

## Prayer Instruction. Night 1.

**Goal:** To become stronger and more effective in prayer.

### 1. Establishing a place, a time, and a purpose in daily prayer.

**Why should I become strong in prayer? – 4 Motivations to be strong in prayer.**

**1<sup>st</sup> prayer was Christ's pattern of life. To be a Christian, 'Christ-like', to do live in the pattern of Christ.**

#### **Jesus Christ's practice of prayer**

**He prayed regularly Lk 5:16** *Luke records more instances of Jesus Christ praying than any other Gospel writer.*

**He often prayed alone Mk 1:35** *See also Mt 14:23 pp Mk 6:46; Lk 6:12; 9:18*

#### **Prayer at specific times in Jesus Christ's life**

*Before his death: Mt 26:36-46 pp Mk 14:32-41 pp*

*Lk 22:39-46; Jn 17:1-26*

*On the cross: Mt 27:46 pp Mk 15:34; Lk 23:34,46;*

*3:21-22 at his baptism;*

*Lk 6:12-13 before choosing the apostles*

*Lk 9:28-29 before his transfiguration<sup>1</sup>*

**2<sup>ndly</sup>, we are commanded to pray.** 'pray without ceasing' 1 Thes. 5:16-18

Act. 1:14 'with one accord were devoting themselves to prayer'

Rom. 12:12 'be constant in prayer'

Luk. 18:1 'he told them a parable to the effect that they ought always to pray and not lose heart'

**3<sup>rd</sup>, prayer has powerful spiritual effects to guard and protect our lives.**

**3 examples of the power of prayer against evil in 'Between Christ and Satan' p. 38-39, ex. 30, 31,32**

Reference and Read story from 'Between Christ and Satan' p. 171-177, Otto Vogt, Switzerland

My reason for bringing this up is NOT to merely talk about occult practices. The reason is that we are called to 'teardown strongholds in high places.' 2 Cor. 10:4

Jer. 1:10 'I have set you this day over nations and over kingdoms, to pluck up and to break down, to destroy and to overthrow, to build and to plant'

1 Cor. 2:5 'that your faith might not rest in the wisdom of men but in the power of God.'

**4. The Pattern of Revival.** Prayer, Praise, Preaching, and Family Visitation

'prayer is the spirit of a revival of religion, the substance of a revival -the pillar and ground of all is the sound, zealous, pointed preaching of Christ' p. 202, **The Pastor of Kilsyth**

2 Chron. 7:14 'if my people who are called by My name humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.'

**II. Beginning a life of prayer.**

a. Where am I going to pray?

---

**Prayer closet, prayer chair, prayer room.** A specific location where you pray. Pick this place and at best make this the only activity that happens in this location. If that is not possible, at least make that a sterile, undisturbed location during your time of prayer.

**No TV, No phones, no outside interruptions. A place of quiet peace and prayer.**

Make this place known to your family. Identify this location. If it is a dual-use location, then make it clearly known that a 'this specific time' we are praying here and nothing else.

\*obviously, this is NOT the only place you pray, this is just the specific place that you are training yourself to become strong in prayer. You can and should pray every place that you are going throughout the day, a walk, your car, at work, etc.

At this place you are building the pattern of focus that is required to maintain a mind dedicated to prayer. To where it becomes a regular pattern to take everything to God in prayer.

**b. When am I going to pray? Select a specific time of day that you are going to dedicate to becoming strong in prayer. Historically, most people have selected the early morning.**

Most people that were strong in prayer were early risers, 3-4am, spending the early morning in prayer. This is common with the Psalmist. In order to wake up early, you have to go to bed early, so this already sets a pattern in your day of godliness.

Staying up late is almost always a bad habit. 'Early to bed, early to rise, makes a man, healthy, wealthy and wise.'

**c. What amount of daily time can I commit to praying?**

Within your schedule, you have to determine the amount of time that you will consistently spend in prayer. If this is new, and you have a job and children, I recommend, you spend 10 minutes a day doing this. An 1hr is probably going to be too much and you will probably get discouraged and distracted.

10 minutes in strong prayer is between that a discouraged and distracted hour of grasping at prayer.

**'I have so much to do today that I must spend an extra hour in prayer'** Martin Luther, Luther was previously an Augustinian monk. So he didn't have to drive in traffic or probably didn't spend significant amounts of time in activities that the average person our age does.

***\*Don't compare your prayer life off that of an Augustinian monk, instead, base your prayer life off a consistent ready pattern of focused prayer.***

**d. What will I pray for daily, at this set place and time?**

This is what we are going to be looking at in more detail over the **next 12 weeks**.

Get alone with God and God's Word and begin to find the pattern and principle of Biblical Prayer. **These are the types of prayers God has promised to answer!**

Look at R.A. Torrey's outline on **Biblical Prayer, 'How to Pray'**.

*"Prayer is God's appointed way for obtaining things, and the great secret of all lack in our experience, in our life and in our work is neglect of prayer."* **Torrey**

*"All the mighty men of God outside the Bible have been men of prayer. They have differed from one another in many things, but in this they have been alike."* **Torrey**

*"Prayer, in every care and anxiety and need of life, with thanksgiving, is the means God has appointed for our obtaining freedom from all anxiety, and the peace of God which passes all understanding."* **Torrey**

1. Prayers Relating to God.
2. Prayers Relating to Ministers of the Word.
3. Prayers Relating to Spiritual Blessings.
4. Prayers Relating to Temporal Blessings.

#### **A. Prayers Relating to God.**

##### **1. We should pray for the hallowing\* of God's name.**

**Matthew 6:9 [ESV]** "In this manner, therefore, pray: Our Father in heaven, Hallowed be your name."

\* "hallow" means to honor as holy.

##### **2. We should pray for the coming of God's kingdom.**

**Matthew 6:10 [ESV]** "Your kingdom come."

##### **3. We should pray for the coming of God's king, Jesus.**

**Revelation 22:20** "He who testifies to these things says, 'Surely I am coming soon.' Amen. Come, Lord Jesus!"

##### **4. We should pray that God's will be done on earth as it is in heaven.**

**Matthew 6:10(b) [ESV]** "your will be done, on earth as it is in heaven."

##### **5. We should pray for the reviving of God's work and God's people.**

**Habakkuk 3:2 [ESV]** "O Lord, I have heard the report of you, and your work, O Lord, do I fear. In the midst of the years revive it; in the midst of the years make it known; in wrath remember mercy."

#### **B. Prayers Relating to Ministers of the Word.**

##### **6. We should pray the Lord of the harvest that He send forth laborers into his Harvest.**

**Matthew 9:38 [ESV]** "therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest."

##### **7. We should pray for a door for the Word to be opened for those who preach the Word.**

**Colossians 4:3 [ESV]** "At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison—

##### **8. We should pray for words to be given to ministers of the Word in opening their mouths, to make known with boldness the mystery of the Gospel, that in it they may speak boldly, as they ought to speak.**

**Ephesians 6:18-20 [ESV]** "praying at all times in the Spirit, with all prayer and supplication. . . that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak."

##### **9. We should pray for ministers of the Word, that the Word of the Lord may run and be glorified.**

**2 Thessalonians 3:1 [ESV]** "Finally, brothers, pray for us, that the word of the Lord may speed ahead and be honored, as happened among you,"

##### **10. We should pray that God's ministers may be clothed with righteousness.**

**Psalms 132:9 [ESV]** "Let your priests be clothed with righteousness,"

#### **C. Prayers for Spiritual Blessings.**

##### **11. We should pray for forgiveness of our sins.**

**Psalms 51:1 [ESV]** "Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. **Acts 8:22 [ESV]** "Repent, therefore, of this wickedness of yours, and pray to the Lord that, if possible, the intent of your heart may be forgiven you." See also, **Luke 11:4, Psalms 25:11, Luke 18:13, Hosea 14:2, Exodus 34:9, 32:31, 1 Kings 8:47-50.**

##### **12. We should pray the Lord to search us and try us.**

**Psalms 139:23-24 [ESV]** "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!"

**13. We should pray for cleansing from sin.**

Psalm 51:7 [ESV] "Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow."

Psalm 19:12 [ESV] "Who can discern his errors? Declare me innocent from hidden faults."

**14. We should pray God to create in us a clean heart.**

Psalm 51:10 [ESV] "Create in me a clean heart, O God, and renew a right spirit within me."

**15. We should pray for God to hold us up.**

Psalm 119:117 [ESV] "Hold me up, that I may be safe and have regard for your statutes continually!"

**16. We should pray to be kept back from, and delivered from the dominion of presumptuous sins.**

Psalm 19:13 [ESV] "Keep back your servant also from presumptuous sins; let them not have dominion over me! Then I shall be blameless, and innocent of great transgression."

**17. We should pray that God will not let us wander from his commandments.**

Psalm 119:10 [ESV] "With my whole heart I seek you; let me not wander from your commandments!"

**18. We should pray that we not be brought, nor enter, into temptation.**

Matthew 6:13 [ESV] "And lead us not into temptation, but deliver us from evil."

Mark 14:38 [ESV] "Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."

**19. We should pray to be delivered from the Evil One.**

Matthew 6:13 [ESV] "And lead us not into temptation, but deliver us from evil."

**20. We should pray that the Lord keep watch over the door of our lips.**

Psalm 141:3 [ESV] "Set a guard, O Lord, over my mouth; keep watch over the door of my lips!"

**21. We should pray Yahweh to teach us His way, the way of his statutes, His path, to do His will.**

Psalm 86:11 [ESV] "Teach me your way, O Lord, that I may walk in your truth; unite my heart to fear your name."

Psalm 119:33 [ESV] "Teach me, O Lord, the way of your statutes; and I will keep it to the end."

Psalm 25:4 [ESV] "Make me to know your ways, O Lord; teach me your paths."

Psalm 143:10 [ESV] "Teach me to do your will, for you are my God! Let your good Spirit lead me on level ground!"

**22. We should pray the Lord to so teach us to number our days that we may get a heart of wisdom.**

Psalm 90:12 [ESV] "So teach us to number our days that we may get a heart of wisdom."

**23. We should pray to be taught to pray.**

Luke 11:1 [ESV] "Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples."

**24. We should pray the Lord to open our eyes to behold wondrous things out of His own Word.**

Psalm 119:18 [ESV] "Open my eyes, that I may behold wondrous things out of your law."

**25. We should pray to be led and guided.**

Psalm 31:3 [ESV] "For you are my rock and my fortress; and for your name's sake you lead me and guide me."

Psalm 27:11 [ESV] "Teach me your way, O Lord, and lead me on a level path because of my enemies."

Psalm 139:24 [ESV] "And see if there be any grievous way in me, and lead me in the way everlasting!"

**26. We should pray for a spirit of wisdom and revelation in the knowledge of our Lord Jesus Christ.**

Ephesians 1:16-20 [ESV] "I do not cease to give thanks for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places,"

**27. We should pray to be filled with the knowledge of His will in all spiritual wisdom and understanding, to walk in a manner worthy of the Lord fully pleasing to Him, bearing fruit in every good work, and increasing in the knowledge of God.**

**Colossians 1:9-10 [ESV]** "And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God."

**28. We should pray God the Father that He would grant us according to the riches of His glory, that we may be strengthened with power through the Spirit in the inner man.**

**Ephesians 3:14, 16 [ESV]** "For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being,"

**29. We should pray the Lord to make us to increase and abound in love toward one another, and toward all men.**

**1 Thessalonians 3:12 [ESV]** "and may the Lord make you increase and abound in love for one another and for all, as we do for you,"

**30. We should pray the God of peace to sanctify us completely, and that our whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.**

**1 Thessalonians 5:23 [ESV]** "Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ."

**31. We should pray for personal nearness and communion with God and the glad contemplation of his beauty.**

**Psalms 27:4 [ESV]** "One thing have I asked of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to inquire in his temple."

**32. We should pray for the gift of the Holy Spirit.**

**Acts 8:15 [ESV]** "who came down and prayed for them that they might receive the Holy Spirit,"

**33. When the joy of the salvation of the Lord has been lost, we should pray for its restoration.**

**Psalms 51:12 [ESV]** "Restore to me the joy of your salvation, and uphold me with a willing spirit."

**C. Prayers for Temporal Blessings.**

**34. We should pray for wisdom.**

**James 1:5 [ESV]** "If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him."

**35. We should pray for our daily bread.**

**Matthew 6:11 [ESV]** "Give us this day our daily bread."

**36. We should pray to the Lord for healing in physical weakness.**

**James 5:14-16 [ESV]** "Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."

**37. We may pray to God for keeping from the wicked who do us violence and the deadly enemies who surround us.**

**Psalms 17:8-9 [ESV]** Keep me as the apple of your eye; hide me in the shadow of your wings, from the wicked who do me violence, my deadly enemies who surround me.

**38. We should pray for the peace of Jerusalem.**

**Psalms 122:6 [ESV]** "Pray for the peace of Jerusalem! "May they be secure who love you!"

**39. We should pray for the peace of the city in which God has placed us.**

**Jeremiah 29:7 [ESV]** "But seek the welfare of the city where I have sent you into exile, and pray to the Lord on its behalf, for in its welfare you will find your welfare."

**40. We should pray for anything which is according to the will of God.**

**1 John 5:14 [ESV]** "And this is the confidence that we have toward him, that if we ask anything according to his will he hears us."

**41. We should pray for everything we need.**

**Philippians 4:6, 19 [ESV]** "do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. . . And my God will supply every need of yours according to his riches in glory in Christ Jesus."

**42. We should pray for our government authorities that we may lead peaceful and quiet lives, godly and dignified in every way.**

**1 Timothy 2:1-2 [ESV]** "First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way."

**Romans 13:1 [ESV]** "Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God."