

THE POWER OF PRAYING AND

VISUALIZING

WRITTEN BY Dr. CHRISTINE TOPJIAN

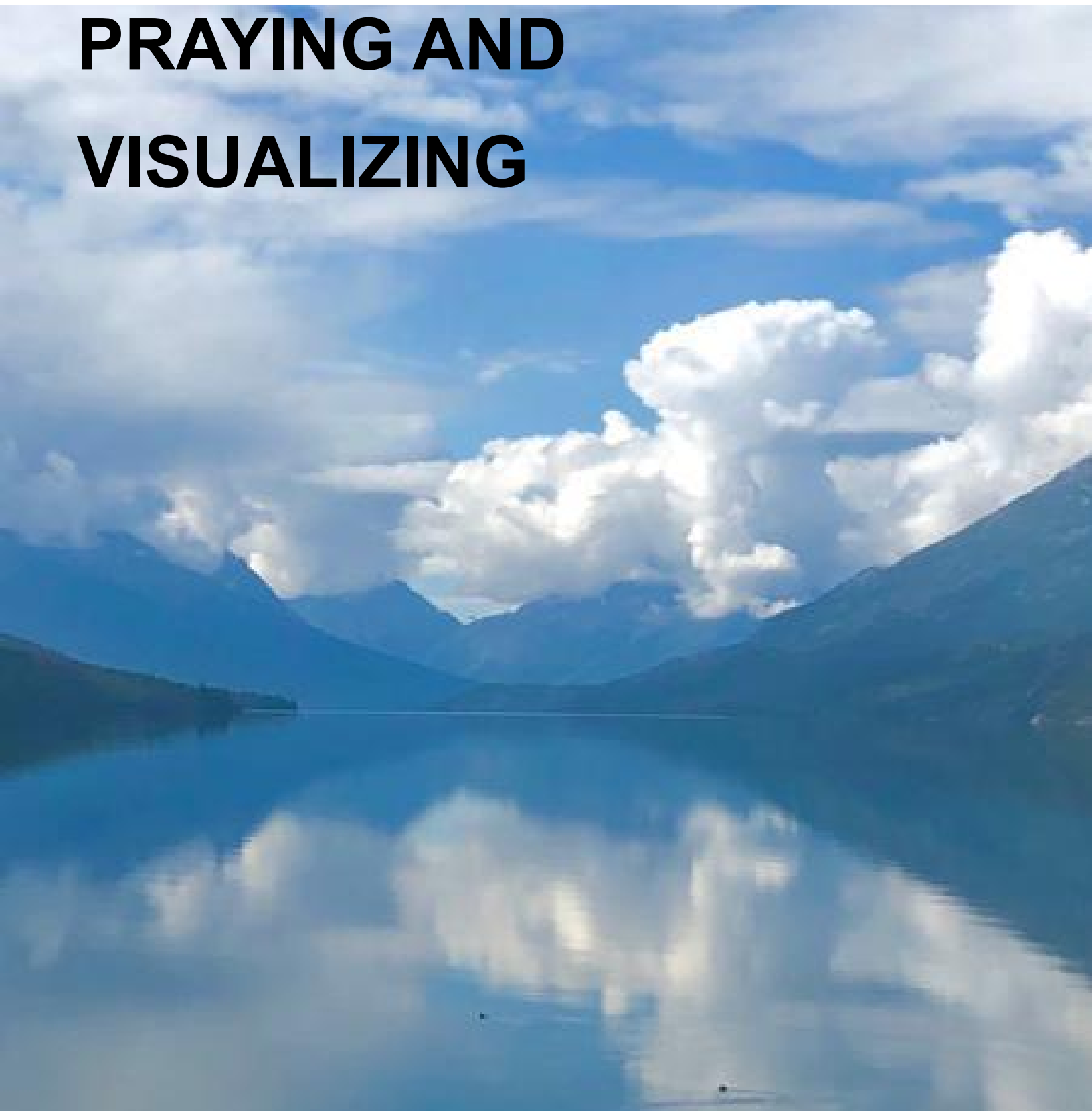


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THE POWER OF PRAYING AND VISUALIZING



We see many times in the Bible, people (and notice I did not just say Christians) need to pray. If you want good blessings to come, pray. If you want happy times, pray. If you want to stop things that you know or feel are wrong from coming to you, pray. If you want healing, happiness, good fortune and more for yourself and for others, pray and thank Jesus ahead of delivery for bringing you the fulfillment of your prayer.

For people who have never prayed before, you may not know where to start. You may not know how to pray. You may think you're not "allowed" or "qualified" to pray and that's just not true. You are allowed, qualified and welcome, no matter who you are, what walk of life you come from or what you think you have done in this life.

Prayer is supposed to be a 2-way conversation with God. That means that you are given the opportunity to talk or speak in your mind and the Almighty, in turn, hears you and guides you. When you present your prayers to God, that means you are communicating with Him and you're telling Him what you feel, what you need, what you want, etc. It's such an awesome opportunity to talk to God and many people that have never done that are shocked and amazed that this possibility even exists. Many don't know Him and so they are taken aback when I tell them that they are as qualified to pray as anyone else.

Think about it: you have the opportunity to talk to God of all people, and you can tell Him about anything you want. Needs, wants, concerns, desires, check things with Him and so much more.

One of the most interesting things about this is that we humans tend to think with our human minds and our human minds do not see all that God sees: the full picture. God is able to see far into the future and is able to show us things that our human minds simply cannot.

Case in point: I have a friend of mine who was married to a guy and looking at the two of them together, everything seemed good and fine. They seemed to be a blessed couple. Months later, she came to me privately to let me know that she was going to be getting divorced. She had thought through the decision very carefully and had made up her mind, despite what members of her family may have been saying to her. She just wanted to share it with me because she said that she knew I was trustworthy. After I got over my shock about my friend's divorce, I prayed about it to see what He was saying about their marriage and yes, truly, He was guiding that their marriage was not blessed, and not meant to be.

PRAYER

Prayer is powerful. It doesn't have to be long or elaborate or anything, but you do need to take some time to do the prayer (either out loud or in your mind) with great detail, and then cap it off with "In Jesus' name. Amen".

And then....we need to believe that the fulfillment of our prayer is complete.

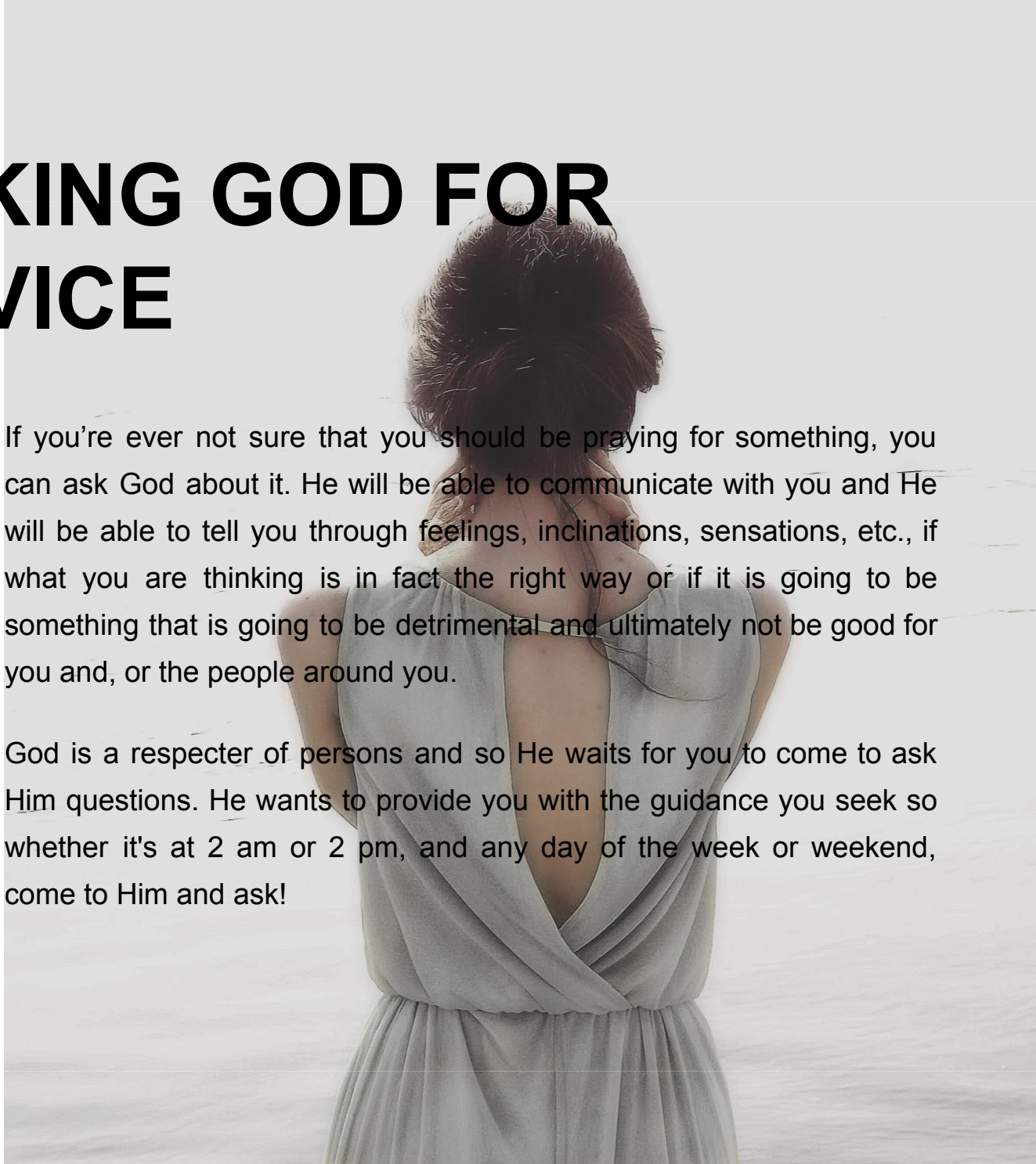
Amen means let it be, let it happen. Let it be so.



ASKING GOD FOR ADVICE

If you're ever not sure that you should be praying for something, you can ask God about it. He will be able to communicate with you and He will be able to tell you through feelings, inclinations, sensations, etc., if what you are thinking is in fact the right way or if it is going to be something that is going to be detrimental and ultimately not be good for you and, or the people around you.

God is a respecter of persons and so He waits for you to come to ask Him questions. He wants to provide you with the guidance you seek so whether it's at 2 am or 2 pm, and any day of the week or weekend, come to Him and ask!



You always want to try to ask God for guidance before you do something because as I said, we can't see the full picture of things.

In the case of my friend, I had no clue what the private backstory was and why she felt the need to leave her marriage. I only discovered these things later when she told me of all the things they had been through and the status of things between them.

**CAN YOU PRAY
MORE THAN
ONCE?**



Even if you have never prayed before, even if you've been a Christian before or a praying person before but fell away for whatever reason, prayer and visualizing are for you. They are two of your best friends, so to speak, and they are ways to not only help you feel better about things but also ways to help you deal with any situation that you, your friends, your loved ones, etc., are going through.

Does it take a lot of time to pray about something? The short answer is no, it doesn't have to take a long time to pray about something. The longer answer is: here's the thing, when you are speaking to a friend and you want some help about something, don't you spend the time talking to them and you guys can figure out what the best solutions are? Well this is no different. This is the exact same thing because you're talking to a friend who is able to help you and is actually in a position to help you. He might work on things by sending the right person to you, by sending you a message, etc. God works in such great ways and we are the recipient of those good things.

When you visualize, you can think about the context and draw on anything from the time when you were in that context to help you. For example, if you are thinking about someone you know and have seen before and want to be with, try to visualize being with them and thinking about the last time you saw them and what that was like. Think about what they gave you, think about how they made you feel, think about the little nuances of them and use that for your visuals. The more real you make it in your mind, the more up-close and personal you make the visual and the more you see the fine details of the realization of that thing, the better (and faster) it will work.

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