

# LORD, HEAR OUR PRAYER

## THE GIFT OF PRAYING TOGETHER

### I ASKED...AND THIS HAPPENED.

*At one point in the lockdown, I myself shut down. I felt powerless. My long list of mental challenges included my mother who was cut off in assisted living, the difficulties faced by adult children, and my own lack of work, service and engagement.*

*While the cheery ladies on social media were busy with DIY projects, I took turns opening the Word, listening to the Calm music station, and breathing deep.*

*In my distress I called  
upon the Lord;*

*to my God I cried for  
help.*

*From his temple he  
heard my voice,*

*and my cry to him  
reached his ears.*

*- Psalms 18:6*

*I was at my computer when the email came from Carmel. Would I like to complete a survey on how I'm doing? **Oh, yes.** I'm quite certain I was the very first respondent. It was easy to be honest in a survey. And when, at the end, I was asked if I'd like to pray with someone. **Oh, yes.***

*The call came from a woman. Fellowship with another woman! But Denise wasn't just calling to chat. She was on a mission and I immediately sensed her attentiveness to the Lord and to me. This woman, already a friend, prayed the Word of God over me. I felt His presence and a lifting of heaviness that only our Lord can do.*



## *Even as we hung up, God wasn't done.*

*A short time later, Denise called again. "The Lord told me to call you back," she explained. "You are experiencing fear and we need to pray—again." **Oh, yes.***

*We prayed and I surrendered the fear that had become part of my every day without me even being aware of it.*

*My time with Denise brought light to so many areas of my life—then and now. I am so thankful to be part of a body that, somehow, found a way to care for me. It also served as a reminder that God is concerned with the details of my life and those in my prayers. Finally, it was a gentle nudge from Jesus that I had gifts to give as well. In that prayer time He released me in preparation for the opportunities that soon opened up for me.*

*Do I still get overwhelmed? **Oh, yes.***

*But I live in remembrance that He makes us ABLE as we seek Him and care for each other.*

**- Carmel Member**

*Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

**- Philippians 4:6-7**



## **I RESPONDED...AND THIS HAPPENED.**

*While praying with my sister in Christ was healing for her, it was my privilege to pray. I prayed before reaching out to her, asking for the leadership and guidance of the Holy Spirit in our time of prayer together and He gave us such a sweet time of fellowship and prayer. Afterward as I was going about my day, I continued sensing the Holy Spirit's prompting to call her back because there was more to pray about.*

*Admittedly, I was hesitant, with thoughts of "I don't want to bother her again," "She's going to think I'm nuts," etc. The Holy Spirit stopped me in my tracks, I realized there was a battle going on and immediately surrendered all doubting. I then asked for holy boldness, submitted to the leading of the Holy Spirit, and called her back. She so graciously received my second call - I explained I just couldn't get anything done because the Holy Spirit was prompting me to continue our time of prayer, which we did.*

*One of the most powerful ways to pray is to pray the Word of God - seeking His face and guidance and applying His Word to our lives, our struggles and our triumphs*

*I love the opportunities the Lord gives me to pray with and for His people. The greatest desires of my heart are to see God's people become comfortable with, and fluent in prayer, and to overcome any fear associated with personal and corporate prayer! After all, you learn to pray by praying.*

*To God and God alone be all glory, honor and praise! Great things He has done and continues to do through His surrendered servants.*

**- Denise, Carmel Prayer Team Member**

*Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.*

**- Hebrews 4:16**

**To learn more about prayer at Carmel and to request a member of our prayer team contact you to pray, visit [carmelprays.org](http://carmelprays.org).**



Carmel is committed to making disciples of those Nearest, our Neighbors and the Nations.

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