



MONDAY'S MEAL

SUSTAINABLE NOURISHMENT *for the* LONG DISTANCE RUN

Pouring Out Our Hearts in Prayer

by O. Hallesby

Monday's Meal is a service of The Oaks Classical and Christian Academy. Each meal is selected specifically to feed and nourish parents for the long distance run. If you found it helpful, consider passing it along.

**"...and let us consider how to stimulate one another to love and good deeds..."
Hebrews 10:24**

Prayer is a part of our soul's life with God and is marked therefore by some of that many-sidedness and indescribability which we find in life in general. This is also true of the forms of prayer, its expressions. As we have seen, this may vary from the quiet, meditative mood to that of energetic, even violent striving. Prayer is a condition of mind, an attitude of heart, which God recognizes as prayer whether it manifests itself in quiet thinking, in sighing, or in audible words.

Because prayer is an expression of a man's personal life with a personal God, it readily assumes the forms and characteristics of personal life. We know that conversation between persons does not take place according to certain prescribed rules and regulations, but occurs freely and spontaneously as the occasion may require. That is what makes conversation personal, gives it life and freshness. The more personal conversation is in this sense of the word, the more it becomes real communication, a mutual exchange of ideas in which life speaks to life. So also with prayer.

It should be free, spontaneous, vital fellowship between the created person and the personal Creator, in which Life should touch life. The more that prayer becomes the untrammelled, free and natural expression of the desires of our hearts, the more real it becomes. As a vital means of communication between the soul and God, prayer can assume very different forms, from quiet, blessed contemplation of God, in which eye meets eye in restful meditations, to deep sighs or sudden exclamations of wonder, joy, gratitude or adoration. Or it may take the form of a smooth, quiet conversation lasting for many minutes, perhaps even hours. Or it may be an outcry from a violently agitated soul engaged in a bitter struggle.

It is written, "In everything by prayer and supplication with thanksgiving let your requests be made known unto God" (Phil. 4:6). Herein are included also those petitions which we afterwards may learn were misused prayers. Do not be afraid, in other words, of misusing prayer that you on that account omit giving expression to the desires of your heart while standing in the presence of God.

My praying friend, even though you have misused prayer often, continue nevertheless to make known your desires to God in all things. It is when we can speak with one another about anything and everything that conversation really affords us freedom and relief. Let Him decide whether you are to receive what you ask for or not.