

May I pray for you now?

One of the best reasons to learn to pray comfortably with another person—any other person—is that it can be a tremendous blessing for those who are hurting or in need of prayer.

Most of us will at some time or other be talking with someone who is going through a trial in life. Often they ask us to remember them in prayer, and we're generally quick to say yes, of course we will, and we do—later, in our personal time with God.

How much better if we are able to say, “Yes, I’ll be praying for you—but may I pray for you now?” Whether you are stepping aside in a busy hallway or talking on the phone, pray right then about what you’ve heard. If you don’t know what to pray, ask for things like—

for God’s peace (Philippians 4:6),

for the ability to rest in God despite circumstances (Psalm 62:1),

for a sense of God’s presence (Matthew 28:20),

for God to calm the storm (Mark 4:35-41),

for God to be his/her refuge (Psalm 31:2),

for God to make a way (Isaiah 43:19),

for God to lead him/her (Psalm 23:4).

Even such a short prayer—less than a minute!—may be a tremendous encouragement from the Lord at just the moment when someone needs it most. Shouldn’t we be willing to let God work through us in this way?