



## PRAYER LIFE | **Wordless Prayer**

Pray without words. You don't always have to have something to say in order to be with God. I know this may seem odd to some, but sometimes it's perfectly all right "to be still and know that [He is] God" (Psalm 46:10).

Don't be afraid of silence. In our culture, we drown out silence every chance we get. Learn to "be still and know." Quiet can be profound.

And don't feel like you "fail" if words escape you occasionally when you pray. Remember, there are times when "we do not know what we ought to pray for, but the Spirit Himself intercedes for us with groans that words cannot express. And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will" (Romans 8:26-27).

*Source: Randy Maxwell. If My People Pray: An Eleventh-Hour Call to Prayer and Revival. Pacific Press Publishing Association, Boise, Idaho, 1995. 187 pp.*