

Prayer takes on many forms. It may be a quiet whisper in a time of need. A cry of desperation for the needs of a loved one. A thank you for God's provision.

Our prayers may change with the seasons just as our conversations with a best friend or close family member might change. As we learn and grow in our relationship with God our prayers begin to take on change also. This is the kind of connection that God has designed for us.

The Apostle Paul, in his letter to the Philippians tells us: *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* – *Philippians 4:6-7*. The example Paul sets for us is quite impressive to think about. He's writing this letter to the Philippians while sitting in a jail cell. Imagine being so firm in your faith! Instead of wallowing in his own despair, Paul is telling others about the peace that comes with constant contact with our creator. Imagine waking up in the morning and starting the conversation with God by thanking Him for another day.

As your day continues, so does the conversation with Him. You learn to put your worries, your thankfulness, your joy, and even despair in His hands. As you begin your work week today, give it a try and see for yourself the transformative power of prayer.

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