



The Flame

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from GCCN Prayer Ministries

Doing What Comes Naturally

We are born with only two fears: loud noises and falling. The rest we learn along the way. Human beings seem bent on curing the fear of falling early on. We have an odd practice of tossing babies in the air and catching them. This is called fun.

On the other hand, I am not sure there is any cure for the fear of loud noises. If you plan on sneaking up behind me with a spoon and a metal pan, my advice is to have the paddles ready to restart my heart. I'm guessing I'm not the only one who would need the squad.

There are some things that are just universally instinctive.

Matthew Henry, theologian and noted commentator, suggests that for every believer, prayer is a universal spiritual instinct: "You may as soon find a living man that does not breathe, as a living Christian that does not pray."

I'm guessing he would have problems with the expression "prayerless Christian."

Prayer is an act of worship, and living in the embrace of grace should cause us to gravitate instinctively to a worshipful relationship with the Lord. Yet it seems that the cares and distractions of this life can draw us imperceptibly away from the instinct to pray.

We are bounced alluringly on the lap of our natural instincts of convenience and creature comforts. The nectar of self-gratification, accomplishment and status can anesthetize us and ever so subtly distract us from our spiritual instincts.

The gratification of the natural can deceptively shift our perspectives, and soon the numbness of satisfaction conditions us to the absence of prayer.

God has placed His Spirit within us to heighten our spiritual instinct to experience intimacy with Him. Beware the neuropathy of the natural that subtly suppresses what is *spiritually* instinctive.

Taking Your Next Step

Keep your prayer life worship-centered. The best defense against the attacks of distraction is to stay focused on the One whose grace fills your vision with wonder and heightens your instinct to worship.

When you pray, invite the Spirit to birth fresh awareness of how your natural instincts entice you and lure you away from the Spirit's call to the personal life of worship.