

THANKFUL PRAYER

By Brooks A. Harris, O.D.

01/13/2021

We live in a time where a lot is going on in our society, at work or school and in our personal and home lives. We have a lot of demands and expectations put upon us and we often need help.

Thankfully, we can go to God with all of our concerns and needs at any time. If we have accepted Jesus Christ as our personal Lord and Savior, and truly desire for Him to control our lives, and put out trust in Him, then God hears our prayers and He will answer them at the appropriate time and way – which only God knows.

Often, when we come to God with a concern, we are upset, or nervous, or scared, or unhappy about something. It may make us tense to keep thinking about the concern and even perpetuate negative thoughts which can negatively impact our daily life. If you keep asking God for the same thing, something which upsets you to think about, it will upset you each time you bring it up to God. But if you turn it all over to God in your initial request, you don't have to relive your problem over and over.

Once you have made your request, thank God for listening to your concerns and thank Him in advance for His future responses. Then when the concern comes to mind again, instead of asking God for the same thing again, as if He did not hear you the first time, thank Him in advance again for handling your request, trusting that He will answer your prayer. God is not someone who is only with us from time to time; He is always with us through His Holy Spirit who dwells in us. So, thank God for His presence in your life every day and for His guidance in handling your problems and for giving you peace, understanding and wisdom.

Thankful prayer shows God that you believe in Him and trust in His wisdom and in His power and abilities to handle your problems properly. Thankful prayer helps you concentrate more on God and His care for you, and less on your problems.

So, instead of asking God over and over for the same thing, we need to learn to *Let Go and Let God* do what He does – answer prayers.