



fledge<sup>SM</sup>  
flēj: to grow the plummage necessary for flight



## Why I Pray (part 3)

We've been talking about the ways we can become more specific in our prayer times, in [Part 1](#) and [Part 2](#). One of the best places to start in our prayer life is with us. Where does God want us to become more appropriately human? And how can we bring these areas of sin to God in a way that let's God renovate and change our souls?

How does this work? If we pray generally to God we will have a hard time noticing and knowing if he answered us. Often, we'll have a bothersome feeling that perhaps things would have worked out "on their own" or that our prayer didn't really change anything.

*Where does God want us to become more appropriately human?*

But if we started praying for specific things, we will discover that God answers us specifically. If you want to try this with me, I'll be praying specifically every day this week and posting my prayer requests and answers on my [blog](#).

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If you want to join me and work on praying specifically, here are a few prayer principles to guide you.

- SPEND TIME trying to figure out the sin that you return to regularly. For me when I'm anxious or afraid I get demanding and overly controlling of those around me.

*Simply avoiding an activity may be coping, not changing.*

- THINK of the activities that usually spark this sin. For me it's when I'm stressed, tired, hungry or sad. For other people they fall into sin when they're lonely or feel rejected or low about themselves. Now it's very easy to stop here and problem solve "Oh, I get worried when I have company over. So the solution is to minimize the amount of company I invite to my house."

But this is avoiding the problem, not asking God to help us grow. Simply avoiding an activity may be coping, not changing. If we want life and want to grow strong in an area, we will have to ask God to help us change from within.



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- CRAFT A SPECIFIC REQUEST, write it out in a journal or post-it note, and refuse to be intimidated by the possibility of failure. Keep it clear and specific.. One way you can know you're still afraid is if you only ask

*Ask specifically for help at a certain time of day in a certain way.*

for things generally. One indication that you're willing to fail is to ask specifically. Do not let your fear of failure stop you from specific requests.

- ASK SPECIFICALLY for help at a certain time of day, during a certain activity and in a certain way. This may take some time before you have something to ask. We just made a major move to Colorado. My prayer during this time was, "God bring us a good mover tomorrow, someone who is safe and won't cheat us since we've never used professional movers before."

- WAIT AND SEE what God does. In the days of our move, I noticed how both our packer and our mover were very helpful. They squeezed our belongings into so many boxes without breaking anything of value. Even though we were a couple thousand pounds over the estimated weight, no one got frustrated with us or charged us extra. The driver got everything to our new home ahead of schedule



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and went far above and beyond what he needed to do in unpacking. I noticed that all of this was specifically what I had prayed about. It was even beyond what I had thought to pray about.

- KEEP A RECORD for one week (journal, email—I actually write out many of my prayers as emails and send them to myself) of what happens. If God answers specifically write it down. If God does not answer with a yes, record it as "Answered with a 'No.'"

- EVALUATE the "No's." Ask yourself, "Is this is sinful issue or a personal preference issue?" If it's a sin you've been wrestling with, then I suggest you email us

*You're learning about God's ideas about your life.*

about the frustration. We can begin to work on ways to combine specific prayer with soul formation exercises. If it's a personal preferences issue, like my request about the movers, then a "No" from God tells you something about God. You're learning about God's ideas about your life. Record that and tomorrow, ask for something else. You are learning more about God's desires and your desires and that is good. You are growing in faith.



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- FIND SOMEONE to do this with you. Share this *fledge* with a friend and keep each other accountable by emailing or texting your requests and answers back and forth. This week I'm going to be posting my specific prayer requests and answers on my blog. If you need a reminder of how God answers both yes and no, join me at

<http://jonalynfincher.blogspot.com>

See what I've been praying and what God's been doing.

**Got questions/comments?**

Feel free to **email us.**

or

**Join us for Ask! LIVE Wednesdays 6-9PM pacific**

**Bring any question or puzzling life situation**



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