

# Overcoming Prayer “*Block*”

**Perhaps you have not thought of prayer as being a creative activity, but you should do so.**

All creative people, writers, artists, composers, architects, landscapers, all experience at times a “*block*”, not able to start or progress in what they should be doing.

**Unfortunately many people have been taught to pray “official” prayers as printed in the church service book. These are often learnt by heart, but unusually come from the heart.**

**After a while their prayers become a habit and they say them without thinking, or even while they are thinking of something else.**

**Jesus Christ specifically told His disciples not to pray in this way, [Matthew 6:7]. We should pray with our brains fully engaged, thinking carefully about what we are saying.**

Only then are our prayers creative, yet like other creative acts we can at times experience a “*prayer block*.”

**How does this happen?**

You kneel down to pray but somehow you are not in the mood, the words will not come, and you feel your words are not going higher than the ceiling.

You are thinking, “*this is a waste of time,*” and are tempted to get up and go and do something else.

**Real Christians who understand the Plan of God for all humanity and who want to be part of the Kingdom of God cannot permit themselves the luxury of walking away from praying just because they do not feel like praying.**

**Such people are in much the same position as professional writers with a deadline.** Their prayers are needed if they are to produce the holy character of a created child of God who will inherit the created family of God, the Kingdom of God.

**How then do we clear this “*creative block*”? –**

**Persist** – by setting yourself a goal. Tell yourself that nobody or any thing is going to drag me away from obtaining this goal. I’m going to stay on my knees until inspiration comes, however painful such a position may eventually become.

Before we know it creative ideas will come into our mind for us to express in words.

**Stay there – try to pray, it may not be the greatest of prayers, but at least you have prayed some, not walking away from your responsibility.**

People who take the easy way out, just abandoning prayer as soon as it gets difficult, find themselves praying less and less. Soon their prayers have become nothing but brief, half-hearted mutters.

God does **not** take prayers like that seriously.

**Get started – this is often a cause of “*writers block*” and applies also to prayer. There are no magic words that attract God’s attention, He is always ready to listen to His people.**

Address God by name and office and He will help you.

**Romans 8:26** [New King James] *“Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.”*

**Sometimes people who have neglected prayer for a long time feel awkward and embarrassed starting again. That is a very human reaction.**

Remember at such a time the analogy in the parable of the prodigal son, [**Luke 15:11-32**]. The son was afraid to return home to his father, but the father saw him coming *“a great way off”* [verse 20]. The father was looking out for him anticipating the day of his return.

**We can learn from this there is no reason to feel hesitant or unworthy in getting back to our heavenly Father in prayer.**

If what is stopping you from praying is a feeling that you have neglected prayer for too long, you are only deceiving yourself.

**Start praying, if the thoughts are there, if you are in a sincere humble, God-fearing attitude, the words will come.**

**Make an outline –**

Jesus Christ gave us an outline to use when praying, [**Matthew 6:7-13**].

This was **not** a prayer to be repeated again and again as the formal prayers of the Pharisees and many Christian church denominations today, but an outline of subjects to be included in our personal prayers.

**Note that this outline started and finished with praise and worship towards the Eternal Creator God.**

The next item was the coming of God’s Kingdom to the earth in full at the Second Coming of Jesus Christ as King of kings and Lord of lords.

**Responsibility in prayer –**

One of the strongest incentives for overcoming any *“prayer block”* is the feeling of responsibility we have towards other human beings who need our prayers to be added to theirs for their needs to be provided by the same Creator God.

**It is the personal responsibility of every true Christian to pray that the gospel message that Jesus Christ brought to all humanity will be heard and understood for as many people in this generation as God chooses to call.**

This is the daily prayer of all who are involved in this website that is centred on fulfilling this responsibility.

Please join us in that prayer. Thank you.