

## PRAYER

### SPIRITUAL DISCIPLINES COURSE - KVCC

One day in a place where Jesus had just finished praying, one of His disciples requested, “Lord, teach us to pray, just as John taught his disciples.” – Luke 11:1

From this, we see that **prayer is something that we** \_\_\_\_\_

Popular forms of Christianity are obsessed with teaching us how to live \_\_\_\_\_ God, but they rarely \_\_\_\_\_ us to actually live \_\_\_\_\_ Him. – *Skye Jethani*

## PART 1: DEVELOPING A PRAYING LIFE, NOT JUST A PRAYER LIFE

### STATS ON PRAYER

\_\_\_\_\_ of American adults pray at least once every 3 months

\_\_\_\_\_ report praying every day

\_\_\_\_\_ say praying regularly is an essential part of their Christian identity

#### A PRAYER LIFE

- \_\_\_\_\_ times for prayer
- \_\_\_\_\_ from life
- Suggests needing to be counted/quantified
- Prayer as another task/action
- Like \_\_\_\_\_

#### A PRAYING LIFE

- Prayer at \_\_\_\_\_ or \_\_\_\_\_ times
- \_\_\_\_\_ with life
- Counting/quantifying becomes irrelevant
- Prayer embedded in all tasks/actions
- Like \_\_\_\_\_

### **A Good Definition of a Praying Life:**

Don't seek to develop a prayer life – seek a praying life. A “prayer life” is a segmented time for prayer. You'll end up feeling guilty that you don't spend more time in prayer. Eventually, you'll probably feel defeated and give up. A “praying life” is a life that is saturated with prayerfulness – you seek to do all that you do with the Lord.” – *Dallas Willard*

## **PART 2: PRAYER AS COMMUNION, NOT JUST COMMUNICATION**

### **Communion: → Note the word “union”**

Not just cooperation or communication, but communion. A life intimately shared and lived out in union our Creator.



#### **Upward Prayer: The \_\_\_\_\_ Side of Prayer**

Where we lift our desires, concerns, needs and confessions to God



#### **Downward Prayer: The \_\_\_\_\_ Side of Prayer**

Where we draw upon the power of heaven to see God's will done on earth as it is in heaven

## **PART 3: PRACTICAL STEPS TO MORE EFFECTIVE PRAYER**

### **5 Things That Hinder Our Prayers**

- Unbelief (Matthew 21:21-22)
- \_\_\_\_\_ (Mark 11:25-26)
- Unconfessed Sin (2 Chronicles 7:14; Psalm 66)
- Wrong \_\_\_\_\_ (James 4:3; John 15:7-8)
- Not Praying the \_\_\_\_\_ \_\_\_\_\_ (1 John 5:14-15)

### **Prayer Superheroes & Sloths \_\_\_\_\_ Apply**

The ideal disciple is the one who is attuned to Christ's \_\_\_\_\_ and sees the world with that \_\_\_\_\_ in his or her \_\_\_\_\_. – *Ronald Rolheiser*

#### 4 Tips for Strengthening Your Praying Life – Tim Keller

1. Read & summarize the \_\_\_\_\_
2. \_\_\_\_\_ between Bible reading & prayer
3. Pray in the morning & \_\_\_\_\_
4. Pray with greater \_\_\_\_\_

#### Don't Base Your Prayers On Feelings

"We should not decide how to pray based on the experiences and feelings we want. Instead, we should do everything possible to behold our God as he is, and prayer will follow. More clearly we grasp who God is, the more our prayer shaped and determined accordingly." – *Tim Keller, Prayer*

#### Make God-Centered Requests

One of the reasons prayer breaks down in our lives is because we ask for the wrong things. Prayer gets twisted and warped into a futile attempt to manipulate God into hooking us up. Nothing could be further from God's heart. Jesus teaches us to pray "in his name." He says, "If you ask me for anything in my name, I will do it." Later he says, "The Father will give you whatever you ask in my name." [18] What does it mean to pray "in Jesus' name?" In Jewish culture, your name was attached to your nature or your character or your personality. "In Jesus' name" is not a magic formula like "open sesame" or hollow religious liturgy. To pray in Jesus' name is to pray in alignment with his heart, to pray in harmony with his desires and hopes and plans, to make requests you know are in line with God's will. – *John Mark Comer, My Name is Hope*

#### Know How To Pray In Hard Times

Often, when times are hard or painful, we pray for those things to be removed from us. But in the bible, that's not how we see it working. Should we pray for a change of circumstance, or to endure? Jesus prayed in right balance in Gethsemane: let this cup pass from me if possible, yet not my will but yours be done. He petitioned for the circumstances to change but acknowledged God's sovereignty and submitted to it. – *A Study of Letter 130 by Saint Augustine*

Plus...

Hard doesn't always mean bad. – Pastor Josh ;)