us to remember that if we have chosen to follow Jesus and accept the presence of the Spirit of God in our lives, we have been adopted; we are God's children. This reality becomes especially important to understand when we begin to practice prayer. Prayer is not a time to just ask God for things you need; doing so takes a life-giving practice and turns it into a pseudo-spiritual transaction. Primarily, prayer is communication between you and God. Just like with any communication, it should include both output and input.

By all means, bring your worries, cares, concerns, emotions, wishes and requests, but also make room for what God might say. Taking time to listen to what God has to say about you is important because how you internalize truth about yourself has a major effect on the way you treat those around you.

Actions to take

- Read Romans 8:14-16. Spend a few minutes writing in your journal about your relationship with God. How does it differ from a parent-child relationship? How is it similar?
- Ask God what He feels or thinks about you and spend 10 minutes listening for his response. If you don't know how to hear from God in this way, look through the New Testament in the Bible to find verses about the way God sees people. All of these things will be true about you. Or do this Google search: bible verses about identity in christ
- Write down 5 things that you believe God would say about you, either from what you heard in prayer or what you saw in the Bible, thanking God for these true things.
- Take your list of 5 things to a trusted friend and ask them to give you feedback. At the end of your conversation, ask for them to pray for you to internalize that truth.