

What is Prayer?

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“In the first place, prayer will promote our personal piety, our individual holiness, and our individual growth into the likeness of our Lord and Savior Jesus Christ as almost nothing else - as nothing else but the study of the Word of God. These two things, prayer and study of the Word of God, always go hand in hand, for there is not true prayer without study of the Word of God, and there is no true study of the Word of God without prayer.” – **Ruben A Torrey**

1. What Is Prayer?

- Prayer is an encounter with God that is initiated by God in which we humbly communicate and worship the Lord
- We confess our sins and transgressions
- We ask him to fulfill both our needs and the desires of our heart.
- Our need for prayer must be central, not peripheral, in our lives and families and ministries – Mark 11:24

2. Why Pray?

- Prayer moves the hand of God
- Prayer physically does things
- It's a relationship, a back and forth with God
- We get given the opportunity to communicate to our creator
- He wants to hear from his children – James 5:13

3. When Should We Pray

- The simple answer is all the time
- There is never a bad time to pray – Colossians 4:2-3
- We need prayer on the mountain tops and valley lows
- Everyday of our lives
- There is never a bad time to talk to the Lord

4. What Do We Pray For?

- **Thanksgiving** – Thanking the Lord for what he has done
- There are endless things to be thankful for – Philippians 4:6-7
- The biggest of all being Salvation
- **Confession** – Confessing sin, mistakes – **Matthew 26:41**
- We all fall and make mistakes, this is just turning to Him and admitting the mistake – James 5:16
- God is right there and willing to forgive us
- **Intercession** – Asking God on behalf of someone else for something
- We all can think of people we know that need prayer
- From big things to small things - Matthew 7:7-11
- **Supplication** – Asking God humbly for something
- Things that we need – 2 Chronicles 6:21

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5. Are We Required Too Pray?

- Prayer is a part of growing in your faith
- We need to be connected with God
- **Philippians 4:6-7, 1 Thessalonians 5:17**
- We shouldn't think of it as we have to pray
- We should think of it like we get to pray
- It's a blessing to get to talk with your heavenly father

6. Stumbling Blocks In Prayer

- **Desire** – The lack of wanting to pray
- This is common we all have these moments
- We need to break through the desire and do what is right
- **I am not sure what to pray so I am just not going to pray**
- We all have said this, God knows the heart
- He knows what you want to say – **Romans 8:26**
- A prayer isn't better because its longer and more eloquent – Matthew 6:7
- What you say doesn't mean as much as where your heart is
- **Judgement** – Looking down on someone for the way they pray
- We do this so often and we don't think about it
- This comes naturally and it creates a fear in us
- I don't want to pray because I know people are going to look at me differently
- **Unanswered prayers** – not answered in the way we want – Proverbs 15:29
- When we don't get things answered my way we start to doubt
- This continues and now changes the way we view God
- He is good through it all even if He doesn't do what we want
- When we think this way, we need to change our focus off of us
- He answers things in accordance too his will

“Prayer is as natural expression of faith as breathing” – **Jonathan Edwards**