

# All Rise

## Take Your Place - Day 2

It can be so easy to feel overwhelmed and maybe a little helpless with all that is going on in the world. That is why prayer is so important!

Prayer is how we communicate with God and engage in spiritual warfare. Your enemy is not the person who frustrates you the most or the people an opposing political party. The enemy is Satan! We defeat the enemy by resisting him and his lies and choosing Christ daily. *1 Thessalonians 5:17* says to pray continuously. Prayer keeps open communication with God, but it is also how you fight for those around you.

In prayer, you learn to hear God's voice, surrender your heart to him, and lay down the concerns and worries you carry.

**This week process these questions:**

- Are all of my prayers focused on my needs or do I pray for others as well?
- In what ways can I unite with other believers in prayer?