

Recap: Five Biblical Principles of Prayer

Prayer reconnects us with God: turn up the volume, communicate honestly, and grow in relationship with Him.

THE JOURNEY OF PRAYER

Prayer is communication and relationship with God — not a performance. It reconnects us to Him and helps us turn up the volume of our faith.

THE PRAYER FRAMEWORK

Praise · Repent · Ask · Yield · Examine · Rejoice

“Devote yourselves to prayer, being watchful and thankful.” Colossians 4:2

FIVE PRINCIPLES TO PRACTISE

- 01 Pray with devotion**
Stay committed, watchful, and thankful (Colossians 4:2).
- 02 Pray in every way**
Bring every occasion and every kind of need to God.
- 03 Pray with total honesty**
Pour out your heart; prayer makes room for truth.
- 04 Pray without words**
When words fail, the Spirit intercedes for you.
- 05 Pray to build yourself up**
Prayer strengthens and renews you from the inside out.

CHALLENGE · Practise one principle deliberately each day, then journal what you notice.

MIC CHECK



REFLECTION QUESTIONS

- *Has there been a season when you didn't have words to pray?*
- *How does it help to know the Spirit was interceding?*
- *Can you recall a time when prayer strengthened you internally before circumstances changed?*
- *Which of the five principles do you most want to grow in this month?*

MIC CHECK



GROUP DISCUSSION

- What currently gets in the way of prayer being a devoted rhythm rather than an occasional event?
- Which "kind" of prayer do you practice the least, and why?

What keeps you from being fully honest with God in prayer?

MIC CHECK



From Principle to Rhythm

The steady pattern these five principles produce

Devotion → **Consistency & Steadfastness**

Every Occasion → **Alignment**

Total Honesty → **Honesty**

Dependence on the Spirit → **Surrender**

Building Yourself Up → **Endurance**



Ways to Pray

Praying Scripture

Use the Psalms as a powerful guide for heartfelt prayers.

Praying in Spirit

Allow the Spirit to intercede for you during prayer.

Praying Together

Engage in corporate prayer for collective strength and unity.

Praying with Persistence

Commit to regular prayer, even in challenging circumstances.



GUIDELINES FOR PRAYER

Practical steps to strengthen your prayer life

- Set a specific time and place for daily prayer.
- Start with Scripture; pray a verse or psalm back to God.

Use a model:

- The Lord's Prayer or the
- A.C.T.S. pattern (Adoration, Confession, Thanksgiving, Supplication).
- Keep a prayer journal to record requests and answered prayers.

BUILDING A DEVOTED RHYTHM

- Pray out loud sometimes, even when alone it sharpens focus and sincerity.
- Build in silence, give the Spirit room to intercede on your behalf (Romans 8:26).
- Pray with others, not only in private, community prayer strengthens the body.
- Persist, do not quit praying simply because the answer has not yet come.

The Lord's Prayer as a Template

Address

We begin by recognizing God as our **Father** in heaven, establishing a personal and intimate connection that shapes the foundation of our prayers.

Surrender

By praying "**your kingdom come, your will be done**," we submit our plans and desires to God's greater purpose, aligning our hearts with His.

Provision

Asking for our "**daily bread**" reminds us to depend on God for our physical and spiritual needs, fostering trust in His timely provision and care.

Reasons to Pray

Understanding the Importance of Prayer

Commanded to Pray

We are called to communicate with God regularly.

Invited to Pray

We approach God's throne with confidence through Christ.

Dependent on God

Prayer helps us rely on God, not ourselves.

Powerful and Effective

The prayers of the righteous can change situations.



Command-I Thes 5:17

(Rejoice anyway, thanking Him along the way)

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

Persistent-Luke 18:1

(I am going to keep coming until answer-perseverance rather than just frequency)

"Then Jesus told his disciples a parable to show them that they should always pray and not give up."

Invitation-Hebrews 4:16

We can confidently approach God, experience cleansing of conscience, and live in sincere faith.

"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

Dependent - John 15:5

(Makes reliance a matter of survival, not just wisdom.)

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

Reliable

(relying on him instead of ourselves.)

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight

Powerful and Effective-James 5:16b

(The ability change situations)

“The prayer of a righteous person is powerful and effective.”

Have Faith

(Have to Believe & Forgive-No room for doubt or Unforgiveness)

“Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.”