



*Prayer Is to
Our
Renewal
What
Breath Is to
Our Bodies*



Further Instructions



Continue steadfastly in prayer, being watchful in it with thanksgiving. At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison—

Colossians 4:2-3

Giving Thanks



May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy, giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light. Colossians 1:11-12

Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving. Colossians 2:6-7



Giving Thanks

And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:15-17



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Ruach



The Hebrew word “ruach” can mean breath, wind, or spirit.

In Genesis 2:7 life begins when God breathes into humanity.

In John 20:22, Jesus breathes spiritual life through the Holy Spirit.

In Romans 8:26 / Galatians 4:6 – The Spirit within us cries out in prayer



Matthew Henry - *Prayer is the breath of the new creature. As the body lives by breathing, so the soul lives by praying.*

Charles Spurgeon - *Prayer is the very breath of the new-born soul, and there can be no spiritual life without it.*

E. M. Bounds - *Prayer is the breath of spiritual life.*

Jonathan Edwards – *Prayer is as natural an expression of faith as breathing is to life.*

Application

Continue steadfastly – as essential as breathing

Include thanksgiving in your prayer life

Prayer is not only speaking to God—it is being watchful, listening and paying attention to what God is doing.

Instead of self-talk – make it a conversation with God

Ask your self what you are anxious about?