



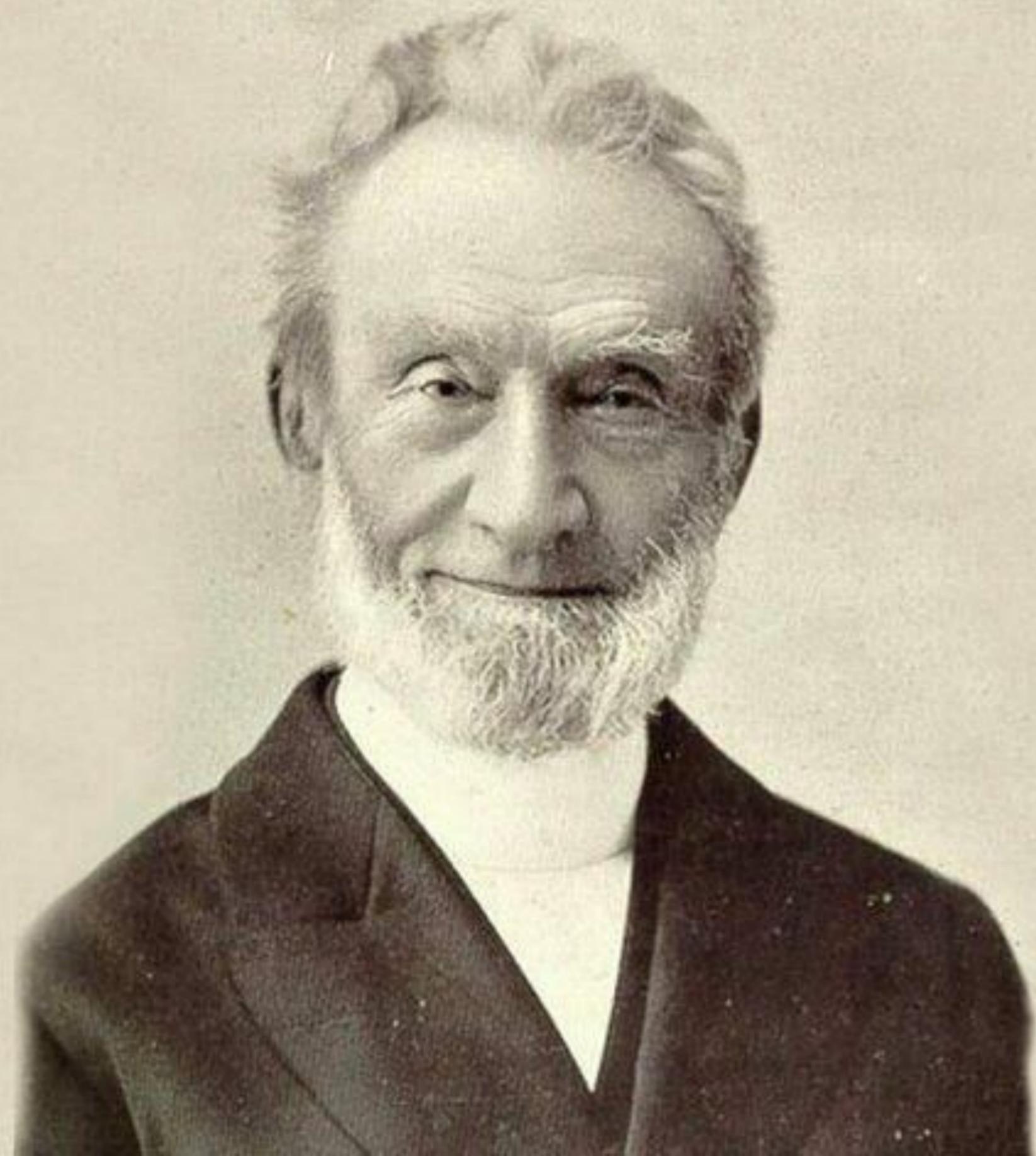
How Do I Grow as a Christian?

Spiritual Disciplines: Prayer

4 Step Process for Good Bible Study

Spiritual Disciplines:
Prayer

1. Prayer
2. Observation
3. Interpretation
4. Application



George Müller

- 1805-1898 -

Outline

1. What is prayer?
2. What should we pray?
3. Why don't we pray?
4. How can we make it a habit in our lives?

What is Prayer?

Prayer is having a
conversation with God

Father, Son, Holy Spirit

Spiritual Disciplines:
Prayer

The Father sends the Son to redeem us

The Son accomplishes the work of redemption on our behalf

The Spirit applies the Jesus's work of redemption to individual believers

Listening for What?

Spiritual Disciplines:
Prayer

1. Lies you need to rebuke with the truth of Scripture
2. Nudges in your spirit that align with Scripture and drive you to Scripture

Luke 11:1-4 (CSB)

Spiritual Disciplines:
Prayer

¹ He was praying in a certain place, and when he finished, one of his disciples said to him, “Lord, teach us to pray, just as John also taught his disciples.”

² He said to them, “Whenever you pray, say, Father, your name be honored as holy. Your kingdom come.

³ Give us each day our daily bread.

⁴ And forgive us our sins, for we ourselves also forgive everyone in debt to us. And do not bring us into temptation.”

What Should We Pray?

Spiritual Disciplines:
Prayer

1. May your name be honored as holy (v. 2a)
2. Your Kingdom come (v. 2b)
3. Give us this day our daily bread (v. 3)
4. And forgive us our sins, for we ourselves also forgive everyone in debt to us (v. 4a)
5. Lead us not into temptation (v. 4b)

Why Don't We Pray?

Spiritual Disciplines:
Prayer

1. We're so busy that we forget about it
2. We are proud and don't think we need it
3. We don't actually think it "works" – we misunderstand what prayer IS

“By nature, prayer is about waiting; waiting on the Lord to act at a time that only he knows best.”

- Ronnie Martin

I mistakenly think that “...prayer is supposed to always provide me with a feeling, sensation, or outcome that is tangibly felt **right away.**”

- Ronnie Martin

What if prayer isn't just about God
changing your circumstances, but God
changing YOU?

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3. We don't actually think it "works" – we misunderstand what prayer IS
 - Prayer is like daily water consumption: it keeps you spiritually healthy!
 - It keeps you functioning with hearts full of **HOPE IN GOD**

Romans 8:28-29 (CSB)

Observation

“We know that all things work together for the good of those who love God, who are called according to his purpose. For those he foreknew he also predestined to be **conformed to the image of his Son...**”

How Can We Make it a Habit?

Spiritual Disciplines:
Prayer

When?

1. Early morning
2. Along with your daily Bible reading
3. Throughout the day
 - “Pray without ceasing” (1 Thess. 5:17)
4. Whenever you feel like you should

How Can We Make it a Habit?

Spiritual Disciplines:
Prayer

Where?

1. In a quiet place where you won't be distracted
 - Pray in a place where you can pray out loud – it keeps you focused

How Can We Make it a Habit?

Spiritual Disciplines:
Prayer

How Long?

1. Start with 5 mins a day for a few weeks!
2. Then increase it to 10 mins
 - Start small – you can do this!