

Pastor's Welcome Class

Lesson 3 Key

Personal Growth through Prayer

I. Fellowshiping with God in prayer.

A. Prayer is talking with God. We grow in our relationship with God as we spend time talking with Him.

B. We should make it a habit to talk with God in prayer every day.

*(Psalm 5:1-3 NKJV) ¹Give ear to my words, O LORD, consider my meditation
²Give heed to the voice of my cry, my King and my God, for to You I will
pray. ³My voice You shall hear in the morning, O LORD; in the morning I will
direct it to You, and I will look up.*

C. We should have a regular time of praying to God privately.

*(Matt. 6:6 NKJV) ⁶"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 openly.*

D. We should also learn to pray with others.

*(Matt. 18:19 NKJV) ¹⁹"Again I say to you that if two of you agree on earth
concerning anything that they ask, it will be done for them by My Father in
heaven.*

E. Jesus gave us a model prayer that we can use in our prayer lives.

1. We should begin our time of prayer by praising and worshipping God.

*(Matt. 6:9 NKJV) ⁹"In this manner, therefore, pray: Our Father in heaven,
Hallowed be Your name.*

2. Second, we should pray for God's will to be done in our lives, in our families lives, in our church, in our community, and in our nation.

*(Matt. 6:10 NKJV) ¹⁰Your kingdom come. Your will be done on earth as it is in
heaven.*

3. Third, we should ask God to provide the things that we need.

(Matt. 6:11 NKJV) ¹¹Give us this day our daily bread.

4. We should ask God to forgive our sins, and we should forgive those who have offended us.

(Matt. 6:12 NKJV) ¹²And forgive us our debts, as we forgive our debtors.

5. Fifth, we should ask God to deliver us from temptation and evil.

*(Matt. 6:13a NKJV) ¹³And do not lead us into temptation, but deliver us
from the evil one.*

6. And finally, we should conclude our time of prayer by praising and worshipping God, just like we began.

(Matt. 6:13b NKJV) For Yours is the kingdom and the power and the glory forever. Amen.

II. Keys to an Effective Prayer Life: 5 Tips to Help Your Prayer Life

A. *(Luke 18:1 NKJV) ¹Then He spoke a parable to them, that men always ought to pray and not lose heart.*

B. One of the primary ways we learn to follow Jesus is by following Him in developing our prayer lives.

C. Let me share some practical suggestions with you that will help you to develop and grow in your prayer life.

D. Not all of these suggestions will apply to your particular situation, but if you begin by incorporating a few of them, I'm confident your prayer life will improve.

1. **Choose a specific place to pray** away from distractions so you can concentrate.

a. *(Matt. 6:6 NKJV) ⁶"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 openly.*

b. Lay aside all distractions and close yourself in with the Lord.

2. **Pray at the same time every day** if at all possible.

a. Make your prayer time a part of your regular routine and it will become habit.

b. Build your schedule around your prayer time.

c. Make it the most important event in the day.

d. Make your prayer time the first priority of your day.

e. *(Matt. 6:33 NKJV) ³³"But seek first the kingdom of God and His righteousness, and all these things shall be added to you.*

f. The Bible says a lot about praying early in the morning. There is something about the early morning that is conducive to fellowship with God. It is before the pressures and rush of the day distract you and your sensitivity to God's voice.

g. *(Psalm 5:1-3 NKJV) ¹Give ear to my words, O LORD, Consider my meditation. ²Give heed to the voice of my cry, My King and my God, For to You I will pray. ³My voice You shall hear in the morning, O LORD; In the morning I will direct it to You, And I will look up.*

h. *"The men who have done the most for God in this world have been early on their knees. He who fritters away the early morning, its opportunity and freshness, in other pursuits than seeking God will make poor headway seeking Him the rest of the day. If God is not first in our thoughts and efforts in the morning, He will be in the last place the remainder of the day."* E.M. Bounds

3. Pray out loud.

a. Refer back to (Psalm 5:1-3 NKJV)

b. (Luke 11:1-4 NKJV) ¹Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, "Lord, teach us to pray, as John also taught his disciples." ²So He said to them, "When you pray, say: Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done On earth as it is in heaven. ³Give us day by day our daily bread. ⁴And forgive us our sins, For we also forgive everyone who is indebted to us. And do not lead us into temptation, But deliver us from the evil one."

c. Some people may be able to pray under their breath or in their minds for long periods and still maintain intensity, but for most of us it's a quick ticket to dreamland.

d. When we pray out loud we have to form intelligent sentences. We have to concentrate more on what we're praying about.

e. *"The battle of prayer is against two things in the earthlies: wandering thoughts, and lack of intimacy with God's character as revealed in His word. Neither can be cured at once, but they can be cured by discipline."* Oswald Chambers

4. Have some structure to your prayer life.

a. Refer back to (Luke 11:1-4 NKJV)

b. The Model Prayer or the Disciples' Prayer is a pattern we can use to move from one priority to the next in prayer.

5. Develop sensitivity to the Holy Spirit in your prayer life.

a. He is the Spirit of prayer. (Zech. 12:10 NKJV) ¹⁰*"And I will pour on the house of David and on the inhabitants of Jerusalem the Spirit of grace and supplication.*

b. Learn to follow the rhythm and flow of the Spirit in prayer.