

# Talking to God

Louis Harris, the pollster, was playing tennis one day when he was struck by sharp pains in both calves. Within moments, both legs were numb.

Subsequent medical tests revealed that the problem was poor circulation. Surgery was an option, but his physician preferred to try a less drastic approach first. He advised Harris to walk at least a mile every day. The doctor's hope was that as Harris' muscles demanded more blood flow, the body would bypass the clogged arteries and create new ones, called collaterals.

Harris struggled at first, but within a year, he was easily walking more than a mile a day. He has said, "I allow nothing to get in the way of my daily walk."

The same must be true for our prayer life. Some might consider prayer to be an optional exercise, but in fact, prayer is vital to spiritual health. It is a channel of communication that must be kept open – unclogged and free-flowing at all times.

If we deny our souls their "recommended daily allowance" of prayer, we will over time damage a precious and vital part of our relationship with God.

As breath is to the body, prayer is to the soul.



*I called on Your name, O Lord, from the lowest pit. You have heard my voice: Do not hide Your ear from my sighing, from my cry for help. You drew near on the day I called on You, and said, "Do not fear!" (Lamentations 3:55-57).*

– Beecher Hunter