

Abiding Light Ministries

LEARNING TO PRAY

1. WHAT IS PRAYER?

- a. Conversation with God.
- b. Dialogue between two persons who love each other.
- c. Communion between two kindred spirits.
- d. Children talking with their Father.
- e. Finite communing with Infinite; creature communing with the Creator.
- f. The breath of the soul.
- g. Letting Jesus into our needs. Giving Him permission to employ His power to alleviate our distress.
- h. An honest, open confession of need. An acknowledgment of helplessness.

2. WHY PRAY?

- a. Jesus told us to. *Luke 18:1*
- b. His example teaches us to. *Matthew 14:23; Mark 1:35*
- c. Our own helplessness and inadequacy compels us to. *John 15:5*
- d. The results demand that we do. *Matthew 7:7-8; Philippians. 4:5-7; 1 Peter 5:7*
- e. Maintaining continuity of fellowship with God requires it. *Matthew 6:6; 1 John 1:9; 2 Chronicles. 7:14*
- f. Our longing after God compels us to.

3. HINDRANCES TO PRAYER

- a. Self-conscious awareness of others.
- b. Lack of knowledge and experience.
- c. Preconceived misconceptions regarding:
 1. Language to be used; style, quality, vocabulary.
 2. Length of prayers.
 3. Form.
 4. Posture, place, time, circumstance.
- d. Lack of discipline.
- e. Failure to see the need.
- f. Pride.
- g. Timidity. *2 Timothy 1:7*

4. ESSENTIALS TO PRAYER

- a. Faith. *Hebrews 11:6; James 1:6-8; Matthew 21:21-22; Mark 9:23-24; Mark 11:24*
- b. According to God's will. *1 John 5:14-15; James 4:3*
- c. In Jesus' name. *John 14:13-16*
- d. In purity of heart. *Psalms 66:18; Proverbs 28:9*
- e. Complete forgiveness for all others. *Mark 11:25; Matthew 6:12; Colossians 3:13*

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5. NEW TESTAMENT PRAYERS

- a. *Matthew 6:9-13*
- b. *Ephesians 1:16-23; 3:14-21*
- c. *Philippians 1:9-11*
- d. *Colossians 1:9-13*
- e. *Jude 24-25*

6. HELPFUL SUGGESTIONS

- a. Be honest.
- b. Be frank.
- c. Be confident. *Philippians 4:6*
- d. Be yourself.
- e. Be brief and to the point. (groups)
- f. Be constantly aware of God's presence.
- g. Be bold.
- h. Pray aloud.
- i. Pray at appointed times and as you are made aware of needs. *Ephesians 6:18; 1 Thessalonians 5:17*
- j. Pray unselfishly with regard to time and frequency. (group)

7. THE ADVANTAGE OF PRAYING WITH FELLOW CHRISTIANS

- a. Because of the promise of Jesus for such. *Matthew. 18:19-20*
- b. Because of the power of the sum total of the whole is greater than the power of the individual sum total.
- c. Because burdens shared become lighter. *Galatians 6:2*
- d. Because when together we become bold and honest and ask for things that we never intended.
- e. Because it unites us with other brothers and sisters in trust, love, and concern.
- f. Because it helps deliver us from our self-consciousness, timidity, and develops a Godly boldness within us.
- g. It serves to encourage us as we learn that other believers are being confronted with the same problems, tensions, failures, etc. as we are.