

A man in a red sweater is kneeling on a rocky shore, his hands clasped in prayer. He is positioned next to a large, textured tree trunk. In the background, a calm blue lake stretches across the middle ground, with a forested shoreline and distant mountains under a clear sky. The overall scene is peaceful and contemplative.

PRAYER

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Prayer

Table of Contents

Chapter 1—God Invites Us To Pray	6
Chapter 2—Our Need Of Prayer	13
Chapter 3—God Hears Prayer	24
Chapter 4—Prayer And Soul Winning	28
Chapter 5—God’s Promises Concerning Prayer	33
Chapter 6—The Prayer Of Faith	37
Chapter 7—Prayer And Obedience	45
Chapter 8—Prevailing Prayer	49
Chapter 9—Prayer Power	58
Chapter 10—Reasons to Pray	64
Chapter 11—Answered Prayer	69
Chapter 12—Prayer and Revival	84
Chapter 13—Men and Women of Prayer	88
Chapter 14—Daily Prayer	112
Chapter 15—Jesus’ Example in Prayer	121
Chapter 16—Private Prayer	128
Chapter 17—Prayer in the Home Circle	136
Chapter 18—Prayer and Worship	142
Chapter 19—Attitudes in Prayer	148
Chapter 20—Praying In The Name of Jesus	156
Chapter 21—Divine Guidance Through Prayer	160
Chapter 22—Prayer for the Sick	164
Chapter 23—Prayer for Forgiveness	171
Chapter 24—Intercessory Prayer	175
Chapter 25—Angels and Prayer	181
Chapter 26—Counterfeit Prayers	186
Chapter 27—Satan and Prayer	192
Chapter 28—Prayer in the Last Days	197
Chapter 29—The Privilege of Prayer*	202

Chapter 30—The Lord’s Prayer*	209
Chapter 31—Asking to Give*	220
Chapter 32—Faith and Prayer*	226

Chapter 1—God Invites Us To Pray

Linked With God Through Prayer—It is a wonderful thing that we can pray effectually; that unworthy, erring mortals possess the power of offering their requests to God. What higher power can man desire than this,—to be linked with the infinite God? Feeble, sinful man has the privilege of speaking to his Maker. We may utter words that reach the throne of the Monarch of the universe. We may speak with Jesus as we walk by the way, and He says, I am at thy right hand. {Pr 7.1}

We may commune with God in our hearts; we may walk in companionship with Christ. When engaged in our daily labor, we may breathe out our heart's desire, inaudible to any human ear; but that word cannot die away into silence, nor can it be lost. Nothing can drown the soul's desire. It rises above the din of the street, above the noise of machinery. It is God to whom we are speaking, and our prayer is heard. {Pr 7.2}

Ask, then; ask, and ye shall receive. Ask for humility, wisdom, courage, increase of faith. To every sincere prayer an answer will come. It may not come just as you desire, or at the time you look for it; but it will come in the way and at the time that will best meet your need. The prayers you offer in loneliness, in weariness, in trial, God answers, not always according to your expectations, but always for your good.—(Gospel Workers, 258.) {Pr 7.3}

Jesus Invites Us to Pray—The Lord gives us the privilege of seeking Him individually in earnest prayer, of unburdening our souls to Him, keeping nothing from Him who has invited us, “Come unto Me, all ye that labor and are heavy-laden, and I will give you rest.” Oh, how grateful we should be that Jesus is willing and able to bear all our infirmities and strengthen and heal all our diseases if it will be for our good and for His glory.—(Medical Ministry, 16.) {Pr 8.1}

“Come unto Me,” is His invitation. Whatever your anxieties and trials, spread out your case before the Lord.—(The Desire of Ages, 329.) {Pr 8.2}

Tell Jesus All Your Needs—There are few who rightly appreciate or improve the precious privilege of prayer. We should go to Jesus and tell Him all our needs. We may bring Him our little cares and perplexities as well as our greater troubles. Whatever arises to disturb or distress us, we should take it to the Lord in prayer. When we feel that we need the presence of Christ at every step, Satan will have little opportunity to intrude his temptations. It is his studied effort to keep us away from our best and most sympathizing friend. We should make no one our confidant but Jesus. We can safely commune with Him of all that is in our hearts.—(Testimonies for the Church 5:200, 201.) {Pr 8.3}

Opening the Heart to a Friend—Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. Prayer does not bring God down to us, but brings us up to Him. {Pr 8.4}

When Jesus was upon the earth, He taught His disciples how to pray. He directed them to present their daily needs before God, and to cast all their care upon Him. And the assurance He gave them that their petitions should be heard, is assurance also to us.—(Steps to Christ, 93.) {Pr 8.5}

God Welcomes Us to His Audience Chamber—We come to God by special invitation, and He waits to welcome us to His audience chamber. The first disciples who followed Jesus were not satisfied with a hurried conversation with Him by the way; they said, “Rabbi, ... where dwellest Thou? ... They came and saw where He dwelt, and abode with Him that day.” John 1:38, 39. So we may be admitted into closest intimacy and communion with God. “He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty.” Psalm 91:1. Let those who desire the blessing of God knock and wait at the door of mercy with firm assurance, saying, For Thou, O Lord, hast said, “Everyone that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.”(Thoughts From the Mount of Blessing, 131.) {Pr 9.1}

An Exalted Privilege—When in trouble, when assailed by fierce temptations, they [God’s children] have the privilege of prayer. What an exalted privilege! Finite beings, of dust and ashes, admitted through the mediation of Christ, into the audience chamber of the Most High. In such exercises the soul is brought into a sacred nearness with God, and is renewed in knowledge, and true holiness, and fortified against the assaults of the enemy.—(An Appeal to Mothers, 24.) {Pr 9.2}

Prayer Is Both a Spiritual Necessity and a Privilege—Those who have professed to love Christ, have not comprehended the relation which exists between them and God, ... They do not realize what a great privilege and necessity are prayer, repentance, and the doing of the words of Christ.—(Selected Messages 1:134.) {Pr 9.3}

Prayer Enables Us to Live in the Sunshine of His Presence—It is our privilege to open our hearts, and let the sunshine of Christ’s presence in. My brother, my sister, face the light. Come into actual, personal contact with Christ, that you may exert an influence that is uplifting and reviving. Let your faith be strong and pure and steadfast. Let gratitude to God fill your hearts. When you rise in the morning, kneel at your bedside, and ask God to give you strength to fulfil the duties of the day, and to meet its temptations. Ask Him to help you to bring into your work Christ’s sweetness of character. Ask Him to help you to speak words that will inspire those around you with hope and courage, and draw you nearer to the Saviour.—(Sons and Daughters of God, 199.) {Pr 9.4}

Our Prayers Never Burden or Weary God—There is no time or place in which it is inappropriate to offer up a petition to God. There is nothing that can prevent us from lifting up our hearts in the spirit of earnest prayer. In the crowds of the street, in the midst of a business engagement, we may send up a petition to God and plead for divine guidance, as did Nehemiah when he made his request before King Artaxerxes. A closet of communion may be found wherever we are. We should have the door of the heart open continually and our invitation going up that Jesus may come and abide as a heavenly guest in the soul. {Pr 10.1}

Although there may be a tainted, corrupted atmosphere around us, we need not breathe its miasma, but may live in the pure air of heaven. We may close every door to impure imaginings and unholy thoughts by lifting the soul into the presence of God through sincere prayer. Those whose hearts are open to receive the support and blessing of God will walk in a holier atmosphere than that of earth and will have constant communion with heaven. {Pr 10.2}

We need to have more distinct views of Jesus and a fuller comprehension of the value of eternal realities. The beauty of holiness is to fill the hearts of God's children; and that this may be accomplished, we should seek for divine disclosures of heavenly things. {Pr 10.3}

Let the soul be drawn out and upward, that God may grant us a breath of the heavenly atmosphere. We may keep so near to God that in every unexpected trial our thoughts will turn to Him as naturally as the flower turns to the sun. {Pr 10.4}

Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. "The Lord is very pitiful, and of tender mercy" (James 5:11). His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. Nothing is too great for Him to bear, for He holds up worlds. He rules over all the affairs of the universe. {Pr 11.1}

Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel.... The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watchcare, not another soul for whom He gave His beloved Son.—(Steps to Christ, 99, 100.) {Pr 11.2}

A Foretaste of Heaven—Rest yourself wholly in the hands of Jesus. Contemplate His great love, and while you meditate upon His self-denial, His infinite sacrifice made in our behalf in order that we should believe in Him, your heart will be filled with holy joy, calm peace, and indescribable love. As we talk of Jesus, as we call upon Him in prayer, our

confidence that He is our personal, loving Saviour will strengthen and His character will appear more and more lovely.... We may enjoy rich feasts of love, and as we fully believe that we are His by adoption, we may have a foretaste of heaven. Wait upon the Lord in faith. The Lord draws out the soul in prayer, and gives us to feel His precious love. We have a nearness to Him, and can hold sweet communion with Him. We obtain distinct views of His tenderness and compassion, and our hearts are broken and melted with contemplation of the love that is given to us. We feel indeed an abiding Christ in the soul. We abide in Him, and feel at home with Jesus. The promises flow into the soul. Our peace is like a river, wave after wave of glory rolls into the heart, and indeed we sup with Jesus and He with us. We have a realizing sense of the love of God, and we rest in His love. {Pr 11.3}

No language can describe it, it is beyond knowledge. We are one with Christ, our life is hid with Christ in God. We have the assurance that when He who is our life shall appear, then shall we also appear with Him in glory. With strong confidence, we can call God our Father.—(The S.D.A. Bible Commentary 3:1147, 1148.) {Pr 12.1}

Prayer Brings Freshness to Spiritual Life—Our life is to be bound up with the life of Christ; we are to draw constantly from Him, partaking of Him, the living Bread that came down from heaven, drawing from a fountain ever fresh, ever giving forth its abundant treasures. If we keep the Lord ever before us, allowing our hearts to go out in thanksgiving and praise to Him, we shall have a continual freshness in our religious life. Our prayers will take the form of a conversation with God as we would talk with a friend. He will speak His mysteries to us personally. Often there will come to us a sweet joyful sense of the presence of Jesus. Often our hearts will burn within us as He draws nigh to commune with us as He did with Enoch. When this is in truth the experience of the Christian, there is seen in his life a simplicity, a humility, meekness, and lowliness of heart, that show to all with whom he associates that he has been with Jesus and learned of Him.—(Christ's Object Lessons, 129, 130.) {Pr 12.2}

A Place to Flee That Is Always Open—The way to the throne of God is always open. You cannot always be on your knees in prayer, but your silent petitions may constantly ascend to God for strength and guidance. When tempted, as you will be, you may flee to the secret place of the Most High. His everlasting arms will be underneath you.—(In Heavenly Places, 86.) {Pr 12.3}

The Secret of Spiritual Power—Prayer is the breath of the soul. It is the secret of spiritual power. No other means of grace can be substituted and the health of the soul be preserved. Prayer brings the heart into immediate contact with the Wellspring of life, and strengthens the sinew and muscle of the religious experience. Neglect the exercise of prayer, or engage in prayer spasmodically, now and then, as seems convenient, and you

lose your hold on God. The spiritual faculties lose their vitality, the religious experience lacks health and vigor.... {Pr 12.4}

It is a wonderful thing that we can pray effectually, that unworthy, erring mortals possess the power of offering their requests to God. What higher power can man desire than this,—to be linked with the infinite God? Feeble, sinful man has the privilege of speaking to his Maker. We may utter words that reach the throne of the Monarch of the universe. We may speak with Jesus as we walk by the way, and He says, I am at thy right hand.—(Messages to Young People, 249, 250.) {Pr 13.1}

Secret Prayer the Soul of Religion—Do not neglect secret prayer, for it is the soul of religion. With earnest, fervent prayer plead for purity of soul. Plead as earnestly, as eagerly, as you would for your mortal life, were it at stake. Remain before God until unutterable longings are begotten within you for salvation, and the sweet evidence is obtained of pardoned sin.—(Spiritual Gifts 2:264.) {Pr 13.2}

Every Sincere Prayer Is Heard—As yet the disciples were unacquainted with the Saviour’s unlimited resources and power. He said to them, “Hitherto have ye asked nothing in My name.” John 16:24. He explained that the secret of their success would be in asking for strength and grace in His name. He would be present before the Father to make request for them. The prayer of the humble suppliant He presents as His own desire in that soul’s behalf. Every sincere prayer is heard in heaven. It may not be fluently expressed; but if the heart is in it, it will ascend to the sanctuary where Jesus ministers, and He will present it to the Father without one awkward, stammering word, beautiful and fragrant with the incense of His own perfection. {Pr 13.3}

The path of sincerity and integrity is not a path free from obstruction, but in every difficulty we are to see a call to prayer. There is no one living who has any power that he has not received from God, and the source whence it comes is open to the weakest human being. “Whatsoever ye shall ask in My name,” said Jesus, “that will I do, that the Father may be glorified in the Son. If ye shall ask anything in My name, I will do it.” {Pr 13.4}

“In My name,” Christ bade His disciples pray. In Christ’s name His followers are to stand before God. Through the value of the sacrifice made for them, they are of value in the Lord’s sight. Because of the imputed righteousness of Christ they are accounted precious. For Christ’s sake the Lord pardons those that fear Him. He does not see in them the vileness of the sinner. He recognizes in them the likeness of His Son, in whom they believe.—(The Desire of Ages, 667.) {Pr 14.1}

Angels Mark Our Prayers and Influence Us for Good—When you rise in the morning, do you feel your helplessness and your need of strength from God? and do you humbly, heartily make known your wants to your heavenly Father? If so, angels mark your

prayers, and if these prayers have not gone forth out of feigned lips, when you are in danger of unconsciously doing wrong and exerting an influence which will lead others to do wrong, your guardian angel will be by your side, prompting you to a better course, choosing your words for you, and influencing your actions. {Pr 14.2}

If you feel in no danger, and if you offer no prayer for help and strength to resist temptations, you will be sure to go astray; your neglect of duty will be marked in the book of God in heaven, and you will be found wanting in the trying day.—(Testimonies for the Church 3:363, 364.) {Pr 14.3}

Like Moses, We May Enjoy Intimate Communion With God—That hand that made the world, that holds the mountains in their places, takes this man of dust,—this man of mighty faith,—and mercifully covers him in a cleft of the rock, while the glory of God and all His goodness pass before him. Can we marvel that the “excellent glory” reflected from Omnipotence shone in the face of Moses with such brightness that the people could not look upon it? The impress of God was upon him, making him appear as one of the shining angels from the throne. {Pr 14.4}

This experience, above all else the assurance that God would hear his prayer, and that the divine presence would attend him, was of more value to Moses as a leader than the learning of Egypt, or all his attainments in military science. No earthly power or skill or learning can supply the place of God’s immediate presence. In the history of Moses we may see what intimate communion with God it is man’s privilege to enjoy. To the transgressor it is a fearful thing to fall into the hands of the living God. But Moses was not afraid to be alone with the Author of that law which had been spoken with such awful grandeur from Mount Sinai; for his soul was in harmony with the will of his Maker. {Pr 15.1}

Prayer is the opening of the heart to God as to a friend. The eye of faith will discern God very near, and the suppliant may obtain precious evidence of the divine love and care for him.—(Gospel Workers, 34, 35.) {Pr 15.2}

Pray With Holy Boldness—“If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.” When you pray, present this promise. It is our privilege to come to Him with holy boldness. As in sincerity we ask Him to let His light shine upon us, He will hear and answer us.—(Child Guidance, 499.) {Pr 15.3}

Heaven is open to our petitions, and we are invited to come “boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.” We are to come in faith, believing that we shall obtain the very things we ask of him.—(.) {Pr 15.4}

Ask for Our Needs—Every promise in the word of God furnishes us with subject matter for prayer, presenting the pledged word of Jehovah as our assurance. Whatever spiritual

blessing we need, it is our privilege to claim through Jesus. We may tell the Lord, with the simplicity of a child, exactly what we need. We may state to Him our temporal matters, asking Him for bread and raiment as well as for the bread of life and the robe of Christ's righteousness. Your heavenly Father knows that you have need of all these things, and you are invited to ask Him concerning them. It is through the name of Jesus that every favor is received. God will honor that name, and will supply your necessities from the riches of His liberality.—(Thoughts From the Mount of Blessing, 133.) {Pr 15.5}

Ask and Believe—As you ask the Lord to help you, honor your Saviour by believing that you do receive His blessing. All power, all wisdom, are at our command. We have only to ask. {Pr 16.1}

Walk continually in the light of God. Meditate day and night upon His character. Then you will see His beauty and rejoice in His goodness. Your heart will glow with a sense of His love. You will be uplifted as if borne by everlasting arms. With the power and light that God imparts, you can comprehend more and accomplish more than you ever before deemed possible.—(The Ministry of Healing, 514.) {Pr 16.2}

Go Forward, Trusting God—We are to encourage in one another that living faith which Christ has made it possible for every believer to have. The work is to be carried forward as the Lord prepares the way. When He brings His people into strait places, then it is their privilege to assemble together for prayer, remembering that all things come of God. Those who have not yet shared in the trying experiences that attend the work in these last days will soon have to pass through scenes that will severely test their confidence in God. It is at the time His people see no way to advance, when the Red Sea is before them and the pursuing army behind, that God bids them: "Go forward." Thus He is working to test their faith. When such experiences come to you, go forward, trusting in Christ. Walk step by step in the path He marks out. Trials will come, but go forward. This will give you an experience that will strengthen your faith in God and fit you for truest service.—(Testimonies for the Church 9:273.) {Pr 16.3}

Chapter 2—Our Need Of Prayer

Prayer Is as Essential to Life as Daily Food—Daily prayer is as essential to growth in grace, and even to spiritual life itself, as is temporal food to physical well-being. We should accustom ourselves to often lift the thoughts to God in prayer. If the mind wanders, we must bring it back; by persevering effort, habit will finally make it easy. We cannot for one moment separate ourselves from Christ with safety. We may have His presence to attend us at every step, but only by observing the conditions which He has Himself laid down.—(Messages to Young People, 115.) {Pr 17.1}

Prayer Is a Spiritual Necessity—Although Christ had given the promise to His disciples that they should receive the Holy Spirit, this did not remove the necessity of prayer. They prayed all the more earnestly; they continued in prayer with one accord. Those who are now engaged in the solemn work of preparing a people for the coming of the Lord, should also continue in prayer.—(Gospel Workers, 371.) {Pr 17.2}

They [Jesus' disciples] had not heeded the repeated warning, "Watch and pray." At first they had been much troubled to see their Master, usually so calm and dignified, wrestling with a sorrow that was beyond comprehension. They had prayed as they heard the strong cries of the sufferer. They did not intend to forsake their Lord, but they seemed paralyzed by a stupor which they might have shaken off if they had continued pleading with God. They did not realize the necessity of watchfulness and earnest prayer in order to withstand temptation.—(The Desire of Ages, 688.) {Pr 17.3}

The experience of the disciples in the Garden of Gethsemane contains a lesson for the Lord's people today.... They did not realize the necessity of watchfulness and earnest prayer in order to withstand temptation. Many today are fast asleep, as were the disciples. They are not watching and praying lest they enter into temptation. Let us often read and give careful study to those portions of God's Word that have special reference to these last days, pointing out the dangers that will threaten God's people.—(In Heavenly Places, 97.) {Pr 18.1}

Prayer Is the Life of the Soul—Prayer is a necessity; for it is the life of the soul. Family prayer, public prayer, have their place; but it is secret communion with God that sustains the soul life.—(Education, 258.) {Pr 18.2}

Prayer Necessary for Spiritual Health—Several times each day precious, golden moments should be consecrated to prayer and the study of the Scriptures, if it is only to commit a text to memory, that spiritual life may exist in the soul. The varied interests of the cause furnish us with food for reflection and inspiration for our prayers. Communion with God is highly essential for spiritual health, and here only may be obtained that wisdom

and correct judgment so necessary in the performance of every duty.—(Testimonies for the Church 4:459.) {Pr 18.3}

Christ's Example Shows the Necessity of Prayer—If those who sound the solemn notes of warning for this time could realize their accountability to God, they would see the necessity for fervent prayer. When the cities were hushed in midnight slumber, when every man had gone to his own house, Christ, our example, would repair to the Mount of Olives, and there, amid the overshadowing trees, would spend the entire night in prayer. He who was Himself without the taint of sin,—a treasure-house of blessing; whose voice was heard in the fourth watch of the night by the terrified disciples upon the stormy sea, in heavenly benediction; and whose word could summon the dead from their graves,—He it was who made supplication with strong crying and tears. He prayed not for Himself, but for those whom He came to save. As He became a suppliant, seeking at the hand of His Father fresh supplies of strength, and coming forth refreshed and invigorated as man's substitute, He identified Himself with suffering humanity, and gave them an example of the necessity of prayer. {Pr 18.4}

His nature was without the taint of sin. As the Son of man, He prayed to the Father, showing that human nature requires all the divine support which man can obtain that he may be braced for duty and prepared for trial. As the Prince of Life, He had power with God, and prevailed for His people. This Saviour, who prayed for those that felt no need of prayer, and wept for those that felt no need of tears, is now before the throne, to receive and present to His Father the petitions of those for whom He prayed on earth. The example of Christ is for us to follow. Prayer is a necessity in our labor for the salvation of souls. God alone can give the increase of the seed we sow.—(Gospel Workers, 28, 29.) {Pr 19.1}

Jesus Urged the Necessity of Prayer—He [Jesus] urged upon men the necessity of prayer, repentance, confession, and the abandonment of sin. He taught them honesty, forbearance, mercy, and compassion, enjoining upon them to love not only those who loved them, but those who hated them, who treated them despitely. In this He was revealing to them the character of the Father, who is long-suffering, merciful, and gracious, slow to anger, and full of goodness and truth.—(Christian Education, 74.) {Pr 19.2}

Prayer a Necessity to Daniel—Daniel was subjected to the severest temptations that can assail the youth of today; yet he was true to the religious instruction received in early life. He was surrounded with influences calculated to subvert those who would vacillate between principle and inclination; yet the word of God presents him as a faultless character. Daniel dared not trust to his own moral power. Prayer was to him a necessity. He made God his strength, and the fear of God was continually before him in all the transactions of his life.—(Fundamentals of Christian Education, 78.) {Pr 19.3}

Spiritual Advance Depends on Prayer—If there were more praying among us, more exercise of a living faith, and less dependence upon some one else to have an experience for us, we would be far in advance of where we are today in spiritual intelligence. What we need is a deep, individual heart and soul experience. Then we shall be able to tell what God is doing and how He is working. We need to have a living experience in the things of God; and we are not safe unless we have this. There are some who have a good experience, and they tell you about it; but when you come to weigh it up, you see that it is not a correct experience, for it is not in accordance with a plain Thus saith the Lord. If ever there was a time in our history when we needed to humble our individual souls before God, it is today. We need to come to God with faith in all that is promised in the Word, and then walk in all the light and power that God gives.—(The Review and Herald, July 1, 1909.) {Pr 20.1 }

Prayer Needed Daily—Religion must begin with emptying and purifying the heart, and must be nurtured by daily prayer.—(Testimonies for the Church 4:535.) {Pr 20.2 }

It is just as convenient, just as essential, for us to pray three times a day as it was for Daniel. Prayer is the life of the soul, the foundation of spiritual growth. In your home, before your family, and before your workmen, you should testify to this truth. And when you are privileged to meet with your brethren in the church, tell them of the necessity of keeping open the channel of communication between God and the soul. Tell them that if they will find heart and voice to pray, God will find answers to their prayers. Tell them not to neglect their religious duties. Exhort the brethren to pray. We must seek if we would find, we must ask if we would receive, we must knock if we would have the door opened unto us.—(The Signs of the Times, February 10, 1890.) {Pr 20.3 }

In the service of the Jewish priesthood we are continually reminded of the sacrifice and intercession of Christ. All who come to Christ today are to remember that His merit is the incense that mingles with the prayers of those who repent of their sins and receive pardon and mercy and grace. Our need of Christ's intercession is constant. Day by day, morning and evening, the humble heart needs to offer up prayers to which will be returned answers of grace and peace and joy. "By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name. But to do good and to communicate forget not: for with such sacrifice God is well pleased."(SDA Bible Commentary 6:1078.) {Pr 21.1 }

Like the patriarchs of old, those who profess to love God should erect an altar to the Lord wherever they pitch their tent. If ever there was a time when every house should be a house of prayer, it is now. Fathers and mothers should often lift up their hearts to God in humble supplication for themselves and their children. Let the father, as priest of the household, lay upon the altar of God the morning and evening sacrifice, while the wife and children unite in prayer and praise. In such a household Jesus will love to tarry. {Pr 21.2 }

From every Christian home a holy light should shine forth. Love should be revealed in action. It should flow out in all home intercourse, showing itself in thoughtful kindness, in gentle, unselfish courtesy. There are homes where this principle is carried out—homes where God is worshiped and truest love reigns. From these homes morning and evening prayer ascends to God as sweet incense, and His mercies and blessings descend upon the suppliants like the morning dew.—(Patriarchs and Prophets, 144.) {Pr 21.3}

In following Christ, looking unto Him who is the Author And Finisher of your faith, you will feel that you are working under

His eye, that you are influenced by His presence, and that He knows your motives. At every step you will humbly inquire: Will this please Jesus? Will it glorify God? Morning and evening your earnest prayers should ascend to God for His blessing and guidance. True prayer takes hold upon Omnipotence and gives us the victory. Upon his knees the Christian obtains strength to resist temptation.—(Testimonies for the Church 4:615, 616.) {Pr 21.4}

As the priests' morning and evening entered the holy place at the time of incense, the daily sacrifice was ready to be offered upon the altar in the court without. This was a time of intense interest to the worshipers who assembled at the tabernacle. Before entering into the presence of God through the ministration of the priest, they were to engage in earnest searching of heart and confession of sin. They united in silent prayer, with their faces toward the holy place. Thus their petitions ascended with the cloud of incense, while faith laid hold upon the merits of the promised Saviour prefigured by the atoning sacrifice. The hours appointed for the morning and the evening sacrifice were regarded as sacred, and they came to be observed as the set time for worship throughout the Jewish nation. And when in later times the Jews were scattered as captives in distant lands, they still at the appointed hour turned their faces toward Jerusalem and offered up their petitions to the God of Israel. In this custom Christians have an example for morning and evening prayer. While God condemns a mere round of ceremonies, without the spirit of worship, He looks with great pleasure upon those who love Him, bowing morning and evening to seek pardon for sins committed and to present their requests for needed blessings.—(Patriarchs and Prophets, 353, 354.) {Pr 22.1}

Prayer Connects Us to Heaven—Those who will put on the whole armor of God and devote some time every day to meditation and prayer and to the study of the Scriptures will be connected with heaven and will have a saving, transforming influence upon those around them. Great thoughts, noble aspirations, clear perceptions of truth and duty to God, will be theirs. They will be yearning for purity, for light, for love, for all the graces of heavenly birth. Their earnest prayers will enter into that within the veil. This class will have a sanctified boldness to come into the presence of the Infinite One. They will feel that heaven's light and glories are for them, and they will become refined, elevated, ennobled

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