

A close-up photograph of a person's hands held in a prayer position, palms facing each other. The person is wearing a dark blue, ribbed sweater. The background is a soft, out-of-focus light brown color. Overlaid on the center of the image is a semi-transparent white rectangular box with a thin white border. Inside this box, the word "PRAYER" is written in a large, bold, dark blue, sans-serif font. Below it, the words "PRAY OUT" are written in a smaller, dark blue, sans-serif font. The overall composition is centered and balanced, with a clean, modern aesthetic.

PRAYER

PRAY OUT

Prayer = Relationship

Prayer starts and ends with God.

Your Father knows exactly what you need even
before you ask him!

Matthew 6:8

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4:6-7

Faith shows the **reality** of what we **hope** for; it is the **evidence** of things we cannot see.

Hebrews 11:1 NLT

And it is impossible to please God without faith.
Anyone who wants to come to him must believe
that God exists and that he rewards those who
sincerely seek him.

Hebrews 11:6 NLT

Pray = War

For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

Ephesians 6:12

I fear John Knox's prayers more than an army of ten thousand men.

Mary Queen of Scotland

When we know the Word of God, the voice of God and the heart of God, our prayers will be focused up, in, and out.