

## POSTURING YOURSELF IN PRAYER

*"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."*  
Ephesians 6:18

### REFLECTION

The call and need to *'pray in the Spirit on all occasions with all kinds of prayers and requests'* came in the context of the Apostle Paul's exhortation to the Ephesians to be always prepared for spiritual warfare (and attacks). This was because in reality the Christian life is not just physical but a spiritual matter, and the enemy will always find ways to cause the people of God to falter, fail and ultimately forsake God. Therefore, the armour of God is needed to keep a disciple from the attacks of the enemy. And coupled with the armour (which is external) is the posture of the disciple (which is internal). This posture is prayerfulness.

The posture of prayerfulness would mean that one is being watchful and alert to the subtle schemes of the enemy, attentive to the direction and will of God and intervening on behalf of God's people and for oneself through prayer. It would also entail *"all kinds of prayers and requests"* as nothing is too small or insignificant to God who is aware of everything and can do anything.

If God knows everything and can do anything, then why do we need to pray? Praying is not just about having God to do something about the situation or problem. It is the posture of prayer that reveals one's relationship with God, a posture "being in turn" with Him, a posture of dependency and trust, a posture of hopefulness in the almighty God, a posture of waiting upon Him to act. It is this posture that causes us to tell God about everything and anything, knowing that He listens to us with all mercy, grace and love.

Knowing this, would you not take up the posture of prayer before our God and tell Him the things that comes to your awareness? Take then your place to talk to our heavenly Father who hears the silence, knows all things and can do anything. He awaits to hear us.

### PRAYER

*Dear heavenly Father, thank You for the grace that we can come before You, through our Lord Jesus Christ, to present to You with all kinds of prayers and requests, and that You do listen to us. Draw us deeper in relationship with You and help us to stand in the gap for this world that You love. In Jesus' name we pray. Amen.*

### SUPPLICATION

- Before you begin with "all kinds of prayers and requests", take a moment to posture yourself before God, knowing that He already knows all things and can do anything. He wants you to be present with Him. Take the time to thank Him for His grace and mercy. Praise Him for His wonderful deeds. Tell Him how much you appreciate Him. Then share with Him your concerns and needs, your experiences and reflections, your thoughts, feelings and actions, your family and friends, etc. Be open to share anything and everything with our heavenly Father.
- Do you know of anyone who may not have this privilege to share with our heavenly Father in such an open way? Lift up this person or people to God and pray that they may experience such closeness with Him. Pray for divine encounter such that God would meet them in and through prayer, and new relationships be formed. You may know of their specific concerns and needs. Turn these knowledge into *"all kinds of prayers and requests."*
- Lift up BRMC to God in prayer. Pray for the pastors, staff, leadership, ministries, members, children, young adults, parents, singles, seniors, ethnic groups, staff and overseas students in Oldham Hall, staff and students in ACS (Barker & Primary), etc. Pray for God's presence to abide and work in and through each group of people listed. Pray for God's grace and love to be manifested in and through their lives. Pray for deepening for relationships with God and discipleship across the Barker campus.
- Pray for the world where peace is absent, especially in Eastern Europe between Ukraine and Russia. Lives are lost when war and violence are present. Pray for the leadership of these two countries and also for leaders of other nations and organizations. Pray that God will thwart the schemes of the enemy and the purposes of the enemy (to kill, steal and destroy) will not prevail.

*"Talking to men for God is a great thing,  
But talking to God for men is greater still."*  
E.M. Bounds

***If you need any prayer or pastoral care support,  
kindly contact the pastoral care team via:***

***Email: [wecare@brmc.org.sg](mailto:wecare@brmc.org.sg)  
Contact: 6592 4011***