

Prayer

3/27/24
Page 7

1. What should I refer to God as: God, Father, Lord, or something else?

- In scripture, God is what He is most commonly referred to
- Jesus most regularly refers to God as Father and He does this 165 times
- He is our Lord, Father and God – 1 Peter 1:3
- All of these are appropriate
- You can refer to Him as any of these because He is all of these
- In prayer we all gravitate toward calling God different things
- All of these are good and appropriate

2. How should you end your prayers? Why do people say “Amen”?

- Often time we think that amen means prayer is over or it's a que to look up
- It's much more than just an ending to our prayers
- The word Amen is a Hebrew word
- There is a connection between verily, verily and amen
- Amen means, let it be so
- We are agreeing with what the person has said
- A lot of the Psalms end with amen – **Psalm 72:19, Psalm 41:13**
- Paul used the word amen a lot in his speaking – Romans 1:25, 9:5, 11:36, 15:33
- Today it is used at the end of a sentence
- It doesn't have to be used like this
- In our culture ending our prayers with amen is normalized

“I pray because I can't help myself. I pray because I'm helpless. I pray because the need flows out of me all the time, waking and sleeping. It doesn't change God. It changes me.” – C.S Lewis

Prayer

3/27/24
Page 8

3. Why do we pray before we eat?

- As believers we are to have gratitude – **Ephesians 5:20**
- The point of praying before we eat is to thank God - Matthew 6:11
- It slows us down in a busy life to remind us that we are not Gods and we must turn to him
- Everything started with God, The whole process of getting food to your plate, God has been a part of the process
- I am not just talking about cooking the food
- Its growing the plant, killing the animal
- We are thanking God for what he has provided
- Jesus regularly thanked God
- This isn't to be legalistic
- Jesus prays for the feeding of the 5 thousand and at the Last Supper – **Matthew 14:19, Matthew 26:26-29**
- This is something we should do with everything he gives us – **1 Timothy 2:1**
- Thankyou for, family, friends, a roof over my head, a place to sleep, waking up this morning, ect... - Romans 8:32
- There isn't a thing we can't and shouldn't thank Him for – James 1:17
- Praying for your food is a great habit to get into but it should spill out into other areas of your life

4. Do I have to kneel, bow my head, close my eyes, ect...?

- There is a reason that we do this today
- Scripture doesn't tell us that we have to do this
- We close our eyes to avoid distractions
- Doing this helps us to focus on him and not what everyone else is doing around us
- This is something that is helpful in a busy life to not get distracted with what is happening around us
- We bow our head in reverence and respect to God – Proverbs 22:4
- We kneel for the same reason
- We do this because he is the almighty God
- This isn't because we have too