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Step 6: Is there a special technique to Prayer?

Don Fanning
Liberty University, dfanning@liberty.edu

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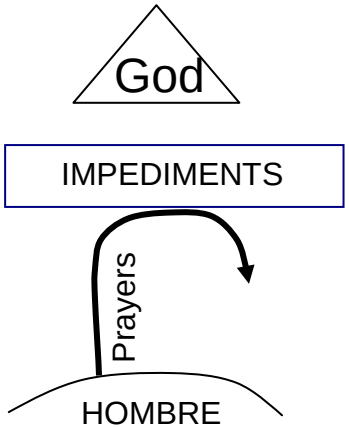
Prayer

Learn to pray
Philippians 4:6-7

Purposes for prayer
1. Satisfy inward needs
2. Direction from God
3. Win over worry
4. Converse with God
6. Destroy sin

To be more effective
1. Be flexible
2. Be systematic
3. Be consistent
4. Be specific
5. Be confident

Impediments to prayer



1. Praying without faith James 1:5-8
2. Fail to ask with trust Matt 21:22
3. Ask with wrong motives James 4:3
4. Desiring sin Psalms 66:18
5. Relationship problems 1 Pt 5:7
6. Petition outside the will of God 1 John 5:14, 15

The Prayer Life of the Believer

Communication is essential for any relationship to grow, especially our relationship with God. Prayer is our method for communicating with God. It is essential that we express our feelings and needs directly to God.

Since God is the refuge of the believer, what should we do with our feelings according to Psalm **62:8?** _____

This verse is like **1 Pedro 5:7** which we studied in the chapter on the Quiet Time. How frequently should we pour out our hearts to God according to **1 Thessalonians 5:17?** _____

We have seen that the first part of our communication is when God speaks to us through His Word. The second part is when we **give God our response** to His Word in prayer, and through sharing our concerns and needs.

Prayer is not a ritual or something memorized. It is simply speaking with God from our heart. In the Bible there are certain forms of prayer. The kind of prayer depends on what we want to express. Match these verses with the word that expresses the kind of prayer each one speaks.

__ 1. Worship (for God's attributes)	a. Psalm 38:18
__ 2. Thanksgiving (for what God does)	b. Hebrews 13:15
__ 3. Confession (for what we are)	c. James 1:5
__ 4. Intercession (for others)	d. Ephesians 5:20
__ 5. Prayer for personal needs (Petition)	e. 1 Samuel 12:23

Prayer is not repeating sacred words, rather is it the expression of our Herat. In Isaiah 29:13, what was the problem in Israel when Isaiah preached? _____
_____

Prayer is more than honoring God with our lips. It is drawing near to Him with our hearts in transparent obedience.

Purposes of Prayer

Prayer is not a means to express our selfish desires. What was the supreme purpose of prayer that Jesus taught in John 14:13? _____
_____

God is glorified by responding to prayers directed to Him in the name of Jesus. To ask for something in the name of any other person signifies to ask something in the other persons place, to his favor, with the same purpose as the other person. In **Matthew 6:33** Jesus taught that He expected to be our priority in all that we do. What was it? _____
_____

When purposes of Jesus and His kingdom are the priority in our lives and prayers, whatever we ask will be heard and answered

1. Prayer satisfies the deepest needs in the human heart

God made every man with the need to have communion with God. This communion is only realized in the person who feels loneliness in his soul. Write how David satisfied this loneliness of his soul.

Psalms 42:1-2 _____
_____
Psalms 63:1 _____
_____
Psalms 63:5-8 _____
_____

2. Prayer is a means to discover the direction from God

When we meditate in the Word and pray in accordance with it to God, His mind begins to transform our mind. Can you find a principle to finding God's wisdom for our lives in each one of these verses in Proverbs 2:1-4. Write the principles in your own words..

2: 1 _____
2: 2 _____
2: 3 _____
2: 4 _____

Did you see how important prayer is (vs.3) to discover direction from God? How is this similar to Matthew 7:7? _____
_____

3. Prayer is the means to deal with our anxieties or worries.

The plan of God is to maintain our mind healthy. Anxiety and frustration destroy our mental health. How should we treat our problem of anxiety and frustration in the following verses?

1 Peter 5:7 _____

Step 6: Prayer and the Disciple

Philippines 4:6-7_____

4. Prayer is the jeans to communicate our failures and burdens to God.

We should not carry our anxieties and burdens inside if we are going to grow spiritually. Neither does God want us to feel that we are alone or outside of His presence. Prayer is the beginning of the change in our lives. Look in the following verses for the answer to the questions:

a. What is our responsibility in 1 John 1:9? _____
_____
b. What is His promise and purpose in 1 John 1:9? _____
_____
c. Why is He so generous in John 16:26-27? _____
_____

5. Prayer strengthens us against sin and temptation.

When we ask for His strength, determination and wisdom to obey the Word of God, we gain the victory over sin.

What did Jesus say to His disciples that they should do to avoid the temptation in Matthew 26:41? _____
_____

What should we ask in prayer for other people? See 2 Thess. 3:1-3.
a._____
b._____
c._____

The Development of the Effectiveness in Prayer

The next points cover the lesson on "how to" pray.

1. Maintain balance

Prayer is not exclusively for us, rather it is to benefit others. If God decided to restrict His activities today exclusively to the prayers of His children, what would God be doing in response to your prayers?

a. What did Paul desire for those who did not know Christ in Romans 10:1?
_____
b. What did he do to bring it about? _____

c. Read 1 Timothy 2:1-4. What groups of people should we be praying for? For what purpose? _____

d. According to Matthew 9:37-38, for what objective does Jesus want us to pray for? _____

2. Be systematic

It is a common experience that when the prayer time arrives we forget the requests and needs to pray for. A list of need written down in a Prayer or Quiet Hour Journal will help us remember what to pray for. Such a list could include:

- ☐ Your family
- ☐ Your friends: unsaved, neighbors, and acquaintances
- ☐ Your pastor, staff and church
- ☐ Missionaries and others that work in their ministry, specific unreached people groups.
- ☐ Authorities in the workplace, government or other relations
- ☐ Personal needs.

How systematic was Paul in his prayers for others in 1 Thess 1:2? _____
_____

3. Be consistent

The majority of believers are inconsistent and sporadic in their lives. These failures in the area of prayer, impedes our being effective. .

We should never cease to communicate with God. In every area of our life we should be communicating with God in prayer. How should we practice prayer in accordance with Roman 12:12? _____
_____

What did Paul command in **1 Thess. 5:17**? _____
_____

4. Be specific

For example: How do we respond normally when someone intentionally mistreats us? Put an "x" by the statement that best states your natural response:

- ☐ Get mad at him
- ☐ Think of someway to take vengeance.
- ☐ Try to forget it.
- ☐ Seriously pray for him.
- ☐ I forgive him, but cannot forget it.
- ☐ Other: _____

Examine **Luke 6:28.** According to this verse, what is the correct answer?
_____
_____

Paul wrote some prayers as examples in Ephesians 3:14-21. Write out some of the petitions the Paul made for others and himself. _____
_____
_____
_____

5. Be Confident

Are we sure God is going to hear us? How hard or long do we have to pray before God hears us? It all depends on our concept of how God is. Is He quick to listen or is it hard to get His attention? At times one can pray briefly, almost in passing, and things begin to happen. Other times fasting and consistent prayer over an extended period of time are necessary before things change. I prayed sixteen years for my father's conversion, but God responded marvelously.

In one of the parables Jesus taught that with humans it often takes great pleading and persistence to get an answer. Jesus had just taught the model prayer (Lord's Prayer) in Luke 11:2-4. Then he described how with humans it is often difficult to get what we want or need, but with God it is very different. He is eager to hear and answer. What does He say should be our attitude en prayer in Luke **11:9-13**? (Notice the contrast between humans and God in v. 13) _____
_____
_____

Nothing delights our Father more than to hear his children sharing everything with Him, expressing every need and burden. He promises to answer with what is best for us and for advancing His purpose in the World. Often our answers take considerable time to arrange, so patience and confidence is required.

In **Luke 18:1** what is the tendency of many when the answers are delayed?
_____

Paul never wavered, in spite of great difficulties, in his prayers. What were the two characteristics of his prayers in Ephesians 3:12?
_____ and _____

OBSTACLES TO OUR PRAYERS

Just by vocalizing our prayers before the Lord in prayer does not guarantee our desired response. The Bible speaks of certain obstacles to our prayers being either heard or answered. God is not manipulated by us nor made to do something that will be harmful for us. In the following verses write the impediments or obstacles that interfere with our answers as we want them.

James 1:5-8 _____
[The context is 1:2, when you need to understand why you have various trials and temptations]
Matthew 21:22 _____
["believing" means having confidence in His will and purpose]
James 4:3 _____
[our motives or reasons why we request something are critical]
Psalms 66:18 _____
["regard" is to *harbor or cherish* in your heart]
1 Peter 3:7 _____
[Directly applicable to husbands, but extends to all relations]
1 John 5:14-15 _____
[Implies His will should be known… through His Word]

Remember, God has provided prayer to be the means of communication direct with Him through Jesus Christ. He understands whatever language you may speak. He desires your sharing with Him and you need to grow in your relationship with Him. Through prayer you maintain your sensitivity to His Spirit's conviction and assurance of His leading. He will bring things to your mind to change, to do, to respond others, and to trust Him for.

He wants you to learn the comfort that only He can give you in times of difficulties and persecution. You'll learn to crave these times more than anything on earth. A daily time in prayer becomes a refuge, like an oasis in the middle of the dessert, when you learn to pray.

Review #6: PRAYER

1. What is the supreme purpose of prayer that Jesus taught in John 14:13?
_____

2. Fill in the blanks on the five purposes of prayer in the lesson:
   a. Satisfies our D_____ N_____

   b. A means of discovering the D_____ of God.

   c. A means of dealing with our A_____

   d. A means to communicate our F_____ and B_____ to God.

   e. A means of S_____ against the temptation of sin.

3. What is the meaning of keeping balance in prayer? Write your answer in your own words. _____
_____
_____

4. Write the four suggestions to be effective in your prayers:
   a. Be S_____
   b. Be C_____
   c. Be S_____
   d. Be C_____

5. Beside the biblical reference write the obstacle or impediment to prayers:

   Psalms 66:18 — R_____ sin in your heart.
   1 John 5:14-15 — Ask for things contrary to His W_____
   Matthew 21:22 — Not B_____
   James 1:5-8 — Not praying with C_____
   James 4:3 — Ask for reasons that are S_____