



PRAYER AMBULANCE

ARE YOU NEW TO PRAYER?
DON'T KNOW HOW TO PRAY?
WHY EVEN BOTHER?!

Christians believe that each and every one of us is known and created by God for relationship with Him; that He longs for us to know Him just as he knows us.

*“ You have searched me Lord, and you know me...
I praise you because I am fearfully and wonderfully made
(from Psalm 139) ”*

Prayer is nothing more complicated than a conversation with someone loves us more deeply than we can imagine and who knows us better than we know ourselves. There is no doubt we get more than we give in prayer. But we do have something to give to God. Our conversation, our attention, our praise, our company is a delight to him.

It can take many forms: silence, song, in reading, in acts of creativity, in activity, on our own, with others. Prayers can be laments of anger, confusion and frustration, of joy and wonder, and everything in between.

There's no fancy language to be used and you don't have to be on your knees. All we need to do is to invite God into what we are doing, expecting that when we tune our hearts to know how God speaks, we will hear.

*“ 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; the one who seeks finds;
and to the one who knocks, the door will be opened.
(Jesus' words from Matthew 7, verses 7-8) ”*

Here are some tips for starting in prayer:

Just be yourself. This is the you that God knows and loves.

Talk to him out loud or in your head.

- Make space – if you can, choose somewhere without distractions
- Clear your head – write your to-do list so that all the things you need to do don't keep popping into your head! If you find it hard to clear your mind, try focusing on single phrase or word such as 'be still and know that I am God'
- Don't worry – God knows our anxieties and fears. Don't try to push them aside but as they emerge, offer them to God one by one.
- Learn to recognize God's voice – most Christians find that God isn't speaking like a megaphone in their ear (although that does happen sometimes!). Mostly, it's about becoming aware of the ways God speaks. God can speak in many ways. He can use our thoughts, feelings, the Bible, our experiences, or even our surroundings to capture our attention. If you find your mind filling with pictures or thoughts that seem a bit strange or random, pay attention to them and test whether you think they're God's voice.

Five ways to check whether it's God speaking:

1. He will not contradict what He's said in the Bible
2. Ask for the Holy Spirit to give you the gift of discernment
3. Ask the advice of a friend or leader who loves Jesus - What do they think?
4. Observe your own conscience – do you have a sense of peace or disquiet?
5. Ask God for confirmation – to say the same thing in another way

If you have any questions about prayer, or particular prayer needs, please email contact@prayerambulance.com or message on Facebook @PrayerAmbulance. We would love to hold your needs in prayer. Likewise, if you wish to pray with someone and there's no one in the Ambulance when you drop by, please let us know. Otherwise, just come on in, and we hope that you meet with God in this space as you pray.

For this reason I kneel before the Father, from whom every family[a] in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.
(Ephesians 3, verses 15-19)