

### Key Text: 1 TIMOTHY 2:1

“First of all, I encourage you to make petitions, prayers, intercessions, and prayers of thanks for all people...”

#### WHAT IS PRAYER?

A simple understanding of Prayer is making your thoughts, your needs & requests known to God. It's a lot like bringing a subject up in conversation with an important person or friend. So, sometimes prayer is described as “Talking” with God. But, prayer is more than just talking. Prayer involves our “Attitude” and our “Will”. Here are some important points to remember about Prayer.



- Prayer is “A discipline of your will”. This means that you submit your will to the will of God through prayer. Think of your will like a child that must be directed and instructed to yield to the will of a parent. Prayer is a “Bending” of your will to God’s will. See. Matthew 6:9-10. “THY WILL BE DONE”
- Prayer is giving Honor to an “ALL-WISE” and benevolent heavenly father. This means through prayer we recognize that God is the only appropriate one to bring our prayers to. This honor is reserved for Him and Him alone. We recognize His ability, and His authority, and His prominence every time we pray. Matthew 6:9 “HALLOWED BE THY NAME”
- Prayer is “TWO-WAY” Communication. It is a relationship that must be living and not “One-sided”. God will speak through His Word and His Holy Spirit. We listen and we respond to God’s word. Our response within prayer can be just as diverse as any response seen in human conversations. We can be silent, we can shout, we can cry & laugh, we can be angry or comforted, and we even receive information and instructions. Compare ***Psalms 115:4-8. Jeremiah 29:12*** God can Hear us, and respond to our prayers.

## WHY SHOULD BELIEVERS PRAY

**THE FIRST REASON IS NEED!** The Bible shows the absolute need for believers to pray. 2 Chronicles 7:14 “If my people...” This is a really big “IF”. What if believers do not pray to God or seek His face? Would God act and heal or help?

**THE SECOND REASON IS “IDENTITY”** We are God’s people and as His people, we are to be identified as a people of prayer. This is clearly seen in Isaiah 56:7 as God declares that His house will be known as a House of prayer. Are you as a believer known as a person of prayer?

**THE THIRD REASON IS THAT IT IS COMMANDED.** 1 Thessalonians 5:17 & 1 Timothy 2:2,8 explains how we are commanded to pray with a thankful and grace-filled heart. We are also instructed to pray without ceasing.

**THE FOURTH REASON IS “EXAMPLE”.** Jesus did more than talk or teach prayer, He showed us what it means to pray. The Disciples also exemplified a lifestyle of prayer. So, we should follow their example. Romans 1:9,10 & Mark 1:35 & Luke 6:12; 11:1.

## WHAT SHOULD BE OUR ATTITUDE IN PRAYER?

We should have an attitude of **FAITH** in God. Hebrews 11:6 Are you fully persuaded that God is able and willing?

We should have an attitude of **CONFIDENCE**. We should not “waiver” between mindsets. James 1:6-8; Mark 11:24.

We should be **SUBMITTED** to God’s will. This means we give preference to the Bibles’ commands and principles not our own perspectives. **WE CANNOT COMMAND GOD IN OUR PRAYERS.** 1 John 5:14-16.

We should have an **UNDERSTANDING** that it is because of JESUS CHRIST that we have access in prayer. Hebrews 7:25 Jesus is our intercessor who has opened the way for us to be heard. We should never pray in any other name but Jesus Christ.

## WHAT ARE SOME DIFFERENT TYPES OF PRAYER?

**SUPPLICATION - 1 Timothy 2:1-2**  
“Asking for God’s help.”

**INTERCESSION - Romans 8:26-27**  
“Prayer on the behalf of someone else.”

**IN THE SPIRIT - 1 Corinthians 14:14; Ephesians 6:18 & Jude 20**  
“Praying in spiritual languages and with your understanding.”

**PERSEVERING - Philippians 4:6; Luke 11:5-13**  
“Refusing to stop until an answer comes.”

**GIVING THANKS - 1 Timothy 2:1-2 & Philippians 4:6**  
“Giving thanks to God for all He has done and for what He has promised to do.”

**OF CONFESSION - 1 John 1:9 & Psalms 32:5**  
“Agreeing with the Bible in what it says about both SIN and Righteousness.”

**OF AGREEMENT - Matthew 18:19-20**  
“When two or more agree over a specific prayer.”

## WHAT ARE SOME THINGS THAT WILL HINDER OR STOP OUR PRAYERS FROM BEING EFFECTIVE?

“**We don’t Ask God.**”  
*James 4:2*

**We have “Wrong Motives.”**  
*James 4:3*

“**Pride**” is in the way.  
*Matthew 6:5-8 & Psalms 138:6*

“**Iniquity**”  
*Isaiah 59:1-3; Proverbs 28:13*

“**An Unforgiving Spirit**”  
*Mark 11:25,26; Matt. 18:21-35*

“**Lack of Grace in Relationships**”  
*1 Peter 3:7*

“**Doubts**”  
*James 1:5-7*

## IS IT BETTER TO PRAY ALONE OR IN A GROUP OF PEOPLE?

Prayer should be done in both solitude and in a group. The main thing to remember is that pride can easily distort our motivation in group settings. We might start to focus on sounding a certain way or demonstrating how much scripture we know in the hope of impressing others. This would be wrong. But here are three examples of prayer.

1. **Individual Prayer Matthew 6:5-7**
2. **Two or Three in Prayer Matthew 18:19-20**
3. **The Whole Church in Prayer. Acts 2:42.**

When the church comes together in prayer, it is encouraging and multiplies the power of our prayers. It is scriptural for all to lift up their voices in one accord in prayer, praise, and thanksgiving. Psalms 64:1, 66:19; 18:6; 2 Chronicles 7:14

# HERE ARE SOME THINGS TO TRY OUT

## START KEEPING A JOURNAL OF YOUR PRAYERS:

This doesn't need to be overwhelming, just keep track of anything that is important. Record Prayer requests and any verses that relate to that need. Put a date on the prayer so that you can track when you first prayed about something and when you see God's answer. This is a great way to build your faith in God. When you look back over the answered prayers you will be confident that God is hearing you when you pray.

## CHOOSE CONSISTENCY OVER QUANTITY:

Don't be overly enthusiastic with your prayer-life. You do not need to spend five hours every day on your face before God, yelling, crying and ignoring life around you. Be realistic and start small. If you only have 10 minutes that you know you can do consistently, then do that. Partner your time of prayer with other things that you already do with consistency. For example, pray before you get ready in the morning, or right after a class, or when you are done with work each day. But, Do not let yourself multi task prayer. This means, don't count watching the game and saying some prayer request between plays as your prayer time. That's just "Silly". The Bible says that when you pray you must "**Shut the door**". **Matthew 6:6** This means shutting out all the distractions in your life.

## WHEN YOU DON'T KNOW WHAT TO PRAY DO THIS...

Paraphrase a chapter of Psalms as if it was your own prayer. Restate what the writer has said in your own words and in your own context. Focus on a chapter that is thanking God or Magnifying God's attributes. Here's an example:

**Psalms 46:1-3** *"God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change and though the mountains slip into the heart of the sea; though its waters roar and foam, though the mountains quake at its' swelling pride. Selah"*

### A paraphrase of this Psalm might sound like:

*"God, you are truly BIGGER than any trouble I face. You are bigger than my financial concerns and my worries over the future. I know that you are right here with me and that you will help me today. Even if bad things happen today I will trust you and know that It will all be OK with your help. Amen."*

## HAVE A BASIC ROAD MAP FOR PRAYER

When Jesus taught prayer to the disciples He laid out a basic road map for prayer. Read Matthew 6:9-13. The map could be describe in this way: **Start with Worship**, ascribe to God "Worth". Move on to "Daily Concerns" and "Spiritual Needs" like forgiveness. Then go into "Intercession and Spiritual Warfare". **End up with Worship** and acknowledge your Faith in Gods' "Authority and Power".