

A quick guide on Prayer:

Prayer is simply a conversation with God. A interaction between a child and his Daddy. It is not something to be afraid of or intimidated by. It is a powerful way by which our All powerful, merciful, God interacts with us as he transforms our lives each day to trust and enjoy him more.

As Christians.. our Prayers are Trinitarian.

Meaning, **our prayers are to the Father.. through the son .. by the Holy Spirit.**

1 Timothy 2:5 For there is one God, and there is one mediator between God and men, the man Christ Jesus,

Romans 8:15 & 16 - you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" **16** The Spirit himself bears witness with our spirit that we are children of God,

How not to Pray:

Matt 6:5 **5** "And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. **6** But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. **7** "And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. **8** Do not be like them, for your Father knows what you need before you ask him.

Verse 7 - **Do not pray like Irreligious people do.**

Irreligious people have no real relationship with God and therefore they "**heap up Empty phrases**"

Verse 7 - **Do not pray like Religious people do.**

Religious people like to put themselves in public to press their self-righteous ways on other people. They like to use lots of fancy words and go on and on in an effort to be impressive to God and others.

A Self Righteous man's prayer is proud and full of posturing...

GOSPEL centered prayer is humble and authentic. GOSPEL prayer is respectful and not bossing God around.

On that note... here is a Gospel Centered way to approach prayer!

How to Pray:

PRAISE REPENT ASK YIELD

STEP 1: PRAISE

Yours, O LORD, is the greatness, the power, the glory, the victory, and the majesty. Everything in the heavens and on earth is yours, O LORD, and this is your kingdom. We adore you as the one who is over all things. -1 Chronicles 29:11

When you begin a prayer in Praise you are approaching God with total respect and honor. By praying out our praises for who God is we make prayer first and foremost about his Glory and not about us & what we are looking to get from God! It's about God & how great He is.

Psalm 66:17 For I cried out to him for help, praising him as I spoke.

As you praise him, express your gratitude and thanks to God not “just” for what he has done and for what he is doing but for WHO HE IS!

1 Thessalonians 5:17-18 ¹⁷Keep on praying. ¹⁸No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus.

STEP 2: REPENT

If I had not confessed the sin in my heart, my Lord would not have listened. Psalm 66:18

Our reality in Christ is, we “are” forgiven of all past, present and future sin!
So, when we discover sin in our lives what we need is to **Confess & Repent**.

First, Confession is “to agree together with”.

God already understands and knows all our sin!

Confession is when you understand and agree with him that it is sin and that you are no longer making an excuse for it. -

Confession is admittance!

If we say we have no sin, we are only fooling ourselves and refusing to accept the truth.

-1 John 1:8

When we pray, it is good to take time to be quiet before God because the Holy Spirit will reveal to us things we don't think of.
The Sin that we need to acknowledge.

How can I know all the sins lurking in my heart? Cleanse me from these hidden faults. Keep me from deliberate sins! Don't let them control me. Then I will be free of guilt and innocent of great sin. -Psalm 19:12-13

Honest & humble confession sets the heart up for true Repentance.

Repentance is “Rethinking your strategy for living in light of the Gospel.”

It is taking a new direction that honors God.

Repentance is how you remember who you really are in Christ!

STEP 3: ASK

“Don't worry about anything, instead pray about everything. Tell God what you need and thank him for all he has done!” -Philippians 4:6

God wants us to make our request known to him in prayer.

This is a way that we recognize that “*all things are from him, through him and to him.*” **Romans 11:36**

The key is to “**bring your need ..not your greed.**”

¹⁶So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it. **-Hebrews 4:16**

Our God is not distant or unapproachable. The Vail has been torn so that in Christ we can reverently but boldly come to him with anything we need.

¹⁴And we can be confident that he will listen to us whenever we ask him for anything in line with his will. ¹⁵And if we know he is listening when we make our requests, we can be sure that he will give us what we ask for. **-1 John 5:14-15**

If we truly understood the power of prayer & how important it is. Then we wouldn't pray just once for something, but all the time, ..in some ways it's our constant submission that's more important than what we are asking for !

STEP 4: YIELD

"Father...not my will, but yours be done" -**Luke 22:42**.

Prayer is about us recognizing God is in control. Submitting to that control is to **ask for things** with the understanding and peace that the outcome is His to decide and ultimately what he decides is what is best for his Glory and our Joy!

Have you ever wondered why God doesn't answer your prayers exactly the way you want him to?

→ As God's children, we don't always know what's best for us. Instead of grumbling about "unanswered" prayers, we should be thankful God doesn't always answer our prayers the way we think he should.

***We need to remember that God's will is not always our will.**

When we pray for God's will to be done, we shouldn't be trying to manipulate God into rubber-stamping what we have already decided to do.

To frame the words of our prayers in "YIELDING" language is a way that we submit our desires to him. In the end it is our way of acknowledging that he will be the one to truly satisfy us anyway.

You are able to yield important things to God because you believe that God's will and plan is better than yours. His foresight is further and his love is greater than we have for others and even ourselves.

*"Now is my soul troubled. And what shall I say? 'Father, save me from this hour'? But for this purpose I have come to this hour. Father, glorify your name." Then a voice came from heaven: "I have glorified it, and I will glorify it again" -**John 12:27-28***