

## Chapter # 23 Reposition Your Soul Through Prayer

**“You can ask for anything in my name, and I will do it, because the work of the Son brings glory to the Father. Yes, ask anything in my name, and I will do it!”  
(John 14:13-14).**

What is prayer? Prayer is having a conversation with God. It is communicating with Him in order to share your deepest thoughts, desires, issues and concerns. Prayer enables you to talk to God about your hopes, dreams and fears. It is one of the safest places for you to keep it real.

You know that way you connect with a good friend on the phone? Prayer is making that connection. The difference is that when you pray you are calling upon a Holy God. Prayer is about having a real relationship with God. You can ask Him questions and expect His answers. He will also ask you questions and expect an answer. When you pray you are acknowledging your dependency upon your Creator.

It is by way of prayer that we invite the supernatural to get involved with the natural. God intervenes, directs and solve problems. He is willing an eager to release His divine power into our lives. **“Listen to my cry for help, my King and my God; for to you I pray. In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait in expectation” (Psalm 5:2-3).**

It’s through the power of prayer that God counsels and instructs. When you pray never doubt but wait in expectation to receive His help. When you ask God to show you the way He will direct your path. When He is directing your path, you are going somewhere. He’s not going to put you on the wrong road. He has a plan for your life and a path to get you there. He wants to help you stay on your path so that you can arrive at your appointed time and place.

When you talk to God through prayer He responds. He is going to give you His perspective. He is going to show you things that you would not have otherwise known. Because you asked, He will reveal. God does not play hide and seek. He does not play games with our heart. He does not put your life and your situation on the back burner. He hears and answers every prayer. Sometimes He answers immediately, sometimes He doesn’t. Sometimes the answer is “Yes”. Sometimes the answer is, “No”. Sometimes the answer is not no, but “Wait”.

Remember when your parents asked you to wait as a child?

What did you do?

Did you go away with a sad face?

Were you impatient?

Did you ask them every day until the time came?

With God there will also be times when He says wait. When He asks us to wait there is real no reason to get upset. He knows what’s best. Perhaps He is trying to teach you something in your season of waiting. It could be that he’s trying to teach you obedience and patience. Perhaps you’ve struggled in the area of self-control and that needs to be put in check. There is purpose in the wait.

The next time He asks you to wait watch how you respond and then you will know that He's trying to teach you. Another reason God says wait sometimes is because He's working behind the scenes and setting up the circumstance. This may or may not include other people and the delay could very well be a result of how soon that person is willing to obey His voice.

Sometimes God tells us something several times before we obey. At the same time, that only delays our blessing and those He wants to bless through us. Another possible reason He may ask you to wait is because you're simply not ready. Until you're ready He can't give you what you asked Him for. Are you willing to take the time to prepare?

For example, imagine what it would be like if someone asked God for a mate but still haven't gotten over their last relationship. Instead of going from one relationship to the next bringing baggage from previous relationships, we should give ourselves the time and space it takes to heal.

Here's a suggestion. Rather than jump into one relationship after the next please take some time to heal. Set aside some time for personal reflection. Come to terms with who you are and where you want to go. Discover what you want and need in your life as well as in a relationship. Then become that. Be the change you want to see. Take time to deal with childhood wounds. Rebuild your self-esteem. Set some new standards. Love yourself before trying to love someone else.

This can save you from spending the night in heartbreak hotel. Seek to learn the lessons you need to learn about past relationships before establishing a new one and then move on. Don't stay stuck in what Johnnie did. If Johnnie left, you let him go. He probably didn't deserve you anyway. If you were the one who finally woke up and discovered if you didn't leave, he may have killed you congratulations. Stop crying over it and let it go.

**“I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and hear and put their trust in the Lord” (Psalm 40:1-3).**

I'm sharing insights I've found to be true when God says wait. Does all of this make waiting easier? No, but what I will say is that timing is everything. You can get the wrong thing at the wrong time. There is an appointed place, time and season for all things.

Whenever you pray and God says, “wait” please trust Him enough to wait. Because He says wait does not mean He has forsaken you. He heard your prayer. He's doing something in you and for you during the wait. Put your trust in him and prepare while you wait.

**Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him and he will make your path straight” (Proverbs 3:5-6).**

Sometimes His answer will be no. Even in that you can trust that He has something better.

When you walk into what He has for you, you'll thank Him that He said no to what you thought you wanted. Can I tell you that I am so glad that God didn't allow me to do some of the things I wanted to do? He didn't allow me to marry some of the men I thought I wanted to marry.

When you believe that His intentions for you are always good you will be able to wait on the answer as well as live with "No". We don't like to hear the word no. We tend to think that either God is holding something back from us. But that's not true. He knows what's best.

**Proverbs 2:8 says, "For He guards the course of the just and protects the way of his faithful ones".** When God says, "No" He is protecting you from something you don't have any foreknowledge about? If you knew about all of the danger and snare He is guarding you and your family from you'd give Him thanks and appreciate the word no.

**"For the Lord will be your confidence and will keep your foot from being snared" (Proverbs 4:26).**

God promised to give you the desires of your heart but what's the condition of your heart? If he knocked on the door of your heart today what would he find there?

**"He taught me and said, Lay hold of my words will all your heart; keep they commands and you will live" (Proverbs 4:4).**

Is your heart healthy enough to ask for that which brings life? What's in your heart? Are you guarding and protecting it? Don't allow things that are not beneficial to penetrate your heart.

**"Above all else guard your heart, for it is the wellspring of life" (Proverbs 4:23).**

Are you feeding your heart with the Word of God? Are you seeking God with your whole heart? Are you seeking the heart of God about some matters? Do you love Him with your heart? Are you willing to follow hard after Him?

**"I love those who love me, and those who seek me find me" (Proverbs 8:17).**

Is His Word penetrating your heart? **"If anyone turns a deaf ear to the law, even his prayers are detestable" (Proverbs 28:9).** This is why we must be mindful of what's happening in our hearts. The matters of the heart can impact His answers to our prayers.

**"Be wise my son, and bring joy to my heart" (Proverbs 27:11).**

When we bring joy to God's heart what do you think will take place in ours?

The joy of the lord is our strength. When we rejoice in Him, we gain supernatural insight and endurance. Praise scatters our enemies and worship wins the war. If you want the enemy to be confused and his plans to be frustrated begin to praise almighty God despite your circumstances.

You will find joy and peace that surpasses all understanding.

**“You have filled my heart with greater joy” (Psalm 4:7).**

Are you concerned about the desires of His heart? Pray and ask God to reveal His heart towards you. What if His desires for you are greater than your desires for you? What if His dreams for you are far better than any you could ever dream? Which would you want? We may not fully understand why he says wait and no, but we don't have to understand it. God knows how to give you what you desire and need. His timing is always better than yours.

**Why should we pray?**

We should always pray because prayer is at the heart and soul of our relationship with God. We should pray because God desires to hear our voice. He wants us to draw near to Him so that He can draw near to us. He loves us so much and prayer is one of the ways we maintain our relationship with Him. Have you ever been in a relationship with someone who didn't want to be with you? As a matter of fact, he didn't even like you. Yet you stayed in that relationship for the sake of having someone.

God is not like that because He is not like man. He wants all of you or nothing. He wants your love, your friendship, your hurts and pain. He wants your joys and sorrows. He wants you to trust Him with your hopes and dreams. He wants you to believe that everything is going to be alright.

Think about this for a moment. How would you feel if you had a close friend you never talked to? How would it make you feel if years went by but neither of you made a connection? What if your friend never bothered to send a letter, email or even a text message? How long would that friendship last?

Our relationship with God is based on prayer. When we pray, we are talking to the divine who longs to hear from us because He always has something important to say. He wants to tell us how much He loves us. He wants to tell us how special we are. He wants to remind us that He will never leave or forsake us. He wants to invite us to become a person after His own heart. He wants to give us the answers that we seek. He wants to comfort us. He wants to teach us how to believe in ourselves. I've learned that God has a big heart. He is deeply concerned about us. Whenever we are away from Him, His desire is to bring us back.

Will you allow Him to reveal His heart towards you? God is so gracious and kind that He doesn't want to force himself on us. But He will always meet us in our prayer closet. All we have need to do is just show up. Have you ever been stood up on a date? How did that make you feel? Were you disappointed? God is the same way. He does not want to make us have a relationship with Him. He is gentle and compassionate. We are His people, and He is our God.

He desires for us to want Him as much as He wants us. There is nothing or no one in this world that you could ever long for or be satisfied with more than Him. He's right there waiting for you and me. Isn't that amazing? He never gets tired of waiting for us. He is your Savior, healer, friend, comforter and counselor. He is your strong tower and your way maker.

He is the very air that you breathe. The more you go to your secret prayer closet you will find pleasure meeting with Him. This world has nothing to offer us. The American dream or anything else cannot take the place of the glorious relationship that you and I can have with our heavenly father. I wouldn't trade my prayer relationship for anything. It's an honor to be able to bow down before the throne of grace and find help and mercy in my time of need.

**“In my distress I called to the Lord, I cried to my God for help. From His temple He heard my voice; my cry came before Him, into His ears” (Psalm 18:6).**

Isn't it good to know that when we meet God in the secret place, we are the only person that He sees at that moment? Don't you know that when you pray His ears are attentive to you? He's listening rather than thinking about what to say next. He knows your voice and He know my voice. Yet, we will never be in competition for His love and attention. He's just personal like that.

**Through prayer you are placing your hope in Him. “But now, Lord, what do I look for? My hope is in you” (Psalm 39:7).**

When you sense His presence, you discover that not only can He stop the raging sea, He will ride out the storm with you. Not only will He make the strong winds be still, He'll make what's rocking our world stand still. Prayer helps us be still and know that He is God. To be still means that you can stop striving so hard and know He is who He says He is. While we're busy trying to figure it out He's already worked it out.

**“And we know that in all things God works for the good of those who love him, who have been called according to His purpose” (Romans 8:28).**

At times we must be still and know who He is. How can you see the hand of God move when you are trying to fix it all the time? Do what you can and then be still and watch God move. Regardless of what we go through God has the last say and sometimes even the last laugh.

Just when your enemies think they got you God will send His angels to assist you. He is your hope, fortress and shield. He didn't say that some things will be worked out. He is working all things out for your good and His glory. I look forward to meeting God in our secret place early in the morning. I get excited. Even when there are times that my body is a little tired and I want to sleep more I can't stay in bed because I'm afraid that I might miss something.

**“He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say He is my refuge and my fortress, my God, in whom I trust” (Psalm 91:1-2).**

We cannot afford to begin our day without prayer. It is so crucial to daily life and living. We just don't know what the day is going to hold for us. Your day can start out fine but before 3:00 pm you could get a phone call that changes the course of your life. When you maintain that daily connection with God, He'll remind you that nothing happens without His knowledge. Since He already knows about it you can rest in the fact that it's already worked out. God works in the spiritual realm and we can expect for the solutions to our problems to manifest in the natural realm.

Have you ever prayed but seemed shocked when the prayer was answered?

Before we ever pray God knows exactly what we need. When God answers my prayer quick that just let me know that He was waiting on me to make my request. He is willing to do so much for us, but He's waiting for us to ask Him for what we need. While there may be times when the answer seems to come almost immediately, we can't always expect Him to answer the same way He answered before. Take God out of the box but don't try to figure him out.

You'll never know how He'll answer your prayer. He may give you a person's name. He may tell you to go here or there. He may send someone to you, and they don't know why. Just be open to how he wants to do it. The answer may come in the form of a dream. Over the past few years God has dealt with me in dreams. During one dream He revealed to me that I had been betrayed. When I woke up the next morning I was bothered by the dream because I couldn't figure out why He was revealing something tell He had revealed to me before.

I was like, "God, I know this already now what?" The next night before going to bed I started thinking about the dream I had the night before and was hoping that I wouldn't have that same dream again. So, before going to bed my prayer was, "I don't want to dream about that situation anymore. You've already done some major things in my life can you give me a new dream for my life?" That night He gave me a dream that literally blew my mind. If I told you, you would not believe it. In this dream, God showed me something that I would not have thought of for myself. This was definitely a God-sized dream. In other words, I don't have to worry about making it come to pass. He is going to orchestrate the circumstances.

My job is to live out my purpose while preparing for the promise. Out of all the dreams God has given me every one of them has been timely and significant.

Whether the dream was to encourage me, comfort me, guide me, warn me or confirm something I was feeling but wasn't sure about. Every dream has played a pivotal role in my life.

When God speaks to you in a dream learn how to seek HIM for the message.

What is He saying in the dream?

What do you need to do?

Should you do something now?

Do you need to wait for further instruction?

Dreams are important. Write them down. Create a dream journal. Sometimes He will answer our prayers in a dream. Seek Him for the revelation so that you can know how He wants you to respond.

Do you talk to everybody about your dream? Do you remember what happened to Joseph when he told his brothers about his dream? Well, they actually tried to kill him.

Stay away from the dream killers. Keep believing God. He has never let me down and I'd be foolish to stop trusting Him now. He's brought me too far. God revealed something in that dream that I would have never imagined for myself.

But does that mean I should say, “No” I don’t want it, it’s too big?  
Should I reject the awesome thing He wants to do in my life?  
Should I pursue what I want rather than wait for what He is showing me? I think not!  
Should I stop trusting Him because His dream for me is bigger? Absolutely not!

God wants to give us a glimpse of our future. And it's better than good. When it's His idea I'd be a fool to try to make it happen. He does all things well and can make it happen anyway He chooses. I'm just grateful that He let me in on it so when it does happen, I will believe and be willing to receive what He wants to give me.

There are some things that God has for you too. Are you willing to receive? Or will you allow your past to cloud your vision? I'm telling you don't miss out on God's best because of what happened in your past. It's time to let some stuff go so that God can give you a “new vision” for your life.

Prayer is the way to the fulfillment of anything we want to accomplish. God wants to be acknowledged in every area of our lives. He wants us to pray about everything, because He wants to be part of every area. Through prayer we are partnering with God enabling Him to bring His best to pass. He is strategic. There will be some things that you will say when you pray and have no idea “why” you just said it. I've learned that God will place a desire in our heart to get us to ask Him for what He had for us all along.

He already has some things in store for us. So, before I went to bed that night, He gave me the desire to ask Him for something new. In other words, if I didn't ask Him for something new, I could still be “stuck” in what He's done for me already.

But God is progressive. Don't ever allow yourself to get complacent. He wants to do a new thing. It will spring forth when you desire a new thing. Thank Him for all that He's done but don't get stuck there. Know that He has more for you.

Remember, when you start saying, “God I know there has to be more than this” you are in a good place. That's your invitation for the manifestation of the glory of God. Seek Him for more of everything. More of His love. More of His presence. More of His power. More of His anointing. More of His mysteries. More of His revelation. More of His knowledge. More of His wisdom. More of His forgiveness. More of His intimacy. More of His provision. More of His insight. More of His heart. More of His eyes so that you can see what He sees. More of His mercy. More of His compassion towards others. More of His boldness. More of His Spirit. I encourage you to desire more of Him. When you are praying and seeking Him, He will give you more.

How bad do you want it? Sometimes we spend so much time crying over what didn't work out and what didn't come to fruition that we don't take time to ask God for a new dream. When you ask God for that which He desires to give you are praying according to His will. When you pray according to His will, He's going to make it come to pass. But while you're waiting your job is not to try to help him. Rather ask Him to help you to prepare yourself for what shall be.

How do we prepare for the promise? We prepare for it through prayer. Let God be God. Don't stress yourself out. When you are stressed you can't hear Him. If you are stressed out even after you have prayed that says that you really don't trust Him. God doesn't make mistakes. Don't worry about not knowing the whole picture. He reveals His plan for our lives on a need to know basis.

If you knew all the great things, He has in store for you, you probably would not believe it. So, He reveals things to us in part instead of telling us everything all at once.

The more you meet Him in prayer, the more you will learn how to trust Him. When you trust Him you will believe and receive His divine revelation despite what your circumstances look like. I encourage you to not only hide His Word in your heart but pray His Word back to Him. He's listening for those who would pray His Word. When you do that your prayers are on a foundation that can't be shaken. Pray His Word. Hold on to it and stand on it while He holds on to you. You don't ever have to worry about God losing His grip on you. He will never, ever let you go. Hold on to Him because He never wants to let go of you. He loves you and will hold on to you.

### **Five Steps to repositioning your soul through prayer**

The following is not a formula, but rather some basic principles for repositioning yourself through prayer. Prayer comes from the heart. Some days you may have a lot to say, and other days you may not. Some days you enter His presence you may not even be able to describe what you are feeling. There have been times in my own life where I went to pray but I was so full that all I could do was cry. Prayer is a place where you can just be you. Be vulnerable. Be real. Be open and naked before God.

The following five steps to repositioning yourself through prayer involve praise and thanksgiving, confession, petition, intercession and meditation.

**Praise and Thanksgiving-** There are times when praise and thanksgiving to God means allowing tears of overwhelming joy to roll down my face. Praise and thanksgiving is being grateful just because of who He is. Not because of what He's done, but because He is God. I can sit somewhere and begin to think about His goodness realizing that sometimes there are no words to describe how I feel about Him.

When we pray we should give Him praise and adoration. We should tell Him that we appreciate Him and there is no one that can take His place. We should thank Him for what He's already done and for what He's going to do. There may be times when you are praying in a heavenly prayer language. It will be in unknown tongues. While you may not understand what you are saying God does. This heavenly prayer language will be a sweet melody flowing out of the depths of your soul.

**Confession** is having the reassurance that you can get clean before a Holy God, not before you come to God. All too often we have this misconception that we must get our lives in order before we come to God. If we could put our lives back together there would be no need for God. There would be no reason to come to Him. But we can't. We can't clean ourselves up. We can't fix ourselves. Only God can heal us. Each of us must experience a deep cleaning of our soul that will result in total healing and wholeness.

Because many of us have been broken and cannot put our lives back together we must go to the One who can. We must confess our brokenness to Him. We must humbly submit ourselves to the One who has the power to heal all of our diseases. When we don't come to God that's like shaking our fists in His face and saying, "I don't need you", "I got this" "I can handle this situation all by myself". But can you? Have you? Can you really live without God's divine help and guidance? Are you prepared to tackle the world without someone in Heavenly places watching and protecting you? I would not even try. We need God more than anything in this world. Confession simply means to say what God has said. It's agreeing with God and saying, "God you are Holy and right in all your ways, I've sinned but I don't want to stay stuck here, please forgive and cleanse me".

**"If I have cherished sin in my heart, the Lord would not have listened"  
(Psalms 66:18).**

When you confess you are agreeing with God by saying "God you are right I was wrong- and your Word is true." Confession can open the door to a U-turn.

It's about truth telling and taking responsibility for our actions. When we judge ourselves, we don't have to be judged. God wants us to deal with ourselves first and foremost. Regardless of what anyone else does or thinks, confession is about helping yourself.

Confession demonstrates humility. God can work with the humble. It's the proud and arrogant that He can't deal with. The truth is there is no such thing as perfect people. We've all missed the mark. We've all messed up. But when we come clean, He will forgive us of our sins and cleanse us of from all unrighteousness.

When there is unconfessed sin in our lives, but we don't come clean about it, we can and will block the flow of answered prayer. Don't let pride be the cause of you missing out. Confession can help you keep your life straight. When you miss the mark, deal with it. Don't let anything accumulate. Confess it, repent, ask for forgiveness and keep it moving. Depend on the Holy Spirit to help you do to the right thing. He won't force you, but He will show you the way.

**You answer us with awesome deeds of righteousness, O God our Savior, the hope of all the ends of the earth and of the farthest seas" (Psalms 65:5).**

God's forgiveness and cleansing helps us maintain a life of purity and holiness. Are you ready to agree with God that there's some stuff in your life that don't need to be there?

Confession, repentance and receiving God's forgiveness are the primary ways that you and I grow in our relationship with Him. This growth process is life long and it's how we become conformed to the image of Christ.

**"O LORD, you have searched me and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going in and my lying down; you are familiar with all my ways" (Psalm 139:1-3).**

**Repentance** means being remorseful and expressing feelings of sorrow. Once you've repented there is no need to continue living in regret. Receive God's forgiveness and move forward. We cannot confess, repent and then stay stuck. We must receive God's forgiveness and move forward in His grace. True repentance will result in a new course of action and change in direction. This is why David is referred to as a man after God's own Heart. David knew how to go to God to confess, repent and receive forgiveness. We too can depend on God to help us do the right thing.

**Petition** is asking God for what you need. When you petition God, you are being specific with Him. You are being open and honest about where you are. You might say, "Doesn't God already know where I am?" and my answer to you is yes. He knows where you are. But He wants you to acknowledge where you are. Not in terms of your location but being willing to ask Him for what you need. You can keep it real with God. You can be naked and not ashamed with Him. What do you need from God? He wants to bless you. He wants to come to your aid.

**"So, I say unto you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives, he who seeks finds; and to him who knocks, the door will be opened"**  
**(Luke 11:9-10).**

After you ask, wait in expectation. Don't put a time limit on God. Simply pray, watch and wait. Expect Him to answer your prayer. Trust that He'll be on time. Did you know that many people can't receive anything from God simply because they don't believe?

A perfect example of this is Jesus the Son of God not being able to do many miracles in His hometown because of the people's unbelief. Sometimes it's those closest to you who will not accept who God is in you and what He's doing in your life right now. Unfortunately, people tend to focus on the "old" you and have a hard time acknowledging the "new" you. But that's not your problem.

I've discovered that the only way to handle that is to keep your eyes and your focus on God. Don't look to the left and don't look to the right. Keep looking straight ahead into the face of your Creator.

All that really matters is that you walk in your newness of life. God knows you. His hand is upon your life and when He does what only He can, everyone will see it. People may not be on the same page as you but keep pressing towards God's promises for your life. When you see what God sees about you, and hear what He says about you, you will spend less time focused on what people think about you. This is so important. Don't let people trip you up because they don't fully understand what God is doing in your life. How can they know? Most of the times, you don't fully understand. Just stay connected to your source and all will be well with you.

Dr. Martin Luther King, Jr. was able to see the promise land. Now it's up to us to see our promised land. What has God promised you? Are you looking for it? God has a destiny for our lives. He wants us to want it and be prepared to take it. God is the giver of every good and perfect gift. Too many of us are fighting each other when God has unlimited resources for all of us. Too many people are still singing we shall overcome someday.

Each day that you wake up is the someday you've been waiting for. Someday is today. Someday is now. Someday is this very moment. It's your present because tomorrow is not promised to you. You hope to wake up tomorrow, but right now work with what you have and that's today. Too many people are being left behind. Not because they need to but because they don't believe that today holds any promises. Too many people are trying to enter the promise land with an Egypt mentality. It's not going to work. Live in today and take possession of the promises of God.

God brought us out to bring us into. We were created to be somebody and do something great with our lives. Dr. Martin Luther King, Jr. lived out His purpose. We all know his testimony. Now, what about ours? You and I can leave a legacy. Anything of value starts with God. He is the dream giver. He has the ultimate vision for your life. He knows who you were born to be. When you get to heaven God is not going to ask you why you didn't become Martin Luther King, Jr. He's going to ask you why you didn't become you. It's time for you to stop trying to become who the world says you need to become and be who your Creator designed you to be.

Don't get me wrong. Dr. Martin Luther King, Jr. was a great leader. And I too want people reconciled with each other. But first, we must be reconciled back to God. If we don't love God, we can't love our neighbor or ourselves.

We must know God and love God, then and only then will we truly be able to love ourselves and then our neighbor. I encourage you to reposition yourself in God through prayer. Find your identity in Him, because your destiny is linked to Him. Believe and trust God. Then stand back and watch Him reveal Himself to you and through you when you pray.

**“Give ear to my words, O LORD, consider my sighing. Listen to my cry for help, my King and my God, for to you I pray. In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation” (Psalm 5:1-3).**

**Intercession-** There is nothing like knowing that someone is going to God on your behalf. We all need someone to stand in the gap for us. Intercessory prayer is praying for the needs of others. Intercessory prayer is what the Holy Spirit does on our behalf. Has there ever been a time in your life that you could not pray? Have you ever been so broken? Has there been a time when all you could do was cry and moan?

God understands the cry of your heart. When we don't know what to pray or how to pray, we can call on the name of Jesus and the Holy Spirit will intercede for us. He will stand in the gap and pray on our behalf. There have been times in my life when I didn't know what to pray, what to say or how to say it or if I wanted to say anything at all. There will come a time when you just don't have the words, but you still need a breakthrough.

There were times when I was too distraught to pray but the Holy Spirit interceded for me. Thank God for the Holy Spirit. He knows the will of God for our lives and that's why He can go to God on our behalf. The Holy Spirit also teaches us what to pray about. We need to get in position to hear His voice about ourselves and the needs of others so that we can pray for them too.

Who needs your prayers?  
Are you praying for your children?  
Do you know what their needs are?  
Are you aware of their struggles?  
Do you see things about your children that concern you?

Talk to God about those things in prayer. He loves your children more than you could ever know. When you intercede on behalf of your children wait for Him. He will do what's in the best interest of your children. God can and will heal your family if you ask Him to. Do your part. Pray, pray and pray some more.

**Meditation** To meditate means to “Be still and know that He is God”. When we meditate, we are taking our focus off the problem and putting it on the problem-solver. When you meditate you are concentrating on the task at hand. You are totally focused on what you are doing. To meditate means to “ponder” “think” “reflect” or “consider”. Meditating on the greatness and goodness of God does wonders for the soul.

Reflecting on who God is will cause your prayer to go to another level. Also meditating on the Word of God during your prayer time will help you be able to pray the Word of God. God loves to hear us pray His Word back to Him. The more you ponder and think about the scriptures they will become a part of your prayers. When you are praying the word of God, you are praying the will of God. His will is His word. Prayer will reposition your soul to thrive. Remember is it the basis for our relationship with the Almighty. It's how we communicate with Him and it allows us to see His hand at work. Don't just pray and not expect something to happen. When you pray, watch what happens. Listen for His response. Your soul will thrive, flourish and prosper because God is waiting to hear your voice and He wants to answer your prayers.