

# What is the focus of our prayers?

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Most of us would acknowledge that we begin our prayers with a focus on God, with praise and worship, hallowing His name (Matthew 6:10). But if we're honest with ourselves, don't we tend to quickly move on to asking that our needs and the needs of others be met? And if we're not careful, don't we find ourselves giving God details about people and concerns that He doesn't need?

If we were to weigh our prayers on a balance scale, with worship on one side and supplication (asking) on the other, which way would the scales tip? How far would it tilt in that direction? For most of us, the scales would tip toward asking. How much more honoring to God might it be if we make a conscious effort to reverse this trend? To put less time and energy into asking and more emphasis on worshipping the One who is able to answer?

Worship not only honors God, but it lifts our spirits, especially when we're praying about people and concerns that are overwhelming. Worshiping God for who He is reminds us of the reasons for our faith and trust, that He is bigger than any need, wiser than any problem, able to still the storms, make a way, do the impossible. No wonder He is worthy of our worship.