



# Prayer 101

Who, Why, and What

**.01**

*Dr. Brenda Martin*



אנחנו

אנחנו

Plural first person which is  
the same as “we” or “our.”

# Relationship

- FORMED BY HIS HANDS
- BREATHED TO LIFE





*Who Created Prayer?*

**CREATOR GOD**

Plural Pronoun

“We are relating to God as a Person--In the wholeness of His character and purposes, the totality of God is available for us to interact with.

Thus, it is only natural that God would delight in us coming to Him and place so much emphasis on it in His relationship with us.”

*Wayne Grudem*



God invites humankind to  
love Him as an act of  
His love toward  
humanity!

QARA

קָרָא

"to call upon"

it carries an invitational intent  
that would entail a response.



"Every kind of inward communion or conversation with a power recognized as divine." He went on to further elaborate, "Prayer is the very soul and essence of religions. It takes on many forms, including personal private prayer and public prayer at a center of worship. It is a seeking and clinging of the soul [to the divine]."

*Dr. William James, Harvard Professor*







# Prayer is...

defined as the pursuit of the sacred, or  
“a way of relating to the sacred.”

*F. LeRon Shults and Steven J. Sandage,*

*Transforming Spirituality: Integrating Theology and  
Psychology*

“Our way of being with God in the world.”

*Marilyn McCord Adams,  
Prayer as a Lifeline of Theology*

ACADEMIA DESCRIBES PRAYER AS

*ACTIVE*

- Seeking
- Clinging
- Pursuing
- Being with





Pursuit of God.  
'I pray that I may know You Oh  
God and love You so that I may  
rejoice in You.'

Archbishop Anselm of Canterbury, 12th century





Prayer is essential, along with reading God's Word, worship of God, and obeying His commandments as the means to know Who God is and come to find Him altogether lovely, thus forgetting himself will grow wholly God's.

*St. Bernard of Clairvaux, 12 century monk.*

The means to becoming good friends of the Lord; developing this friendship through a life of unceasing prayer.” She claimed three practices were essential for a life of prayer: love of neighbor, detachment (surrender), and humility.

*Teresa of Avila, 16th Century Carmelite Nun*



*Fellowship of the divine.*

Brother Lawrence, 17th century Franciscan monk



Praying is like speaking to a friend...this dialogue, whether in word, thought, or silence of being with one another, is prayer. It is a relationship of mutual sharing and mutual enjoyment and desire of one another.

*Orthodox Archbishop Anthony Bloom, 20th century*

*The complete meltdown of  
our heart before God.*

Dr. Jack Hayford,

Pastor, 21st century teacher, author, and founder of The King's University.



*Prayer is intimate connection  
and communication with God.*

Dr. Brenda Martin,  
21st century grandma to Lilly. 😊

# Theologians describe prayer as....

## DEEPLY RELATIONAL

- Know God
- Love God
- Rejoice in God
- Essential
- Becoming good friends of the Lord
- Mindful and intentional of being with God in every aspect of His day.
- Like speaking to a friend.
- Heart melted
- Intimate connection and communication



# What is Prayer?



- Sacred
- Being together
- Knowing God/God's character
- Active pursuit
- Speaking and listening
- Fellowship
- Relationship
- Friendship





# WHY?

Closeness to God

Intimacy with our Creator

Delegated dominion

Partnership for His Kingdom/Kingship  
on earth as in heaven

Love.



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