

Prayer

Let's perform a test. Take three deep breaths and **hold the last one.**

How long can you go without breathing?

- A few days? Of course not! Not even a few hours!
- The longest someone can go without air is a few minutes.



Prayer is as essential to our spiritual life as breathing is to our physical life. Without prayer, our Christian lives become spiritually stagnant. Why? Because *prayer brings us into an encounter with the Living God!*

*"Our prayers may be awkward. Our attempts may be feeble. But since the **power of prayer is in the One who hears it and not in the one who says it, our prayers do make a difference.**"*

~ Max Lucado

FOUR ASPECTS OF PRAYER

- A** - **A**DORATION
- C** - **C**ONFESSION
- T** - **T**HANKSGIVING
- S** - **S**UPPLICATION

I. Adoration

The word Adoration means to *worship* or *praise*.

"I [David] will bless the LORD at all times; His praise shall continually be in my mouth."

Psalms 34:1, NKJV

❖ Circle how often David praised God.

David wrote most of the Psalms, and they are full of praise to God.

"Praise Him [God] for His mighty acts; Praise Him according to His excellent greatness!"

Psalms 150:2, NKJV

❖ Underline *two* reasons to praise God.

List some "**Mighty Acts**" God has done for you.

1

2

3

"To be a Christian without PRAYER is no more possible than to be alive without breathing."

~ Martin Luther King, Jr.

"Nothing is too GREAT and nothing is too small to commit into the hands of the Lord."

~ Arthur Pink



"Is PRAYER your steering wheel or your spare tire?"

~ Corrie ten Boom

❓ How many times a day did the Psalmist praise God?
See Psalm 119:164.

"Great is the LORD, and greatly to be praised; and His greatness is unsearchable."

Psalms 145:3, NKJV

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We look upon prayer as a means of **getting things for ourselves**;
The Bible idea of prayer is that we may **get to know God Himself**.
~ Oswald Chambers

This is one of David's prayers of praise.

"Yours, O Lord, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is Yours. Yours is the kingdom, O Lord, and You are exalted as head above all. Both riches and honor come from You, and You rule over all. In Your hand are power and might, and in Your hand it is to make great and to give strength to all. And now we thank You, our God, and praise Your glorious name."
1 Chronicles 29:11-13, ESV

❖ Underline each description of God.

APPLICATION

Praise God for each item on YOUR list of God's mighty acts.

2. Confession

Another important aspect of prayer is Confession of sin.

"If I had cherished sin in my heart, the Lord would not have listened."
Psalm 66:18, NIV

"Cherish" means to treasure, love, or care deeply for something.
To *"cherish"* a sin means that you are not willing to stop doing it.

❖ Underline what happens if we cherish sin in our hearts.
Sin damages our fellowship with God and keeps Him from listening to our prayers.

"Then I [David] acknowledged my sin to You and did not cover up my iniquity [sin]. I said, 'I will confess my transgressions to the Lord.' and You forgave the guilt of my sin."
Psalm 32:5, NIV

❖ Circle what David *"acknowledged"* to God.
❖ Underline what God did for David.

"He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy." Proverbs 28:13, NKJV

❖ Underline what happens if we try to cover our sins.
❖ Frame what we receive if we confess and forsake sin.

"The prevailing idea seems to be

- that I come to God and ask Him for something that I want, and
- that I expect Him to give me that which I have asked.

The popular belief reduces God to a servant, our servant:
doing our bidding, performing our pleasure, granting our desires.

No, prayer is a coming to God, telling Him my need, committing my way unto the Lord, and leaving Him to deal with it as seemeth Him best."

~ Arthur Pink

"Let my mouth be filled with Your praise and with Your glory all the day."
Psalm 71:8, NKJV

❓ How often does **1 Thessalonians 5:17** say we should pray?

"Prayer can never be in excess."
~ Charles Spurgeon

The center of **SIN**
and **PRIDE**
is **I**.
~ Unknown

"The greatest hindrance to effective prayer is SIN."
~ Dick Eastman

"He who **KNEELS** the most,
STANDS the best."
~ Dwight L. Moody

"**HURRY**
is the death of prayer."
~ Samuel Chadwick

3. Thanksgiving

A third aspect of prayer is Giving Thanks.

“In everything give thanks; for this is the will of God in Christ Jesus for you.” 1 Thessalonians 5:18, NKJV

- ❖ Circle *when* we should “give thanks.”
- ❖ Underline *why* we should “give thanks.”



- ◆ It is not easy to “give thanks” about a difficult situation. Being grateful is a choice we make to obey God and be in His will.
- ◆ Gratefulness changes your perspective! Instead of focusing on your problem, you start noticing God’s blessings.

“And we know that all things work together for good to those who love God, to those who are called according to His purpose.” Romans 8:28, NKJV

- ❖ Circle how *many* “things work together for good.”
- ❖ Underline *whom* the verse is talking about.

Christians can be encouraged that *God is able to use ALL things for good!*

GIVING THANKS...

demonstrates faith that **God is absolutely able to use everything for your benefit.**

helps you start seeing some “good” that **God is already bringing from a hardship.**

Based on these verses, can we genuinely Give Thanks for all things? Yes No

APPLICATION

Thank God for all the things He is allowing in your life.

4. Supplication

Supplication is bringing our requests to God. Often, we become worried and forget the one Person who can help!

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7, ESV

- ❖ Frame what we are *not* to be “anxious” about.
- ❖ Circle what we are to do with our “requests.”
- ❖ Underline the result of bringing our requests to God.

“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.” Hebrews 4:16, ESV

- ❖ Circle how we should approach God’s “throne of grace.”
- ❖ Underline *two* things we will “receive.”

God wants us to boldly share our needs with Him so He can help us.

“If you see no reason for Giving Thanks, the fault lies in yourself.”

~ Chief Tecumseh

“Devote yourselves to prayer, being watchful and thankful.”

Colossians 4:2, NIV

? What are some **benefits** of being a thankful person?

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“Pray hardest when it is hardest to pray.”

~ Charles Brent

? What does **Isaiah 26:3** say is the way to find “perfect peace”?

“And he told them a parable to the effect that they ought always to pray and not lose heart.”

Luke 18:1, ESV

*"Likewise the Spirit helps us in our weakness.
For we do not know what to pray for as we ought,
but the Spirit himself intercedes for us with groanings too deep for words."
Romans 8:26, ESV*

- ❖ Underline how the Holy Spirit intercedes for us.
- ◆ Sometimes it is hard to pray because we really don't know what would be best.
- ◆ The good news is that we don't need to be a Pastor or Sunday School teacher in order to pray! *Anybody can pray!*
- ◆ When we pray, the Holy Spirit intercedes for us according to the will of God. The result is that God enables *"all things to work together for good."* (Romans 8:28)



"God will either give you what you ask, or something far better."

~ Robert Murray McCheyne

God's Answers to Prayer

*"When you ask, you do not receive, because you ask with wrong motives,
that you may spend what you get on your pleasures."
James 4:3, NIV*

- ❖ Circle why we sometimes don't receive our request.
- ❖ Underline what it means by *"wrong motives."*

If we don't receive what we want, it may mean we should re-evaluate our prayer request to see if it will *bring glory to God* or if it is a *wrong motive*.



*"This is the confidence we have in approaching God: that
if we ask anything according to His will, He hears us.
And if we know that He hears us—whatever we ask—
we know that we have what we asked of Him."
1 John 5:14-15, NIV*

- ❖ Underline the condition for answered prayer.

God answers prayers with YES, NO, or WAIT.

- If we ask for something *according to His will* (like someone to become a Christian), we can be *confident* God hears our prayers.
- But we might have to WAIT until it is the right time for God to answer that prayer.



*"I don't just pray for God to **open doors**,
I also pray for God to **close doors**."
~ Joyce Meyer*

Whom Should We Pray for?

*"I urge, then, first of all, that requests, prayers, intercession and thanksgiving
be made for everyone— for kings and all those in authority,
that we may live peaceful and quiet lives in all godliness and holiness."
1 Timothy 2:1-2, NIV*

- ❖ Circle all the people we are to pray for.

APPLICATION

- Spend a few minutes praying for all the Lord brings to your mind.

**God answers
knee-mail.**

~ Unknown



*"Anything is a blessing
which makes us pray."*

~ Charles Spurgeon

BIBLE Example

During his youth, **Daniel** and many other Jews were taken as captives to Babylon.

Daniel had a habit of praying to God three times a day near his window. After a law was made that you could only pray to the King of Babylon, Daniel continued praying to God by his open window!

As a result, Daniel was thrown into a den of hungry lions. God protected Daniel all night. In the morning, the King of Babylon released Daniel and revoked that law!

See Daniel chapters 1 & 6.

"Prayer is not attempting to get our will done in heaven but His will done on earth."

~ Bill Thrasher

*"If you remain in me and
my words remain in you,
ask whatever you wish, and
it will be done for you."*

John 15:7, NIV

? *Whom are we told to
pray for in **Matthew 5:44**?*

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