

### *Why is it sometimes so hard to pray?*

Prayer can be difficult for a variety of reasons. It may be difficult to connect with God when one has personal obstacles to overcome[1]. Common hindrances to prayer include: lack of time, distractions, laziness, doubts about its effectiveness and an inability to focus[1]. Life's pressures can make prayer difficult by causing doubt in God's love and concern, leading to anxiety and fear[2]. The world is full of distractions; so, one must make time for God and communicate honestly[3]. Additionally, some view prayer as hard work, requiring discipline and effort that many find challenging to maintain consistently[4]. These factors collectively contribute to why many people find prayer to be a difficult practice, despite its potential benefits.

The Bible teaches men to repent of known sin (Lk 18:10–14) laying it all aside (He 12:1). Be thankful (Phil 4:6), persistent (Lk 11:5–8) and confidently expect an answer to prayer (Mk 11:24). Pray unceasingly and include God in all aspects of your life (1 Thess 5:17). Walk with the Lord in the cool of the day (Ge 3:8). He will appreciate your efforts to connect with him (Ac 17:27).

[1] Chester, T. (2014). *You can pray*. IVP.

[2] Hess, L. G. (1987). *Praying under Pressure* (1 Peter 4:7; Romans 12:21). In F. D. Carey & H. E. Stone (Eds.), *The Pentecostal Minister Sermon Resource Manual* (Vol. 1, pp. 216–217). Pathway Press.

[3] Jones, B. D., & Frost, M. (2014). *Dwell: Life with God for the World*. IVP.

[4] Taylor, C. (2006). *Prayer and Worship: An independent-study textbook* (p. 121). Global University.