

PRAYER

Matthew 6:5-13

TRUTH #1) - _____ I pray is important.

a.) _____ (v.5)

VS.

b.) _____ (v.6)

TRUTH #2) - _____ I pray is important.

a.) _____ (v.7-8)

VS.

b.) _____ (v.9-13)

FIVE "P's" OF JESUS' PRAYER:

- 1) _____ (v.9)- expressing love
 - a. _____ - who He is
 - b. _____ - what HE has done
- 2) _____ (v.10) – recognize that God is God, and I am not
- 3) _____ (v.11) – Ask God for needs (not wants)
- 4) _____ (v.12) – Ask forgiveness for my sins
- And Ask God to help me forgive others
- 5) _____ (v.13) – from the Enemy....spiritual warfare

Takeaway: Examine my prayer life. Do I follow Jesus' example? What's my motivation to pray?

Suggestions for a Quiet Time with the LORD

1. Confession - Sin is the greatest roadblock to prayer; early in your prayer time, confess — agree with God about your sin (Psalm 139:23-24; 51:10-11; 1 John 1:9).

2. Praise the Lord - The next step is praise—praising God for who and what He is (Psalm 63:3; 34:1-3).

3. Waiting - This step is quieting your mind and heart before God (Psalm 37:7; Isaiah 40:31), replacing any distractions of your life or the world around you with a reverential focus on the majesty and authority of God. Take a few moments to be quiet in God's presence, letting your mind be filled with thoughts of Him.

4. The Word - This fourth stage involves God's Word. When we pray, we are speaking to God. When we read God's Word, God is speaking to us. Open your Bible, asking God to bless the reading of the Word with concentration and understanding. Remember, this Bible reading is not for the purpose of preparing to teach or preach to others, but for preparation in prayer (2 Timothy 3:16; Psalm 19:7-8).

5. Intercession/Supplication - At this point you are ready to come boldly into God's presence with intercession and supplication. Intercession is praying for others. It is unselfish. Intercession is love on its knees. You should have a list of names of others to uphold in prayer. Supplication is urgent praying for others (1 Timothy 2:1-2; Psalm 2:8).

6. Petition - Step six involves petition—asking God for self. There is nothing wrong with asking God for personal needs. "Ask, and it will be given to you." Make a list of all your personal needs, and check them off as God answers prayer (Matthew 7:7; James 4:2).

7. Thanksgiving - At this point it is important to thank God. What is the difference between thanksgiving and praise? Praise is the pouring out of the heart in adoration to God, while thanksgiving is simply counting those things for which we are grateful. We need to thank God for what He has done (Philippians 4:6; Psalm 100:4).

8. Singing - The next step in your hour with God is singing. (This is why you might wish to be alone.) Singing Scripture back to the Lord is one of the highest forms of worship and praise. There are many songs in the hymnal to be sung to the Lord (Psalm 100:2; Ephesians 5:19).

9. Meditation - Meditation is actively pondering and digesting an aspect of spiritual truth, such as a passage of Scripture or a character trait of God (Joshua 1:8; Psalm 1:1-2).

10. Listening - The next step involves listening. Listen for that still small voice of God; wait for specific orders concerning activities of the day (Ecclesiastes 5:2; 1 Kings 19: 11-12; Psalm 46:10).

11. Psalms - Earlier in your prayer time you read the Word and allowed God to speak to you. Now pray the Word back to God. The book of Psalms is full of personal prayers (Psalm 95:2; 147:1).

12. Praise - You begin your prayer time with praise and end your prayer time with praise. This step is extremely important (Psalm 150:1-2; 50:23)

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