

The Problems of Prayer Pt 2.

The background is a dark blue gradient with a field of small white stars. Overlaid on this are several faint, light blue technical diagrams. In the top right, there is a large circular diagram with concentric circles and radial lines, resembling a gauge or a scale with numbers from 80 to 210. In the bottom right, there is another circular diagram with concentric circles and arrows indicating a clockwise direction. In the bottom left, there is a partial circular diagram with an arrow pointing left. In the top center, there is a small circular diagram with a curved line inside.

MATTHEW 26:39-41 NKJV

He went a little farther and fell on His face, and prayed, saying, “O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will.” 40 Then He came to the disciples and found them sleeping, and said to Peter, “What! Could you not watch with Me one hour? 41 Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.”



The Problems of Prayer

1. The Problem of Discipline; Matt.26:39-41;

Some of the symptoms of this problem include

- a. Procrastination
- b. Exhaustion
- c. Slumber
- d. Too much Television or Social media/ Poor time management
- e. Weakness of the flesh



How to overcome the problem of Discipline

- I. Develop Conviction through Revelation and understanding of the value of prayer. If you really believe that prayer works, it will be easy to overcome the problem of discipline. Jam.5:16; Matt.7:7-8
- II. Keep your body or your flesh under. 1 Cor.9:25-27
- III. Choses always to obey your renewed spirit or the Spirit of God within you rather than your flesh or the world or the devil. Gal.5:16-17;
- IV. Manage your time. Ps.55:17; 119:164; Dan.6:10;
- V. Walk while praying to address the problem of slumber.



The Problems of Prayer

2. The problem of distractions

a. External distractions

I. Telephones

II. Visitors

III. Noise

IV. Family

b. Internal Distractions.

I. Wandering mind

II. Worry

III. Lack of concentration or focus



How to Overcome the Problem of Distractions

- I. Create a prayer closet. Matt.6:6;
- II. Deliberately cut out all external distractions.
- III. Prioritize prayer. When prayer becomes a priority then you will turn off from within or without anything that attempts to interfere with your prayer hour. Mark 1:35
- IV. Control your mind. Prov.4:23
- V. Pray in tongues Jam.3:1-5; 1Cor.14:2,14;
- VI. Pray aloud. Mark 11:23; Josh.1:8;



The Problems of Prayer

3. The problem of Diligence; Many people are simply lazy especially when it comes to praying or spiritual things. Part of the reason for this is a lack of understanding and appreciation of the value of spiritual exercises. 1Tim.4:8; Prov.12:27; Acts 2:42; Jam.5:16;

1 TIMOTHY 4:8

For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.



PROVERBS 12:27 NKJV

The lazy man does not roast what he took in hunting, But diligence is man's precious possession.

ACTS 2:42

And they continued steadfastly in the apostles' [a]doctrine and fellowship, in the breaking of bread, and in prayers.

JAMES 5:16B

The effective, [b]fervent prayer of a righteous man avails much



How to Overcome the Problem of Diligence

- I. Decide to be committed to diligence in prayer.
- II. Be determined and prepared to resist Satan's excuses and that of your flesh to break your commitment.
- III. Schedule your prayer on a to do list.
- IV. Do not give up even if you miss or fail or are struggling with it



The Problems of Prayer

4. The problem of dryness. Dryness occurs when you feel like you are not getting anything out of your prayers; when it becomes monotonous, boring and burdensome; when drudgery sets in.



Causes of dryness include

- a. Unconfessed or unrepented sin or Disobedience.
- b. Quenching the Holy Spirit. 1Thess.5:19
- c. Poor physical condition; exhaustion, fatigue, not having enough rest, physical or emotional weariness.
- d. Rushing your prayers. Watching the clock rather than His heart
- e. Rigidity. Monotony. Repetition. Recitations. Doing it the same way all the time
- f. Not ministering unto others or sharing with others: what you receive is meant to be shared. If you do not share you will dry up spiritually



How to Overcome the Problem of Dryness

- I. Repent. Rev.2:25;
- II. Avoid the things that quench the Holy Spirit.
Acknowledge, cultivate, activate and request for the help of the Holy Spirit. Rom.8:26-27; 1Thess.5:19;
- III. Rest.
- IV. Be patient with God.
- V. Vary your prayer style
- VI. Share your faith with others.



REVELATION 2:5 NKJV

Remember therefore from where you have fallen; repent and do the first works, or else I will come to you quickly and remove your lampstand from its place—unless you repent.

1 THESSALONIANS 5:19

Do not quench the Spirit.

1 THESSALONIANS 5:16-22

Rejoice always, 17 pray without ceasing, 18 in everything give thanks; for this is the will of God in Christ Jesus for you. 19 Do not quench the Spirit. 20 Do not despise prophecies. 21 Test all things; hold fast what is good. 22 Abstain from every form of evil.



PRAYER

Father in the name of Jesus, set my prayer life and that of every member of this church on fire; arrest every wandering spirit and enhance our individual capacities to focus; let the strongholds of spiritual laziness and procrastination be destroyed out of each of our lives; baptize each one of us with an insatiable hunger for your presence and your power in the name of Jesus. Ps.63:1-3; 122:1; Prov.12:27;

