

WHAT PRAYING DOES:

- Praying protects us from bitterness (Hebrews 12:15).
- Praying builds our faith (Jude: verses 20-21).
- Praying helps us wait on the Lord (Psalm 130:55).
- Praying decreases our suffering (Psalm 59:16, James 5:13).
- Praying allows us to sense God's presence (James 4:8).
- Praying reduces stress because it builds our trust in God (Psalm 37:5, Romans 15:13).
- Praying is mental health – Jesus is our Wonderful Counselor (Isaiah 9).
- Praying helps us pray all kinds of prayers (Ephesians 6:18).
- Praying gives us a friend to talk to, and His Spirit regulates our expectations with others (John 15:12-15).
- Praying quiets anxiety (1 Peter 5:7).
- Praying brings peace to guard our heart (Philippians 4:6-7).
- Praying gives assurance that God is listening (Jeremiah 29:12).
- Praying sets our mind on Christ (Colossians 3:2).
- Praying gets rewards and is powerful (Matthew 6:6, James 5:16).
- Praying gives us strength for the journey (Ephesians 3:16).
- Praying brings surrender and willingness to live for His glory (Mark 8:35).
- Praying strengthens our inner man (Matt. 26:41).

- Praying informs us of who God is (Matthew 16:17, Luke 24:45, 2 Corinthians 3:18).
- Praying clears our vision to see what God is doing (Matt.16:17, Romans 8:5).
- Praying reminds us of our eternal hope in Christ (Psalm 33:22, Psalm 71:14).
- Praying displays our faithfulness (Romans 12:12).
- Praying makes us attentive to God's work (Colossians 4:2).
- Praying changes us (Psalm 37:7, Psalm 46:1-3, Proverbs 16:20).