

The Problems of Prayer

The background of the slide is a dark blue gradient with a subtle pattern of white stars. Overlaid on this are several technical diagrams in a lighter blue color. In the top right, there is a large circular diagram with concentric rings and radial lines, resembling a gauge or a complex chart. In the bottom right, there is another circular diagram with dashed lines and arrows, possibly representing a process or a cycle. In the bottom left, there is a smaller circular diagram with a dashed arrow pointing counter-clockwise. The overall aesthetic is clean, modern, and technical.

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.



JAMES 5:16 NKJV

[a]Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, [b]fervent prayer of a righteous man avails much.

MATTHEW 7:7-8

7 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 8 For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.



1 CORINTHIANS 9:25-27 NKJV

And everyone who competes for the prize [a]is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. 26 Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. 27 But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.



GALATIANS 5:16-17 NKJV

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. 17 For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.



PSALM 55:17 NKJV

Evening and morning and at noon I will pray, and cry aloud, And He shall hear my voice.

PSALM 119:164

Seven times a day I praise You, Because of Your righteous judgments.

DANIEL 6:10

10 Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days.



EPHESIANS 5:15-16 NKJV

*See then that you walk [a]circumspectly,
not as fools but as wise, 16 redeeming
the time, because the days are evil.*



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;



MATTHEW 6:6 NKJV

But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you [a]openly.



MARK 1:35 NKJV

Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.



PROVERBS 4:23 NKJV

Keep your heart with all diligence, For out of it spring the issues of life.



JAMES 3:1-5 NKJV

My brethren, let not many of you become teachers, knowing that we shall receive a stricter judgment. 2 For we all stumble in many things. If anyone does not stumble in word, he is a [a]perfect man, able also to bridle the whole body. 3 [b]Indeed, we put bits in horses' mouths that they may obey us, and we turn their whole body. 4 Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires. 5 Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles!



1 CORINTHIANS 14:2 NKJV

For he who speaks in a tongue does not speak to men but to God, for no one understands him; however, in the spirit he speaks mysteries.

1 CORINTHIANS 14:14

For if I pray in a tongue, my spirit prays, but my understanding is unfruitful.



MARK 11:23 NKJV

For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says.



PRAYER

Father in the name of Jesus, by revelation and understanding, terminate the operation of the spirit of indiscipline, complacency and lukewarmness in my life, my family and that of every member of this church; empower each one of us by your Spirit to keep our flesh in check, to prioritize prayer and control our minds in the name of Jesus. Gal.5:16-17; Eph.5:16; Rom.12:2;

