

# GRACE HAVEN

## Biblical Renewal Ministries, Inc.

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### What is Prayer?

Our last newsletter read about how it all starts in the heart. While that is true, I would invite us to consider a subtopic that may have the greatest influence on how the heart functions - "Prayer". Who taught you to pray, when to pray, how to pray, or what to pray?

Before I try to describe what I believe prayer is, let me say as a father of six children, I love to listen to my children pray. Why? 1. Because it allows me to hear if they're in their intellect or in their heart. 2. They also communicate to me their value system by how they pray and what they pray. 3. As a parent, that helps to gauge what I've modeled and how it is influencing them. Why is this so important? Because it is my responsibility as a parent to model, teach, and lay a foundation for them to build on after they leave my home. When they leave, they will make decisions based on the foundation that has been laid.

I often ask individuals: who taught you how to pray? Most will contemplate and then say, I don't know. While I believe more is caught than taught, there are some points that I as a parent want to be very aware of and intentional about. What is going on in their heart and life will determine how they will observe and receive what I'm modeling or not, teaching or not. Most individuals will tell me that no one specifically taught them how to pray. They just caught on.

I believe many in our culture today are a product of silent prayers. This is not a problem providing a person has been taught the foundation of how to pray and express their heart. Why is it so important to learn how to express your heart? Because that is the engine block in your faith motor! When the fuel pump in your car doesn't respond to the call to transport fuel, your motor will only sputter and not run, therefore your vehicle will not go

anywhere. When a life has observed or experienced sexual, spiritual, emotional, or physical trauma it will create inhibited feelings within the heart that will negatively influence the heart's ability to express itself. This will affect one's faith walk and ability to trust.

What does this have to do with prayer? Prayer is the avenue to get unstuck providing we know how to start this engine and get connected to the right source. When we get stuck, it often leaves us feeling very confused, vulnerable, and wounded. It is there that one usually retreats and quits trusting, or becomes very determined which generally produces a religious performer. This determination sets us up to do life with a sharp edge about us and often a bit defensive or contentious. So what does one do when he gets stuck or feels inhibited? In Matthew, Jesus invites us to come to Him. While this is our answer, we are also told in 1 John 4 that if we cannot trust what we

continued on the other side...



*By this  
shall all men know  
that ye are my disciples  
if ye have love one to  
another.*

*John 13:35*

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can see, then we won't trust what we cannot see. This is where our theological foundation and view of God is so important in order to come to prayer and get ourselves unstuck. You see, "Prayer is learning to express to Jesus what's going on in my heart!" If you've learned how to do that, you possess a priceless gift and likely have enjoyed the journey of learning how to express your heart to Jesus and stay 'current' with life. This actually is called relationship with Him. However, not having learned how to pray from one's heart not only makes for a very lonely person, but it also creates a backlog of conversations and inhibited transactions that can feel very daunting and overwhelming to individuals that were created for intimate relationship with their Heavenly Father. This leads to a lot of confusion and floundering in one's faith journey. It also produces a heart with no identity, purpose, or competence and will find itself feeling awkward and backward when desiring to explain something or describe what's going on inside. If this seems to describe you, then I invite you to find comfort in Romans 8:26. If this is not helpful, then you may want to talk with your pastor or someone that has a "donkey" and can help you get to the hospital to sort through the inhibited feelings of your heart. We are called to bear one another's burdens on this journey of life.

*Mel Eash*

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## Pizza Fundraiser

Thank you to all who helped assemble pizzas on Friday, February 10th at the Woodlawn School. We are grateful to Gerald and Fern Raber who coordinated the fundraiser, Baker's Nook, and the many volunteers...some of whom may have been counting pepperoni in their sleep!

This year it was decided to only pre-sell the pizza. The advisory board members pre-sold pizza within their church and communities. We assembled 1,450 pizzas!

*Thank you for your support!*



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