



Last week when I was talking with someone about the **power** of prayer, she said to me, “Your **next reflection** should be about that”. So, I thought that must be the topic the Holy Spirit wants me to write about this week.

***“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ...”*** (Philippians 4:6-7)

What we sometimes forget is that **God** has our back, is **advocating** for us, **defending** us, **holding us up** and **believing** in us—especially if we feel He has abandoned us. It is precisely at those **exact** moments that the **power** of God usually shows up. Have you ever experienced this in your life, a time when you thought you would **not** make it through, and you **did**!

When we begin to pray, the **Spirit** immediately goes to work searching for the depths of what we **need** from God. We **never** even know this is going on, but it is! Sometimes things happen that leave us speechless. We don’t know what to **say** or how to **pray**, but we know we need **help**. So, we call on the **Holy Spirit** to take over.

The power of prayer **isn’t** in the person praying. It’s not a magic formula. It isn’t keywords. It is an **open heart**, humble and filled with awe of who our mighty God is. Rather, the **power resides in the God** who is being prayed to.

When I was at St. Mary’s, several times after I had **prayed** for someone having **surgery**, I would meet them days or weeks later and they would say: “Your prayer worked!” And my response would always be “**prayer works!**” And, it does.

I am a firm believer in the power of **prayer**. And, when someone asks me to **pray** for something, I think they **are**, too, or they wouldn’t have asked.

How about you? Are you a **firm believer** in the power of prayer? If you are, you will see miracles. Maybe the person won’t be cured or helped, but they will have the grace to accept what is going on in their life...and that is a **miracle!**

Never **underestimate** the **power** of prayer or the **importance** of it! Prayer has the power to **change everything**. Be a **believer** and watch what happens!