



PRAYER – The Believers Life

Jason Willock

Jesus said, "This is how you should pray: 'Father, may your name be kept holy. May your Kingdom come soon. Give us each day the food we need. And forgive us our sins, as we forgive those who sin against us. And don't let us yield to temptation. (Luke 11:2-4, NLT)

What Is Prayer?

In its simplest form prayer is talking to God. It is a direct address to God, the direct communication between human soul and the God who created us. It has everything to do with bringing the soul into complete communion with God. It is the primary way to communicate our desires, needs and emotions with God and fellowship with Him.

Why Is Prayer Important?

The importance of prayer is something that we need to understand. Prayer is a pillar, a foundation stone of the believer's life. Prayer is an absolute necessity. It is a necessity because without faith it is impossible to please God and our prayers are an expression of our faith. It cannot be that prayer was a necessity for Jesus and simply an unexplored activity for us, a necessity for Christ and an option for me.

1. God commands us to pray:

We should pray because, God expects us to pray. So many times, in the Bible we are encouraged to pray.

- James 5:16 "Pray for each other so that you may be healed"
- 1 Thessalonians 5:17 "Pray without ceasing"
- Colossians 4:2 "Devote yourself to prayer"

2. Prayer changes lives:

God can do more through our prayers in 10 seconds than we can do in an entire lifetime. Prayer changes situations, prayer changes lives. (Mark 11:24)

3. God shapes the world through prayer:

The greatest talent that God gives to any man or woman in the world is the talent to pray. Thus, in every circumstance of life, prayer is the most natural out-pouring of the soul. (Luke 12:31)

4. God acts when we pray:

People pray, God acts. Humans intercede the divine intervenes. Pray in all circumstances, as pray develops our relationship with God and our dependence up on Him. (1 John 5:14)

How Do We Pray?

Essentials to our prayer life:

- We need to confess our sin to God to renew that covenant of grace He has with us. (1 John 1:8-9)
- We need to remove the dust of this world from ourselves by washing ourselves in the water of God's word. (James 1:23-25)
- We need to seek the fresh oil of the Holy Spirit to release a powerful flow of his anointing and help us to seek the light we so desperately need. (Ephesians 5:18)
- We need to give our incense to God through pressing in with intercessory prayer before his throne. (Romans 12:12)

Hindrances to our prayer life:

- The busyness of life - Sometimes our lives can get so busy that we don't get time to pray. (Ephesians 5:15-16)
- Good times keep on rolling - The truth is, sometimes it's the good times in life that we enjoy that keeps us from praying. (Deuteronomy 8:10-11)
- Past unanswered prayer - When you have been praying for something for a long time, without any result in sight, you can be tempted to give up and stop praying for that particular thing. (Luke 18:1)

Jesus example of how to pray:

Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. (Mark 1:35, NLT)

- A certain time - Jesus got up early in the morning to pray.
- A certain place - He found a place to pray without life's distractions. (Matthew 6:6)
- A certain plan - Go into prayer with a plan.



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1. **Father:** Make a connection with God as His child. (Romans 8:15)
2. **May your name be kept holy:** Worship in His name. (Proverbs 18:10)
3. **Give us today the food we need:** Provision and prosperity. (Psalms 121:1-2)
4. **Forgive us our sins, as we have forgiven those who sin against us:** The importance of maintaining godly relationships. (John 1:9)
5. **And don't let us yield to temptation:** Be ready for battle. (Ephesians 6:12)

How Do We Develop a Habit Of Prayer?

Cultivating a lifestyle of prayer - We must cultivate a heart for prayer if we are going to create the lifestyle of a praying believer.

Change your lifestyle - Prayer is the basis for intimacy with God. Make room for it every day. Set yourself reachable goals if you miss a time, you can make it up. (Ephesians 6:18)

Read the word - Daily bible reading is the key to growing in God. It's the compass that helps us through life's storms. His word is light in the darkness and a lighthouse on the sea. (Joshua 1:8)

Praise and worship - Praise and worship are markers of a power-filled prayer life. Praise and worship help us to know God's voice even more and fine-tune our emotions to align with Him. (Psalms 7:17)

Go to church - Praying at home is great, but it's no substitute for church attendance. It's within a church family that your prayer life can be joined with others to create a momentum of prayer. Prayer is a priority; pre-prayer is not a time we should be willing to miss. (Hebrews 10:25)

Spurgeon - "*Brethren, we shall never see much change for the better in our churches in general till the prayer meeting occupies a higher place in the esteem of Christians.*"

Conclusion:

In conclusion, whatever you do, don't let go of a life of prayer. Seek to deepen it and saturate it with the word of God. What the church needs, what the world needs, is people who have been in the presence of Christ, people who pray continually. As believers, it is our duty to pray. If we call ourselves believers but neglect prayer, who are we really? Prayer is a believer's superpower, a direct path to the king of kings. If all our knowledge of God does not lead us to pray, then there is something wrong somewhere. If we find ourselves neglecting this basic duty, in the end we find ourselves neglecting the joy of being in His presence and the refreshing communion of His love.