



Auxiliary Newsletter 2008

### ONE SIZE FITS ALL

I remember when I had to do my first public prayer. I was a youth pastor in Dallas in 1989. It was my first Sunday at the church and as I entered the chapel the minister asked me to do the opening prayer. Immediately, my heart skipped a beat, my face turned white and my palms began to sweat. I was in a panic state. As I look back, I now realize that prayer is a privilege. It doesn't matter how young or mature you are in your Christian walk; prayer is made perfect and powerful because Jesus is interceding. He filters and intercepts our prayers and He makes them right, flawless, and presentable to God. Hebrews 7:25 tells us that "...He is always living to make petition to God and intercede with Him and intervene for them". If I had known this scripture twenty years ago I would have approached prayer in a whole different light. Prayer is a "One size fits all" opportunity because everyone can do it. Don't allow your Christian immaturity to threaten your relationship with God. God hears only perfect prayers, because Jesus lives to pray for us.

Isn't it awesome to know that we don't have to say perfect prayers because Jesus makes them perfect for us? I have studied many books on prayer and tried many ways to pray hoping to find the right formula to "the perfect prayer". I have used the A.C.T.S formula: Adoration, confession, thanksgiving and supplication. I have tried praying in the morning and in the evening. I have endeavored prayer with fasting, prayer with scripture, prayer journals and prayer in the closet. No matter which formula I duplicated, I always felt timid and insecure. I wondered whether my prayers were working or if they were making a difference. Then one day out of desperation and frustration I asked God to teach me to pray (Luke 11:1). He revealed to me that prayer is all about forming a relationship with Him. Prayer is based on who He is and not on what He can do for me. God freed me from my doubts and fears.

Jesus reminds me daily to "Keep seeking His presence, not His presents; keep seeking His face, and not His Hand." Today I approach the throne of God in boldness instead of fear. Because of my relationship with Jesus, I go to Him in a relaxed manner as opposed to a panic state. I approach Him in any circumstance or activity. I pray when I am lonely, depressed and worried and I pray when I am blessed, happy and thankful. I pray during my morning walks, while driving down the highway or while cleaning house. Prayer is a

simple conversation with Jesus that doesn't require rituals, obligations or formulas. I now approach prayer time with great expectation because "One size fits all".

Because God has fashioned our hearts individually, our prayers need to flow naturally out of our hearts and be consistent with the way He has designed us. Joyce Meyer, *The power of simple prayer*

Your fellow day-dreamer,

*Major Yvette Villafuerte*  
Coordinator of Women's Ministries

*Message inspired from Chip Ingram,*  
*CMA Conf., Dallas, Tx. 2009*