



Tuning Up: Part 2

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Why pray?

- Prayer is one of the key tools God uses to _____ me
- Prayer is a way for me to _____ with God on a personal level
- Prayer provides the space to _____ my sin, ask for forgiveness and commit to realign my thoughts, feelings, and actions with God's Word

Prayer 101: Prayer...

- Is simply conversing with God—**talking** to Him, **listening** to Him, **being** in His presence.
- Includes sharing your thoughts, feelings, doubts, problems, complaints, hopes, joys.
- Involves confessing sin, worshiping God, committing yourself to obey Him, giving thanks and making requests for yourself and others.
- Can be done anywhere, at any time, under any circumstances.
- Can be hindered by sin and should be fueled by God's Word.

Psalm 145:18; Matthew 22:37; John 17:3; Jeremiah 29:13; Psalms 66:17-18, 139:23-24; 1 John 1:7-9; Proverbs 28:13; 2 Timothy 3:16-17; Romans 10:17; Matthew 4:4

The Ultimate Case Study in Prayer: _____

Luke 3:21-22, 6:12-13, 9:15, 28-29, 22:19, 39-46, 23:46

The Lord's Prayer: _____ & _____ *Luke 11:1-13, Matthew 6:5-15*

_____ - *Our Father in heaven, hallowed be your name.* (v. 9)

_____ - *Your kingdom come, your will be done, on earth as it is in heaven.* (v. 10)

_____ - *Give us this day our daily bread,* (v. 11)

_____ - *and forgive us our debts, as we also have forgiven our debtors.* (v. 12)

_____ Weakness/Dependance - *And lead us not into temptation, but deliver us from evil* (v. 13)

Guidelines for effective prayer:

Psalm 34:15; 1 Peter 3:12; James 5:6

- Prayer involves _____ talking and listening
- Our prayers are a _____, never a demand or bargain
- God answers... *Isaiah 55:8-9; 1 John 5:14; Colossians 1:9*
 - If He sees fit
 - As He sees fit... _____ *Exodus 33:18-23*
 - When He sees fit



Online Notes

Follow us for encouragement during the week --->



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KEEP
READING



- Motives _____ *James 4:2-3*
- Pray in line with God's _____ the Bible
James 1:5; Matthew 22:37-40; Matthew 28:19-20
- Pray _____
Philippians 4:6; Matthew 20:29-34
- Pray _____
Luke 18:9-14
- Make _____ to pray
Psalm 55:17; Daniel 6:10; Acts 3:1

Memory Verse

*Don't worry about anything; instead, pray about everything.
Tell God what you need, and thank him for all he has done.*

Philippians 4:6 NLT

Prayer Resources:

Five Basic Types of Prayer

1 Timothy 2:1-2

- 1. Praise and Thanksgiving** – Praise and thanksgiving are the primary ways we give daily adoration and worship to God. *1 Thessalonians 5:16-17; Hebrews 13:15; Psalm 22:3, 50:23, 100:1-5*
- 2. Confession** – Consistent confession is the primary way we receive God's forgiveness and maintain a Spirit-filled life. *2 Chronicles 7:14; Proverbs 28:13; Psalm 51:6-10; 1 John 1:9; Matthew 5:23*
- 3. Petition** – Petition is the type of prayer in which we present our individual needs and desires to God. *Philippians 4:6-7; Hebrews 4:15-16; John 15:7; 1 John 5:14-15*
- 4. Intercession** – Intercession is the type of prayer that focuses on the needs of others.
1 Samuel 12:23; Ezekiel 22:30; 2 Timothy 2:1
- 5. Meditation** – The act of reflecting on God's Word and quietly listening for His still small voice.
Jeremiah 29:13; Psalm 1:2, 63:6, 77:12, 143:5, 119:15, 48

Categories of potential sin in our life:

- Sins of thoughts and attitudes *Matthew 15:9; 2 Corinthians 10:5*
- Sins of speech *Matthew 12:39; James 3:10; Deuteronomy 5:11*
- Relational sins *Matthew 5:23-24*
- Sins of commission *1 John 1:9*
- Sins of omission *James 4:17*

Other Recommended Resources:

[Names and Attributes of God](#) by The Navigators

[Praying through your Neighborhood](#) by The Navigators

[Praying the Bible](#) by Donald S. Whitney

[Talking With God](#) by Adam Weber



Online Notes

My next step today is to...

- Memorize Philippians 4:6
- Accept Jesus as my Lord and Savior for the first time!
- Replace worry with Prayer this week.
- Commit to praying for (intercession) a different friend or family member each day this week.
- Take the next step of baptism on May 19th
- Attend the rest of the Traction teaching series (as much as possible)
- _____