



# No Holds Barred: Wrestling with God in Prayer

*Mark D. Roberts*

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## **No Holds Barred: Wrestling with God in Prayer** Mark D. Roberts

God wants your whole heart. So let him have it.

Does your relationship with God feel stale and predictable? Do you struggle to find the time and energy for prayer? Then perhaps you're being too polite with God.

If your prayers lack passion and honesty, then God may be as bored as you are. Guarded and "religiously correct" prayers might sound nice, but to God they sound half-hearted. He wants you to pray with freedom, boldness, and raw honesty.

The prayers we find in the Psalms run the gamut from awed worship to stunned silence to doubt, desperation, and rage. David and others like him had no time for safe, sanitized prayers. They wrestled with God when they prayed—with no holds barred.

Starting today, you can enjoy an energizing intimacy with God. *No Holds Barred* will help you plunge deeper into different types of prayer—asking, thanking, praising, and confessing. It also will lead you into new forms of praying—prayers of desperation and doubt, prayers that question God's apparent slowness, prayers that demand answers.

These are the prayers that hold your attention—and that capture God's attention. Don't wait any longer to begin a rich new conversation with God.

*From the Trade Paperback edition.*



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