

How to Pray

Our Hearts' Resistance to Prayer

- **We naturally seek, but not for God**
- **We turn, but not upward**
- **We draw near, but not for worship**
- **We set our minds, but not on the Spirit**
- **We speak, but not in righteousness**
- **We harden our hearts**

Our hearts' deficit in How to Pray

- The spirit is willing, but the flesh is weak
- Not asking
- Asking with wrong motives
- Offering God the leftovers
- Stop listening to the Law



The Scriptures Correct How we Pray

1. Flows naturally from Scripture
2. We respond to God's Word
3. Brings clarity, direction, and reverence
4. Aligns our hearts with God's will
5. Keeps from becoming repetitive or shallow

The Lord Jesus Teaches How to Pray

Luke 11:1 ...one of His disciples said to Him, “Lord, teach us to pray...”

The Psalms Exemplify How to Pray

How to Pray

Prayers of Adoration

Psalm 145

1 I will exalt You, my God, O King,

And I will bless Your name forever and ever.

3 Great is Yahweh, and highly to be praised,

And His greatness is unsearchable.

8 Yahweh is gracious and compassionate;

Slow to anger and great in lovingkindness.

How to Pray Prayers of Confession

Psalm 51

3 For I know my transgressions,

And my sin is ever before me.

4 Against You, You only, I have sinned

And done what is evil in Your sight,

So that You are justified when You speak

And pure when You judge.

How to Pray Prayers of Thanksgiving

Psalms 118

1 Give thanks to Yahweh, for He is good;
For His lovingkindness endures forever.

21 I shall give thanks to You, for You have answered me,
And You have become my salvation.

How to Pray

Prayers of Supplication

Philippians 4:6–7

Be anxious for nothing, but in everything by prayer and petition with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

How to Pray Prayers of Lament

Psalm 42

3 My tears have been my food day and night,
While they say to me all day long, “Where is your God?”
4 These things I remember and I pour out my soul within me.

5 Why are you in despair, O my soul?
And why are you disturbed within me?
Wait for God, for I shall still praise Him,
For the salvation of His presence.

How to Pray

Prayers of Repentance

Daniel 9

4 “Alas, O Lord, the great and awesome God, who keeps His covenant and lovingkindness for those who love Him and keep His commandments, 5 we have sinned and committed iniquity and acted wickedly and rebelled, even turning aside from Your commandments and judgments.

6 Moreover, we have not listened to Your slaves the prophets...

18 O my God, incline Your ear and listen! Open Your eyes and see our desolations and the city which is called by Your name; for we are not presenting our supplications before You on account of any righteousness of our own, but on account of Your abundant compassion. 19 O Lord, listen! O Lord, forgive! O Lord, give heed and take action! For Your own sake, O my God, do not delay, because Your city and Your people are called by Your name.”

How to Pray Prayers of Intercession

Nehemiah 1

5 I beseech You, O Yahweh, the God of heaven, the great and fearsome God, who keeps the covenant and lovingkindness for those who love Him and keep His commandments, 6 let Your ear now be attentive and Your eyes open to hear the prayer of Your slave which I am praying before You today, day and night, on behalf of the sons of Israel Your slaves, confessing the sins of the sons of Israel which we have sinned against You; I and my father's house have sinned.

How to Pray Prayers of Trust

2 Chronicles 20

12 O our God, will You not judge them? For we are powerless before this great multitude who are coming against us; and we do not know what we should do, but our eyes are on You.

Will you pray?