

5 Reasons We Don't Pray in the Moment and 4 Ways to Pray Now

As much as we all value prayer, there can be a reluctance to pray for someone in the moment. While some reasons may be legitimate, and we do want to be led by the Spirit when we pray—prayer is simply talking to God. And talking to God on behalf of someone else is powerful and effective (James 5:16).

Praying in the moment doesn't mean you won't be led to pray later. But it's an opportunity to lift a brother or sister to the Lord where their spirit can hear from God's. Because of who God is, praying for someone in person is one of the most powerful things you can do for them. So push reluctance aside and pray in the moment!

Why We Don't Pray In the Moment

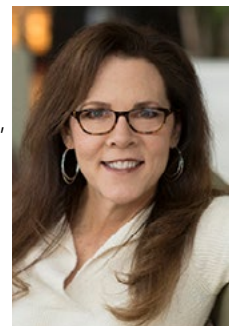
1. We don't want to **intrude** or put the other person on the spot.
2. We're not sure what to pray, especially if it's a particularly **difficult situation**.
3. We don't want to appear super spiritual.
4. We don't want to **stir up** the person's **emotions**, or ours.
5. We're a little **shy** about putting our prayers out there.

While some of these may be legitimate and we do want to be led by the Spirit when we pray—prayer is simply talking to God. And talking to God on behalf of someone else is powerful and effective (James 5:16).

Ways to Pray Now

1. **In person.** Whenever possible and appropriate, instead of ending conversations with, "I'll be praying for you," say, "Do you have a minute right now that I can pray with you?" Most people will say yes, and you can easily shift the conversation and direct it toward God.
2. **In an email.** Let's say an associate sends you an email with an update about a personal concern he's shared with you. In your response, take a moment to include a simple prayer for him: "Father, give Glenn wisdom and the reassurance that You're with him." Write a longer prayer if you're led.
3. **In a text.** Even in the brevity of a text you can write a phrase of prayer for a person who's just texted you about a challenge they're facing.
4. **In a card.** It's easy to close our correspondence with words like, "Loving and praying for you." It's a bit harder to tune into God's heart and handwrite a brief prayer. But it's worth it.

Lisa Hosler is president of Align Life Ministries, where she has served since 1985. Align is a life-affirming ministry that serves people in southeastern Pennsylvania, partners with organizations, and resources leaders and the church at large. Lisa speaks nationally and internationally about leading from a place of intimacy with Christ and seeking God collectively for greater alignment, agreement, and advancement.



To request a speaker or media interview, email lhosler@alignlifeministries.org.