

How to Pray Hard

How do you pray hard about something? You say, “Please God, please, please, *please*”? – but then what?

First, do what Jesus did and get away. Go for a long drive, or a walk – if you go up into the mountains, away from all people, that really helps. And bring your Bible, because that’s the main way God will answer you. Then just talk it over with God from all angles. Here are some sample questions you can ask him:

- Always start by seeking God’s will in the matter. “What do you most desire in this situation, Father?” And when he reveals it, pray for that.
- “What would glorify you’re the most in this God – both in my responses and in others?” When he shows you, then pray for that.
- “Father, what are my heart attitudes about this matter? The feelings I’m having – what do they say about my values and priorities and loves? It’s the passions of my heart that are powering this anxiety. Are they the right passions?” When God shows you, then ask him to enable you to conform any wrong values or priorities or loves or passions to match his.
- “What does your Word say about things like this?”
- “What does persevering look like in this ordeal?”
- “What does humility look like?”
- “What does it look like to love my neighbor as myself in a situation like this?”
- “Lord, what have you done in the past when your people have faced things like this?”
- Pray through a psalm or 2, adjusting the psalm to fit your situation.
- “What is the next step for me to take in this matter, Lord? What do you want me to do now?”

Then, when you’ve wrestled through all those things with God, end by casting your cares on him and seeking his comfort.