

**Title: Conversations**

**Subtitle: Not necessarily a quote, but a great thing to read!**

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**Author: FounderofTTM**

**Date: 1092406335**

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**How Should We Pray?**

**Submit yourselves, then, to God. James 4:7**

Have you ever wondered why we hold our hands the way we do when we pray? The gesture of palms and fingers touching in a kind of steeple originated in the hands. Joined hands reflected a slave's submission to his master. Christians use this gesture as a sign of a believer's complete dependence on God through Christ. The gesture of joined hands is submission. Early Christians realized that prayer was to be unselfish and trusting that God in His wisdom would answer their requests appropriately. Prayer was not a list of demands, as though God were a magic genie. They also did not to be a bargaining tool with the Divine - "If You do this for me, then I will do that." God was God and they were only humans. They understood humble submission is our model of submission. Facing a terrible death on the cross, He prayed, "My Father, if it is possible, let this cup pass from me; yet not as I will, but as You will" (Matthew 26:39). Through faith in Christ, we become like Him and our attitude of submission becomes our own, leading us to entrust our burdens to God in prayer. He cares about us and loves us.

**Lord, work in me an attitude of humble submission and trust that is reflected in my life.**