

YOUR LIFE IN THE **RED ZONE**

PRAYER LIFE – ONE ON ONE WITH THE COACH

REPLAY

You go into the locker room after the game. A quick shower and you're ready to go, but the coach stops you. "I need to see you, Mack." He calls everybody "Mack."

You sit down in his office, not knowing what to expect.

"You played pretty good, Mack. But I noticed your plays are off. You aren't playing as well as you used to. Your training is right on target. I can only assume your head isn't in the game. What's going on?"

"Nothing to worry about, Coach. I'll be fine."

"No, you won't. Talk to me, Mack. Let me help you work through this."

GAME BOOK

Even though entire books have been written about prayer and long sermon series taught about how much it helps, most Christians in the United States take little time to pray. For whatever reason, they don't make the time. If you are married, how would your wife feel if you said you were too busy to take even 5 minutes a day with her? She would be justifiably upset, and your relationship would suffer. You wouldn't know her. Likewise, a lack of communication in your relationship with God kills the relationship quicker than anything else.

Throughout the Bible, people pray. They pray to God for success (1 Chronicles 4:10). They pray for peace in their family (Psalm 122:6-9). They pray that God's message of the Son get out amongst people who will be changed by it (Colossians 4:3,4). They pray for God's protection (Acts 8:24).

We are told to pray continually (1 Thessalonians 5:17). This does not mean that we spend all our time on our knees but that we make prayer such a habit that we always have an open line to God. We keep our helmet microphone open to Him, if you will. This attitude of prayer will change you. You will want to talk to God more. It will become easier.

When you pray, you must not just have a list of requests you want God to answer. When you pray, recognize God for who He is and His power, submit yourself to His will, confess your sins, make your requests, and thank God for what He has granted (Matthew 6:9-13).

But you should note that simply praying because you have to won't help. You have to pray because you want the relationship to be strengthened. You could sit and chat with your coach all day long about hot dogs and people in the stands, but it won't help your playing. If you value your position in the game, when you sit your coach, you will talk about where you need to improve. Your coach will also tell you about where you are doing things right. He knows that you knowing He sees your success motivates you.

TAKE-AWAY

As important as Bible study and worship are, nothing takes the place of prayer. And as good as prayer is, you still need the other two. If you aren't making time for daily prayer, you are missing out on time with the Head Coach. The Bible commands Christians to pray and nurture a relationship with the Father. I challenge you to set aside 5 minutes a day for prayer 5 days this week. Start there and see if things don't get better. Gain an attitude of prayer by practicing, just like the players on the field got there by practice.