

By Wangari Murathe

"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express" (Romans 8:26)

Everybody knows how to pray. Prayer comes out of us automatically especially when we have problems. Khalil Gibran said, "You pray in your distress and in your need; would that you might also pray in the fullness of your joy and in your days of abundance".

It is when we feel self sufficient and strong that most of us forget to pray. Inside us we already know that there is a mighty God we can turn to in times of adversity. Often times our souls spur us to pray and express ourselves to the Almighty. When we listen to the small inner voice, we seek more intimacy with the Almighty. We learn to Adore the father for His awesome deeds; we learn to daily Confess our sins and strive for his righteousness; we learn to be Thankful for all he has given us including the Holy Spirit's counsel and guidance, we learn to love others and open our minds to Intercede for them; we learn to approach God with humility, supplicating all our needs to him.

## YES, EVEN YOU ARE A PRAYER WARRIOR

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"The greatest and best talent that God gives to any man or woman in this world is the talent of prayer." ~ Alexander Whyte