

**Spiritual How-to's**  
**"How to Pray"**  
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**Intro-** In these sessions we share tips on how to please the Lord. You'll find brief, bible, basics on things that you can do that will genuinely please the Lord.

**Today's topic – How should we pray?**

**Intro:** Communication is a foundational pillar in every relationship and the lack of healthy communication will weaken any relationship.

**I. Prayer is communication with God/Jesus.**

**A. That's the simplest way to explain prayer.** It is talking with God in a two-way conversation. It is not a one sided "gimme" list. Because we are in relationship with Him, there is mutual conversation and exchange.

1. Consider a friendship of yours – sometimes you:
  - a. share what's happened
  - b. ask for advice
  - c. listen to their experience
  - d. agree/disagree with them
  - e. laugh, cry, eat, drink, celebrate, or sit in silence
2. In our relationship and conversations with the Lord, there are similar exchanges.

**B. Prayer is continual conversation with God.**

1. Pray without ceasing. 1 Thes. 5:17
2. Pray with all kinds of prayers. Eph. 6:18
3. The book of Psalms shows us all kinds of prayers
4. Example – 1 word prayer, intercession

**II. Jesus prayed to God, His Father. We find one time in Luke 11:1-13**

**A. When He finished, his disciples said, "Lord, teach us to pray like John taught his disciples..."** They wanted a model prayer like John gave his disciples, so Jesus gave them this model prayer

1. It's called The Lord's Prayer, but really is The disciples Prayer
2. The Lord's actual prayer to God is found in John 17

**B. Here's the model prayer for our communication with God:** Luke 11:2-4;  
Matt. 6:9-13

1. Father/Abba, You are holy
2. Rule over my life, and also bring your rule to the whole earth
3. I look to you for my daily needs

4. Please forgive me of my shortcomings

5. Lead me each day in your ways

C. In Luke's account, he then goes on to explain **three more caveats**: Luke 11:5-13

1. Don't be afraid to make "midnight" requests

2. Ask and seek and knock. Be persistent

3. A Father knows how to give good gifts to his kids

III. Jesus had some other specific **DO's and DON'TS about prayer**. Luke 18:9-14; Mat. 6:5-13

A. **DON'TS**

1. be like the hypocrites who pray to be seen

2. use empty phrases and babble on because you think more is better

3. be arrogant and judgmental

4. be religious

B. **DO'S**

1. go into your room, shut the door & **SAY**

2. use the elements of the model prayer

a. Holy Father in heaven

b. bring your kingdom to earth and reign in my life

c. provide my needs today

d. forgive me

e. lead me

LORD! I need you!

3. cry for mercy

4. be humble

5. be impudent (offensively bold! Midnight requests)

6. be persistent, keep on asking, seeking and knocking

7. remember, He is a good Father

\* DO not get hung up on pattern or ritual.

IV. **Prayer is your communication with God**, your partner.

A. **You align yourself with His will and kingdom & ask for His provision, forgiveness and guidance.**

B. When you do, don't be **surprised when He shows up** in your prayer time and place and speaks to you. Answers you. Questions you. Is there with you.

1. Your prayer times will be marked by His presence.

2. You will be thrilled and anxious to meet with Him again and again.

3. It is a foundational pillar of your relationship with Him.

V. Key verses about prayer.

A. **Pray and do not lose heart.** Lk. 18:1

B. Pray for your enemies Mt. 5:44

C. **We don't know how to pray as we ought, the Holy Spirit helps us** Rom. 8:26

- D. Pray in every place 1 Tim. 2:8
- E. Pray for one another Jas. 5:16
- F. **They devoted themselves to prayer** Acts 1:14
- G. Continue in prayer Col.4:2
- H. **We are made holy through the Word and prayer** 1 Tim. 4:5
- I. Our prayers are like incense before God Psa. 141:2
- J. **The prayer of a righteous person is effective and powerful** Jas. 5:16
- K. **Pray with all kinds of prayers** Eph. 6:18
- L. Hear my prayer, O Lord Psa. 143:1

#### **VI. So, how do you pray?**

1. Find a quiet place & unplug (room, location, car)
  2. **SAY** your prayers, don't think them (out loud, talk)
  3. talk to God humbly and genuinely (be real)
  4. include the 5 parts of the model prayer (as often as possible)
  5. listen for His voice and input during prayer (let Him talk)
  6. Thank Him
  7. repeat
- \*\* Note – There isn't a formula for being genuine with God. Just be genuine & listen, too

**Closing – We can pray all kinds of prayers, because there are all kinds of conversations to have with our heavenly Father. The point is, we MUST have them, talk to Him, pray. THAT is what any parent wants, regular conversation with their child.**