

All Rise

How to Have a Daily, Dynamic Prayer Life - Day 2

When you pray, you build a personal relationship with Jesus

If you've ever done something for the sake of pleasing other people, you know exactly how little emotional payoff is involved. When we choose to accomplish, behave, dress, achieve, or believe based on gaining the approval of others, we completely miss out on the joy, fulfillment, and personal satisfaction that comes from doing something simply because you love it!

This same truth applies when we are practicing spiritual disciplines. Each time we choose to fast, read the Bible, serve, or pray is intended to be a personal experience centered on our individual and personal relationship with Jesus. This is especially true of prayer! Prayer was never intended to be a public display, but rather a connective act of relationship with God.

In *Matthew 6:5-6 (NKJV)*, Jesus addresses this very thing when he says, *“And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”*

As we go about our daily lives, it can be easy to go through the motions on the things that are most important. And, in our social media culture, it's easy to feel like everything we do needs an audience to validate, but Jesus knew that prayer is an act of open and intimate access and connection to God. This isn't about putting on a show or pleasing other people at all. When you pray, you build a personal relationship with Jesus. And, that's the best news of all!

This week, as you go about your busy life, try taking a pause to practice personal and intimate communication with Father God through prayer. We promise you won't be disappointed!