



MINISTÈRE DU PASTEUR CLÉMENT SALOMON · DEVOTIONAL #1

Prayer That Changes Everything

How to talk with God — even when you have no words

It is 4:40 in the morning. A woman is already awake, before the roosters. No electricity. No music. No crowd. Just a small lamp, a worn Bible, and a plastic chair. She is not performing for anyone. She is talking. And when the sun finally comes up, nothing on her list has been fixed — the money is still short, the son is still far away — yet she walks out of that room lighter than she walked in.

Nobody filmed what happened in that room. No one clapped. But it may be the most powerful thing a human being is allowed to do.

Here is the part that should make you lean in. The disciples lived beside Jesus for three years. They watched Him calm a storm, feed thousands, open blind eyes. Not once did they say, "Lord, teach us to preach." Not once, "Lord, teach us to do miracles." They asked Him for one thing:

"Lord, teach us to pray."

Luke 11:1 (KJV)

They had seen something in the way He talked to His Father that they wanted more than miracles.

First, unlearn something

Many of us were quietly taught that prayer is a performance — the right words, the right posture, the right amount of suffering in your voice. Jesus took that weight off our shoulders in one sentence:

"Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him."

Matthew 6:8 (KJV)

Read that again. He already knows. So why speak at all?

Because prayer was never about giving God information. It is about being with Him. A small child does not tell her father the news; she climbs into his lap. Ellen White put it in words that have never been improved on: "Prayer is the opening of the heart to God as to a friend." (*Steps to Christ*, ch. 11, public domain.)

And that is why Jesus said the best place for it is not a stage:

"But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret."

Matthew 6:6 (KJV)

If you have ever thought, *"I don't know how to pray"* — good. That is exactly the person Jesus taught. He never once told anyone their prayer was too plain.

The prayer Jesus actually taught

When they asked Him for a model, He did not hand them a thick book. He gave them something a child could hold:

"Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil."

Matthew 6:9-13 (KJV)

Say it out loud and time it. Thirty seconds. Yet every line moves something in you:

- **"Our Father"** — you begin as a child, not as a beggar. Relationship comes before request.

- **"Hallowed be thy name"** — worship before wants. It puts the mountain back in its right size.
- **"Thy will be done"** — the bravest four words a person can say.
- **"Our daily bread"** — today's need, not next year's. God feeds one day at a time.
- **"Forgive us... as we forgive"** — mercy received, mercy passed on.
- **"Deliver us from evil"** — you are not fighting alone, and you were never meant to.

The verse for two in the morning

Everybody has a 2 a.m. — the hour the mind starts listing everything that could go wrong. Paul wrote to people under real pressure and handed them this:

"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

Philippians 4:6-7 (KJV)

Notice carefully what God promises here. He does not promise the problem will vanish tonight. He promises **peace** — a peace that makes no sense to the people watching you — standing guard over your heart while you wait. Peace can arrive long before the answer does. That is not a small thing. Ask anyone who has slept through a storm.

"Pray without ceasing" — is that even possible?

"Pray without ceasing."

1 Thessalonians 5:17 (KJV)

Three words that sound impossible until you understand them. God is not asking you to kneel for twenty-four hours. He is asking you to leave the line open. A sentence in the taptap. A word over the cooking pot. A whisper before you answer that phone call. Prayer is less like a phone call you schedule and more like a hand you never let go of.

And if you think that is only for spiritual giants, look at what Jesus Himself did:

"And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed."

Mark 1:35 (KJV)

The Son of God — the one person who needed it least — protected His prayer time first. What does that say about ours?

When you have no words at all

Some pain is too heavy for sentences. You sit down to pray and nothing comes but tears. The Bible has a verse for exactly that room:

"The Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered."

Romans 8:26 (KJV)

Read it slowly: when you cannot pray, Someone prays *for* you. Your groan does not fall on the floor. The Holy Spirit carries it up and translates it perfectly.

So stop editing yourself. God can handle honest:

"Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us."

Psalms 62:8 (KJV)

And when the answer is no

We have to be honest here, because you have prayed for something and not received it. So did Jesus. In the garden, hours before the cross, He asked His Father to take the suffering away:

"Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done."

Luke 22:42 (KJV)

The cup did not pass. And yet that prayer was answered more powerfully than any prayer in history — because the Father saw further down the road than the Son's human heart could bear to look, and the answer He gave saved you and me.

"If we ask any thing according to his will, he heareth us."

1 John 5:14 (KJV)

God is not a vending machine, and He never promised us an easy life — Jesus said plainly, "In the world ye shall have tribulation" (John 16:33). What He promised is that we are heard, that we are held, and that no honest prayer is ever wasted.

Don't pray alone

"Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much."

James 5:16 (KJV)

Something changes in a home, a church, a family group when people stop praying only about each other and start praying *for* each other, out loud, by name. Try it this week with one person. It is harder to stay bitter toward someone you carry to God.

If you are sick, grieving, or in crisis, please also reach out to people who can help you in person — a pastor, a trusted friend, or a qualified professional. This devotional is spiritual encouragement, not medical advice. **In an emergency, call 911.**

The promise God attaches to it

Here is the invitation God made to people who had lost almost everything, far from home:

"Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you. And ye shall seek me, and find me, when ye shall search for me with all your heart."

Jeremiah 29:12-13 (KJV)

Not "you may find me." **You shall find me.** God has never once hidden from a heart that truly wanted Him.

"Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need."

Hebrews 4:16 (KJV)

Boldly. Not after you clean yourself up. Not after you fix the habit. It is called a throne of *grace* for a reason, and Jesus is the reason the door is open at all.

So what actually changes?

Circumstances sometimes. Timing sometimes. But the thing prayer changes most reliably is *the person praying*. You go in carrying the whole weight; you come out with your hand in a stronger hand. You go in demanding; you come out trusting. You go in alone; you come out accompanied — and you were never really alone in the first place.

That woman at 4:40 in the morning knows something the whole world is looking for: the God who made the stars will sit and listen to her, tonight, in her own language, for as long as she wants to talk. So will He listen to you. You can start with one sentence, right now, before you turn this page.

Before you close this — one invitation

You do not need special words. Try this, out loud: *"Father, I don't know how to do this. But I want to know You. Here is what is really on my heart..."* That is a prayer, and heaven heard it.

Would you like to know more about Jesus, study the Bible, or go deeper on this topic? We would be honored to pray with you by name. Reach us today:

☎ **903-748-9353** · 📧 [**jils19802012@gmail.com**](mailto:jils19802012@gmail.com)

Or leave a comment, send us a direct message, and **subscribe + follow + share** on YouTube and Facebook.

Don't miss what's next. Some of you are praying while carrying an empty chair at the table. Our next devotional is written for you: *"Hope After Loss."* Subscribe now so it reaches you the day it comes out — if you wait, you will have to go looking for it. 🔔

SHARE THIS WITH SOMEONE WHO IS TOO TIRED TO PRAY

Viewer Handout

Prayer That Changes Everything — pocket version

5 truths to remember

1. Prayer is honest conversation with a Father who already loves you (Matthew 6:6-9).
2. God knows your need before you ask — prayer builds the relationship, not His information (Matthew 6:8).
3. Bring everything, be anxious for nothing, and His peace will guard your heart while you wait (Philippians 4:6-7).
4. When you have no words, the Holy Spirit prays for you (Romans 8:26).
5. Seek Him with all your heart and you *will* find Him — come boldly (Jeremiah 29:12-13; Hebrews 4:16).

Memory verse

"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."

Philippians 4:6 (KJV)

Think & pray about it

- What is the one thing I have never said to God out loud?
- Where in my ordinary day could I leave the line open with Him?
- Who is one person I will pray for by name this week — and tell them?

Presenter Bullet Sheet

- **Open with the story** (4:40 a.m., the lamp and the plastic chair) — ask: "Who here has prayed when nothing changed on the outside, but something changed on the inside?"
- **Hook:** Luke 11:1 — of everything they saw Jesus do, the disciples asked to be taught *prayer*. Ask the group why.
- **Point 1 — Unlearn the performance:** Matthew 6:6-8. God already knows; prayer is relationship, not information. Quote *Steps to Christ*, ch. 11: prayer is opening the heart to God as to a friend.
- **Point 2 — The model prayer:** Matthew 6:9-13. Walk the six movements: Father / worship / surrender / daily need / mercy / protection. Time it — 30 seconds.
- **Point 3 — Peace before the answer:** Philippians 4:6-7. Emphasize the order: peace guards the heart *while* we wait.
- **Point 4 — Keep the line open:** 1 Thessalonians 5:17; Mark 1:35. Jesus' own habit — first thing, alone.
- **Point 5 — When words fail:** Romans 8:26; Psalm 62:8. The Spirit intercedes; God can handle honest.
- **Point 6 — When the answer is no:** Luke 22:42; 1 John 5:14; John 16:33. Be honest about unanswered prayer; God's "no" at Gethsemane saved the world.
- **Point 7 — Pray together:** James 5:16. Have each person name one person they will pray for this week.
- **Appeal:** Invite everyone to pray one honest sentence, out loud or silently, right there. Offer personal prayer and free Bible study. Remind the group that sickness, grief or crisis also needs qualified help; in an emergency call 911.
- **Close:** Jeremiah 29:12-13 + memory verse + tease the next devotional ("Hope After Loss").

10 Myths vs. Facts

Myth	Fact (with Bible)
1. You must use special religious words or God won't listen.	Jesus warned against "vain repetitions" and said your Father already knows what you need (Matthew 6:7-8).
2. Long prayers work better than short ones.	The prayer Jesus taught takes about thirty seconds (Matthew 6:9-13). He rejected being heard "for much speaking" (Matthew 6:7).
3. Prayer only counts in church or when a pastor says it.	Jesus told us to shut the door and pray to the Father in secret (Matthew 6:6).
4. God is too busy for my small problems.	We are told to bring "every thing" to Him (Philippians 4:6), and He invites us to ask for daily bread (Matthew 6:11).
5. If God didn't do what I asked, He didn't hear me.	God hears and answers according to His will (1 John 5:14). Jesus prayed "not my will, but thine" and the cup did not pass (Luke 22:42).
6. I must clean up my life before I have the right to pray.	We are invited to come <i>boldly</i> to the throne of grace precisely to obtain mercy (Hebrews 4:16); God is near the broken-hearted (Psalm 34:18).
7. Prayer is for emergencies only.	"Pray without ceasing" (1 Thessalonians 5:17). Jesus prayed as a daily habit, early and alone (Mark 1:35).
8. If I can't find the words, my prayer doesn't count.	The Holy Spirit intercedes for us "with groanings which cannot be uttered" (Romans 8:26).
9. Enough prayer guarantees health, money, or an easy life.	The Bible promises God's peace and presence, not a trouble-free life: "In the world ye shall have tribulation" (John 16:33; Philippians 4:7).
10. Praying with other people is unnecessary.	"Pray one for another" — Scripture commands shared, spoken prayer (James 5:16).

Where this comes from (Sources)

This devotional is built on the Bible and reflects the published beliefs of the Seventh-day Adventist Church. Verify everything for yourself:

- The Bible — passages on prayer: Psalm 34:18; 62:8; Jeremiah 29:12-13; Matthew 6:6-13; 7:7; Mark 1:35; Luke 11:1; 22:42; John 16:33; Romans 8:26; Philippians 4:6-7; 1 Thessalonians 5:17; Hebrews 4:16; James 5:16; 1 John 5:14 (King James Version, public domain).
- Seventh-day Adventist Fundamental Beliefs — see especially #11, "Growing in Christ," on prayer and the devotional life: <https://adventist.org/beliefs>
- 28 Fundamental Beliefs (2020 edition, PDF): <https://adventist.org/wp-content/uploads/2020/06/ADV-28Beliefs2020.pdf>
- General Conference of Seventh-day Adventists: <https://gc.adventist.org/>
- Ellen G. White, *Steps to Christ*, ch. 11 "The Privilege of Prayer" (public domain): <https://whiteestate.org/> / <https://m.egw writings.org/>

Ministère du Pasteur Clément Salomon — Proclaiming Jesus until He returns.

pasteurclementsalamon.org · 903-748-9353 · jils19802012@gmail.com

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