

PRAYER

Sunday 1 December 2019

(Philippians 4:6-7). "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (**Philippians 4:6-7**).

The most basic definition of prayer is "talking to God." Prayer is not meditation or passive reflection; it is a direct address to God.

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state

Prayer can be audible or silent, private or public, formal or informal. But all prayer must be offered in faith (James 1:6), in the name of the Lord Jesus (John 16:23), and in the power of the Holy Spirit (Romans 8:26).

International Standard Bible Encyclopedia:

"Christian prayer in its full New Testament meaning is prayer addressed to God as Father, in the name of Christ as Mediator, and through the enabling grace of the indwelling of the Holy Spirit".

The wicked have no desire to pray (Psalm 10:4) the wicked does not seek him; all his thoughts are, "There is no God."

But the children of God have a natural desire to pray.

Prayer is seeking God's favour (Exodus 32:11), pouring out one's soul to the Lord (1 Samuel 1:15), crying out to heaven (2 Chronicles 32:20), drawing near to God (Psalm 73:28,),

God wants us to talk with Him about everything.

That thing that is bothering you

That person that irritates you

That thing You want to give up but finding it so difficult to do.

That promotion you are after

That healing your desire

That closeness you desire to have with him.

How often should we pray? The biblical answer is "pray without ceasing" (1 Thessalonians 5:17).

We should keep a running conversation going with God all day long.

A.C.T.S

Pray with:

Adoration,

Confession

Thanksgiving

Supplication.

Luke 18 v 1 Men ought always to pray, and not to faint; (not be discouraged)...

Pray under any and in all circumstances. Prayer develops our relationship with God and demonstrates our trust and utter dependence upon Him.

Fellowship with God is at the heart of prayer.

Prayer is not seeking our own will but seeking to align ourselves with the will of God more fully (1 John 5:14-15; James 4:3).

Prayer is the key to the heart of God.

Prayer is the only way to a real and personal relationship with God.

There is nothing we can't pray about.

Pray acknowledging He is God, and that you accept His gracious gift, Jesus Christ, as your Lord and Saviour

Pray confessing our sins and accepting His forgiveness (Romans 3:23-26).

- Pray that His will be done in our lives, that His Holy Spirit guides us, and that we be filled with all God has for us.
- Pray for (spiritual) understanding and wisdom (Proverbs 2:6-8, Proverbs 3:5).
- Pray with thanksgiving for all the ways He blesses us (Philippians 4:6). Pray when we are ill, lonely, going through trials, pray and intercede for others (James 5:14-16, 2 Corinthians 12:9-10).
- Pray to worship Him (Psalm 95:6-7).

EPHESIANS 2

We were once dead in our trespasses and sins - we deserved nothing...

1And you *He made alive*, who were dead in trespasses and sins, **2**in which you once walked according to the [a]course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience, **3**among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others.

4But God, who is rich in mercy, because of His great love with which He loved us, **5**even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), **6**and raised *us* up together, and made *us* sit together in the heavenly *places* in Christ Jesus, **7**that in the ages to come He might show the exceeding riches of His grace in *His* kindness toward us in Christ Jesus. **8**For by grace you have been saved through faith, and that not of yourselves; *it is* the gift of God, **9**not of works, lest anyone should boast. **10**For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

Hebrews 4:14-16 Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast *our* confession. ¹⁵ For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all *points* tempted as *we are*, yet without sin. ¹⁶ Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need (NKJV)

Above all, pray with sincerity, honour, and humbleness before the Almighty God. - "The earnest prayer of a righteous person has great power and wonderful results" (James 5:16).

Prayer is the antidote

to the things we cannot understand

to the things which pain us,

to the things we feel helpless about,

to the things we have no control over

to the things that keep us awake at night

Prayer counteracts the effects of a poisonous contaminated world

Prayer alleviates our weariness. "Come to me, all you who are weary and burdened, and I will give you rest" (**Matthew 11:28**).

Prayer deepens our relationship with God..

When we pray, we share our innermost being with Him.

Prayer draws us closer to God.

Prayer Helps Us Find Purpose

Jesus prayed. During His life on earth, Jesus was in constant communion with His Father. Toward the end of His ministry He

prayed, "**Father, I have brought you glory on earth by completing the work you gave me to do.**"

It is important to pray consistently

Keep on praying - keep on believing

PRAYER CHANGES THINGS

PSALM 34 V 6:

THIS POOR MAN CRIED OUT AND THE LORD HEARD HIM AND
SAVED HIM OUT OF ALL HIS TROUBLES -

PRAY .. PRAY .. AND PRAY SOME MORE!