

Luke 11:1

Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, "Lord, teach us to pray, as John also taught his disciples."

Lord, teach us to pray. Ok, repeat after me, *"Now I lay me down to sleep. I pray the Lord my soul to keep. If I should die before I wake. I pray the Lord my soul to take."* Is that what Jesus taught when He was asked by the disciples to teach them how to pray?

Notice again what they asked Jesus **"teach us to pray"** not "teach us a prayer to pray" Yet people will take what they call the Lord's Prayer as a prayer to pray over and over. But Jesus was never asked to teach them a prayer that they could repeat.

Throughout the entire bible, you only read this example of how to pray just this one time when Jesus was asked. But nowhere in the entire bible do you ever read of anyone repeating this prayer, not even quoting it. But we teach our children to pray this little prayer that I had at the beginning of this devotional, over and over.

I like what pastor Greg Laurie says about this prayer, basically it should give your kids nightmares if you read what it is saying.

"Now I lay me down to sleep. I pray the Lord my soul to keep.

If I should die

before I wake. I pray the Lord

my soul to take."

Then we add,

"Goodnight, don't let the

bed bugs bite.

Sweet dreams"

Maybe your prayer life has become redundant, it seems you pray the same thing over and over and over, so much so that you could just say, *"Hey God, same thing I prayed yesterday, I pray today. Amen"*

I think when we have gotten into that rut of repetitive prayers, that it could be the enemy wanting you to pray the same thing over and over, because you get the mindset that if you don't pray for it, that it could mean that this one particular day you did not pray for that thing, God was going to answer it, but He didn't because you didn't pray for it.

True story, I have a friend who for years and years has played the same Lotto numbers for like three different type of Lotteries every week, because he is so convinced that if he does not play those numbers, that the one week he decided not to play them, they would come up. Now that's obsession and it has control of him, and it's also an intimidating fear, the same kind of fear we

can have if we don't pray for that same thing or person everyday, over and over and over and over and over and over.....

Here is what Jesus says about that:

† *And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. Therefore do not be like them. For your Father knows the things you have need of before you ask Him. Matthew 6:7-8*

Maybe you don't know what else to pray for. Here's a thought, why not have a note pad around or even Post-Its and every time you think of someone or something that you should pray about, write it down. All you have to do is watch the news for 30 minutes and you can find plenty of things and people to pray for. Or even look on your social media, I'm sure people post prayer requests, or things that are happening in their lives that you could pray about. Yes, be creative because God wants to hear from you and about your life and the life of others.

Also, ask the Holy Spirit to guide you in your prayers, and you will find things coming to mind that you can pray for as well. Those sighs in your prayer time could very well be your heart talking through the Holy Spirit to God, and that's when the real prayer starts, when your spirit is in tune with His Spirit.

† *Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Romans 8:26*