

## Prayer as a Muscle: Developing Healthy Prayer Habits

*Philippians 4:6 - Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.*

Developing a healthy prayer life requires us to:

1. Do it regularly
2. Do it right

Practical Prayer Tools:

1. Posture matters – Praying from bended knee
  - a. Daniel 6:10 – Now when Daniel knew that the writing was signed, he went into his house and his windows being open in his chamber toward Jerusalem, **he kneeled upon his knees** three times a day, and prayed, and gave thanks before his God, as he did aforetime.
  - b. 1 Kings 8:54 – And so it was, that when Solomon had made an end of praying all this prayer and supplication unto the Lord, **he arose** from before the altar of the Lord, **from kneeling** on his knees with his hands spread up to heaven.
  - c. Ephesians 3:14 – For this cause **I bow my knees** unto the Father of our Lord Jesus Christ.
2. Pray out-loud
  - a. Psalm 66:13-14 – I will go into thy house with burnt offerings: I will pay my vows, which my lips have uttered, and **my mouth hath spoken**, when I was in trouble.
  - b. Psalm 66:17 – I cried unto him **with my mouth**, and he was extolled with my tongue.
  - c. Psalm 66:19 – But verily God hath heard me; he hath attended **the voice** of my prayer.
3. Prayer should be coupled with Bible study
  - a. Daniel 9:2-3 – In the first year of his reign I Daniel **understood by books** the number of years, whereof the word of the Lord came to Jeremiah the prophet, that he would accomplish seventy years in the desolation of Jerusalem. And I set my face unto the Lord God, to seek by **prayer and supplications**, with fasting, and sackcloth, and ashes:
4. The Lord will ignore prayer where there is sin
  - a. Isaiah 59:2 – But your iniquities have separated between you and your God, and your sins have hid his face from you, that **he will not hear**.
  - b. Micah 3:4 – Then shall they cry unto the Lord, but **he will not hear** them: he will even hide his face from them at that time, as they have behaved themselves ill in their doings.
  - c. Psalm 66:18 – If I regard iniquity in my heart, **the Lord will not hear** me:
  - d. Proverbs 28:9 – He that turneth away his ear from hearing the law, even **his prayer shall be an abomination**.

5. Begin prayers with praise and thanks
  - a. Isaiah 25:1 – Oh Lord, thou art my God; I will exalt thee, **I will praise thy name**; for though hast done wonderful things; thy counsels of old are faithfulness and truth.
  - b. Psalm 145: 1-2 I will extol thee, my God, O king; and I will bless thy name forever and ever. Every day will I bless thee; and **I will praise thy name** for ever and ever.
  - c. Philippians 4:6 - Be careful for nothing; but in every thing by prayer and supplication **with thanksgiving** let your requests be made known unto God.
  - d. Psalm 18:49 – Therefore will I **give thanks** unto thee, O Lord, among the heathen, and sing praises unto thy name.
6. Be specific and deliberate in your prayers
  - a. Matthew 6:7-8 – But when ye pray, **use not vain repetitions**, as the heathen do: for they think that they shall be heard for their much speaking. Be not ye therefore like unto them: for your father knoweth what things ye have need of, before ye ask of him.
  - b. Matthew 7:7-12 – **Ask, and it shall be given to you; seek, and ye shall find; knock, and it shall be opened unto you:** For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good gifts unto your children, how much more shall your father which is in heaven give good things to them that ask him?
  - c. 1 John 5:14 – And this is the confidence that we have in him, that, **if we ask any thing** according to his will, **he heareth us**.
  - d. John 16:23b-24 – Verily, verily, I say unto you, whatsoever ye shall ask the Father in my name, he will give it you. Hitherto have ye asked nothing in my name: **ask, and ye shall receive** that your joy may be full.
7. Trust the Lord to Answer
  - a. James 1:5-6 – If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him **ask in faith**, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.
  - b. Matthew 21:22 – In all things, whatsoever ye shall ask in prayer, **believing, ye shall receive**.