

PRAYER

Prayer Is the Life of the Soul—Prayer is a necessity; for it is the life of the soul. Family prayer, public prayer, have their place; but it is secret communion with God that sustains the soul life.

– Education, 258

Fear thou not; for I am with thee: be not dismayed; for I am thy God:
I will strengthen thee; yea, I will help thee; yea, I will uphold thee with
the right hand of my righteousness.

– Isaiah 41:10

Follow Jesus' Example by Starting the Day With Prayer—It was in hours of solitary prayer that Jesus in His earth life received wisdom and power. Let the youth follow His example in finding at dawn and twilight a quiet season for communion with their Father in heaven. And throughout the day let them lift up their hearts to God. At every step of our way He says, "I the Lord thy God will hold thy right hand, ... Fear not; I will help thee." Isaiah 41:13. Could our children learn these lessons in the morning of their years, what freshness and power, what joy and sweetness, would be brought into their lives!

— Education, 259.

The Earnest Prayers of Jesus Contrast With Our Feeble Prayers—Of Christ it is said: “And being in an agony He prayed more earnestly.” In what contrast to this intercession by the Majesty of heaven are the feeble, heartless prayers that are offered to God. Many are content with lip service, and but few have a sincere, earnest, affectionate longing after God.

—Testimonies for the Church 4:534.

I love them that love me; and those that seek me early shall find me.

– Proverbs 8:17

When Jesus was upon the earth, He taught His disciples how to pray. He directed them to present their daily needs before God, and to cast all their care upon Him. And the assurance He gave them that their petitions should be heard, is assurance also to us. Jesus Himself, while He dwelt among men, was often in prayer. Our Saviour identified Himself with our needs and weakness, in that He became a suppliant, a petitioner, seeking from His Father fresh supplies of strength, that He might come forth braced for duty and trial.

He is our example in all things. He is a brother in our infirmities, “in all points tempted like as we are;” but as the sinless one His nature recoiled from evil; He endured struggles and torture of soul in a world of sin. His humanity made prayer a necessity and a privilege. He found comfort and joy in communion with His Father. And if the Saviour of men, the Son of God, felt the need of prayer, how much more should feeble, sinful mortals feel the necessity of fervent, constant prayer.

— Steps to Christ, 93, 94.

Christ wrestled in earnest prayer; He offered up His supplications to the Father with strong crying and tears in behalf of those for whose salvation He had left heaven, and had come to this earth. Then how proper, yea, how essential that men should pray and not faint!

– The Review and Herald, April 1, 1890.

1. In that day shall this song be sung in the land of Judah; We have a strong city; salvation will God appoint for walls and bulwarks.
2. Open ye the gates, that the righteous nation which keepeth the truth may enter in.
3. Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.
4. Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength
9. With my soul have I desired thee in the night; yea, with my spirit within me will I seek thee early: for when thy judgments are in the earth, the inhabitants of the world will learn righteousness.

– Isaiah .26.1-4, 9.

Jesus Prayed for Strength to Endure Trials—Few will follow the example of our Saviour in earnest, frequent prayer to God for strength to endure the trials, and to perform the daily duties, of this life. Christ is the captain of our salvation, and by His own sufferings and sacrifice, has given an example to all His followers, that watchfulness and prayer and persevering effort were necessary on their part if they would rightly represent the love which dwelt in His bosom for the fallen race.

—The Review and Herald, February 23, 1886.

[[A Psalm of David.]] The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?

When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell.

Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.

One thing have I desired of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to enquire in his temple.

For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me up upon a rock.

Jesus' Strength Came From Prayer—The strength of Christ was in prayer. He had taken humanity, and He bore our infirmities and became sin for us. Christ retired to the groves or mountains with the world and everything else shut out. He was alone with His Father. With intense earnestness, He poured out His supplications, and put forth all the strength of His soul in grasping the hand of the Infinite. When new and great trials were before Him, He would steal away to the solitude of the mountains, and pass the entire night in prayer to His Heavenly Father.

As Christ is our example in all things, if we imitate His example in earnest, importunate prayer to God that we may have strength in His name who never yielded to the temptations of Satan to resist the devices of the wily foe, we shall not be overcome by him.

– The Youth's Instructor, April 1, 1873.

In a life wholly devoted to the good of others, the Saviour found it necessary to withdraw from the thoroughfares of travel and from the throng that followed Him day after day.

– The Desire of Ages p. 362.4

He must turn aside from a life of ceaseless activity and contact with human needs, to seek retirement and unbroken communion with His Father. As one with us, a sharer in our needs and weaknesses, He was wholly dependent upon God, and in the secret place of prayer He sought divine strength, that He might go forth braced for duty and trial. In a world of sin Jesus endured struggles and torture of soul. In communion with God He could unburden the sorrows that were crushing Him. Here He found comfort and joy.

– Prayer, p.169.2

And the apostles gathered themselves together unto Jesus, and told him all things, both what they had done, and what they had taught.

And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.

– MARK 6:30,31

Who in the days of his flesh, when he had offered up prayers and supplications with strong crying and tears unto him that was able to save him from death, and was heard in that he feared;

Though he were a Son, yet learned he obedience by the things which he suffered;

And being made perfect, he became the author of eternal salvation unto all them that obey him;

– Heb.5:7,8,9

The Man of Sorrows pours out His supplications with strong crying and tears. He prays for strength to endure the test in behalf of humanity. He must Himself gain a fresh hold on Omnipotence, for only thus can He contemplate the future. And He pours out His heart longings for His disciples, that in the hour of the power of darkness their faith may not fail. The dew is heavy upon His bowed form, but He heeds it not. The shadows of night gather thickly about Him, but He regards not their gloom.

—(The Desire of Ages, 419, 420.)

When Jesus entered the wilderness He was shut in by the Father's glory. Absorbed in communion with God, He was lifted above human weakness. But the glory departed, and He was left to battle with temptation. It was pressing upon Him every moment. His human nature shrank from the conflict that awaited Him. For forty days He fasted and prayed. Weak and emaciated from hunger, worn and haggard with mental agony, "his visage was so marred more than any man, and his form more than the sons of men" (Isaiah 52:14). Now was Satan's opportunity. Now he supposed that he could overcome Christ.

– Selected Messages 1:227, 228.

Hereafter I will not talk much with you: for the prince of this world cometh, and hath nothing in me.

– JOHN14:30

To the consecrated worker there is wonderful consolation in the knowledge that even Christ during His life on earth sought His Father daily for fresh supplies of needed grace; and from this communion with God He went forth to strengthen and bless others.

Behold the Son of God bowed in prayer to His Father! Though He is the Son of God, He strengthens His faith by prayer, and by communion with Heaven gathers to Himself power to resist evil and to minister to the needs of men. As the Elder Brother of our race, He knows the necessities of those who, compassed with infirmity and living in a world of sin and temptation, still desire to serve Him.

He knows that the messengers whom He sees fit to send are weak, erring men; but to all who give themselves wholly to His service He promises divine aid. His own example is an assurance that earnest, persevering supplication to God in faith—faith that leads to entire dependence upon God, and unreserved consecration to His work—will avail to bring to men the Holy Spirit's aid in the battle against sin.

– Prayer, p.170.3, .4

...Every worker who follows the example of Christ will be prepared to receive and use the power that God has promised to His church for the ripening of earth's harvest. Morning by morning, as the heralds of the gospel kneel before the Lord and renew their vows of consecration to Him, He will grant them the presence of His Spirit, with its reviving, sanctifying power. As they go forth to the day's duties, they have the assurance that the unseen agency of the Holy Spirit enables them to be "laborers together with God." [1 Corinthians 3:9.]

– Gospel Workers, 510, 511.

– Prayer Strengthened Jesus for Trials –

Christ our Saviour was tempted in all points like as we are, yet He was without sin. He took human nature, being made in fashion as a man, and His necessities were the necessities of a man. He had bodily wants to be supplied, bodily weariness to be relieved. It was by prayer to His Father that He was braced for duty and for trial. Day by day He followed His round of duty, seeking to save souls.... And He spent whole nights in prayer in behalf of the tempted ones....

The night seasons of prayer which the Saviour spent in the mountain or in the desert were essential to prepare Him for the trials He must meet in the days to follow. He felt the need of the refreshing and invigorating of soul and body, that He might meet the temptations of Satan; and those who are striving to live His life will feel this same need.

– Maranatha, p. 85

Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession.

For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.

Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

– HEBREW 4:14-16

The Lord GOD hath given me the tongue of the learned, that I should know how to speak a word in season to him that is weary: he wakeneth morning by morning, he wakeneth mine ear to hear as the learned.

The Lord GOD hath opened mine ear, and I was not rebellious, neither turned away back.

I gave my back to the smiters, and my cheeks to them that plucked off the hair: I hid not my face from shame and spitting.

For the Lord GOD will help me; therefore shall I not be confounded: therefore have I set my face like a flint, and I know that I shall not be ashamed.

– ISA.50:4-7

After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.

Thy kingdom come. Thy will be done in earth, as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen

– Matt.6:9-13

Like a gem of value it continues to be loved and cherished. This prayer is a wonderful production. None will pray in vain if in their prayers are incorporated the principles contained therein. Our prayers in public should be short, and express only the real wants of the soul, asking in simplicity and simple trusting faith for the very things we need. Prayer from the humble, contrite heart is the vital breath of the soul hungering for righteousness.

– The Signs of the Times, December 3, 1896.

Jesus Knelt When He Prayed—Both in public and in private worship, it is our privilege to bow on our knees before the Lord when we offer our petitions to Him. Jesus, our example, “kneeled down, and prayed.” Of His disciples it is recorded that they, too, “kneeled down, and prayed.” Paul declared, “I bow my knees unto the Father of our Lord Jesus Christ. EPH.3:14” In confessing before God the sins of Israel, Ezra knelt. Daniel “kneeled upon his knees three times a day, and prayed, and gave thanks before his God.”

– Messages to Young People, 251.

Carefully Consider Jesus' Lessons About Prayer—Christ's lessons in regard to prayer should be carefully considered. There is a divine science in prayer, and His illustration brings to view principles that all need to understand. He shows what is the true spirit of prayer, He teaches the necessity of perseverance in presenting our requests to God, and assures us of His willingness to hear and answer prayer.

—(Christ's Object Lessons, 142.)

But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

– Matthew 6:6

Like a gem of value it continues to be loved and cherished. This prayer is a wonderful production. None will pray in vain if in their prayers are incorporated the principles contained therein. Our prayers in public should be short, and express only the real wants of the soul, asking in simplicity and simple trusting faith for the very things we need. Prayer from the humble, contrite heart is the vital breath of the soul hungering for righteousness.

– The Signs of the Times, December 3, 1896