

Ephesians 6.18-20

At all Times “Kairos” -A critical time; an appointed time

Prayer in the Spirit (v18)

20 (NASB95) ²⁰But you, beloved, building yourselves up on your most holy faith, praying

Romans 8:26–27 (NASB95)

With all Prayer and Petition

Be alert with perseverance – Alert/aware/awake Don’t give up in being ready to pray.

Pray for all the saints- (v. 19) We are all involved in a struggle.

Pray for Paul (v. 19)

He would be able to communicate the mystery of the Gospel. (We need this kind of Prayer)

That he would speak boldly and obediently. You can pray for pastors, small group leaders, kids & youth volunteers. All of us as we share the Gospel and missional living.

Three Realities of Prayer

1. Talking to God- Gratitude/ Laments/ Petitions/repentance

Praise and thanksgiving for the many blessings and graces.

Laments- Concerns and complaints. More than ½ the Psalms are laments.

Petitions- Asking for God’s help, God’s provision, God’s Protection, God’s Power

Repentance, involves confessing our sins and failures, by what we have done and failed to do.

2. Listening to God- Psalm 27:14 (NASB95) ¹⁴Wait for the LORD; Be strong and let your heart take courage; Yes, wait for the LORD.

Lectio Divina, Waiting on God and praying Scripture.

Pray of Examen: Ask, Wait, Listen, and respond. Allow you and God to examen your day. A holy “review”.

Silence- Pausing and waiting quietly for the Lord to speak. Sometimes He speak without words,

3. Being with God- Don’t separate, reading, praying, worshipping into separate acts. They are all part of being with God.

We, with the help and presence of the Holy Spirit, position our heart and posture our soul to be with God.

We read to listen.

We worship to reflect and rejoice.

We wait to yield.

A Way to organize your prayer time

P-R-A-Y

Pause- Quiet your soul. Psalm 62:5 (NASB95)

My soul, wait in silence for God only, For my hope is from Him.

Reflect- Take time to reflect on you. And God. This would include repentance, and rejoicing.

Ask- Petition and make your requests to God. Intercede for others.

Yield- Again, listen for God, wait, and say yes to His direction.

Extra | Ephesians Prayer
Compelled Church February 25-26, 2023

Here are some ways to help you as you communicate with God in prayer.

Read and pray a psalm. Journal thoughts

Take a prayer walk, get in nature and receive the love of Jesus Christ.

Time or repentance. Take time to confess sins, ask forgiveness taking time to explore why? Praying to Jesus.

Listen prayerfully to Lectio 360

Pray through the Lord's prayer.

Recite prayerfully the Apostle's Creed

Lectio Divina (Praying Scripture)

Pray in the Spirit, in tongues, as the spirit leads you in native language.

Feeling evaluation? Why are you angry? Afraid? Worried? Happy? Troubled? Give them all to Jesus. Be grateful. Talk to the Lord about these.

Praying for yourself, each family member, and your church and pastors.

P-R-A-Y Pause and quiet yourself in Jesus, Rejoice and reflect on God goodness –Ask – Yield to God's will

Pray the "Prayer of Examen" by Ignatius

Read and Pray Northumbria Daily Office (online)

Fast and pray

Take a Sabbath, put away all Social Media and delight in Jesus. Enjoy His presence.

Write out a prayer of intercession to a friend and give it to them.

Quiet and spend time contemplating what Jesus is saying to you

Review tomorrow, today's thoughts, impressions, and what Jesus said to you

Give something up for Lent and every time you feel that sacrifice pray and thank Jesus for His Sacrifice.

Ephesians 6:18–19 (NASB95)

¹⁸With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints, and pray on my behalf, that utterance may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel,