

We believe discipleship is a direction
not a destination.



Prayer: Does it Make a Difference

Week 5

Course Outline

- **The Language of Prayer**
 - **Week 5 Ch 12-13**
 - I pray all the time, but...
 - It takes time and practice
 - **Week 6 Ch 14-15**
 - What do I say?
 - When we don't hear anything



Course Outline

- **Prayer Dilemmas**
 - **Week 7 Ch 16-17**
 - Unanswered prayer, whose fault is it
 - Living with not knowing
 - **Week 8 Ch 18-19**
 - Prayer and healing
 - What to pray for if not healing



Course Outline

- **The Practice of Prayer**
 - **Week 9 Ch 20-22**
 - How do I pray?
 - Should I “forward this prayer”
 - Rule #1 Love the Lord your God
 - **Week 10 Review, Conclusions**



The Language of Prayer

Yearning For Fluency

Chapter 12



Scheduled Times of Prayer

- When are you scheduled to pray?
 - Dinner
 - Before class starts
 - Before the sermon
 - At prayer meetings
 - At prayer vigils
- What do you pray about at these times?



Scheduled Times of Prayer

- Is it a good or bad idea to force prayer or schedule it?
 - You must pray everyday at 5:30 am
 - For thirty minutes
 - Or setting up a praying meeting
 - All the important church leaders are there
 - How do these meetings go?
 - Spirit filled and moving
 - A lot of fancy words to sound holy



Should You?

- Should you schedule your prayer time or
 - Should it be a natural flow of the moment, the Spirit?



-Adjusting Expectations-

- Expectation: I take a class on prayer
 - I read and study the book
 - I should be a much better prayer
 - But am I?
- Does this ever work in real life?
 - Philip Yancy gives some examples
 - Sex and Marriage

Expectations

- Prayer is like sex
 - Sex is the greatest thing ever!
 - If it's bad you're doing it wrong!
 - Prayer is the greatest thing ever!
 - If it's bad you're doing it wrong!
- We glamorize sex and we glamorize prayer
 - We setup expectations that are imposable to meet



Get the Book

- So, we get a book to help in our:
 - Sex life, marriage, prayer life, ...
- With all the books created on these subjects
 - Why are there still so many problems?!
 - I have all the techniques down
 - I have read all the books
 - I am the most versed man on ...
- But I am still not satisfied, why?



Relationships

- Because these subjects are all about the relationship between two people
 - Not the techniques, processes, words
- If the relationship is not strong the act will mean nothing
- All this means you must put effort into the relationship
 - You must value the relationship
 - You must put time into it



-Choosing a Routine-

- How do you “put the time in” for prayer
- Based on the titans of prayer that is done by following this schedule
 - One hour of prayer in the morning
 - Thirty minutes of prayer before bed
 - Minimum! More if possible
- Everyone good with this?



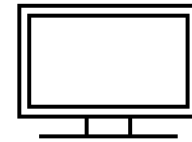
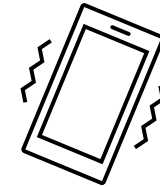
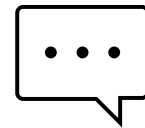
Your Routine

- Of course not!
 - We all have different schedules, stresses, priorities
 - So, the quantity of time we put in will look different
- But if prayer is a priority, then time must be put in
- This means you must make a plan
 - When you will pray
 - Where will you pray



-Showing Up-

- Now the hard part
 - You must show up and do the routine everyday!
- There will be obstacles
 - What are some obstacles to executing a prayer routine?
 - I have other things to do
 - I can't focus
 - The noise of life



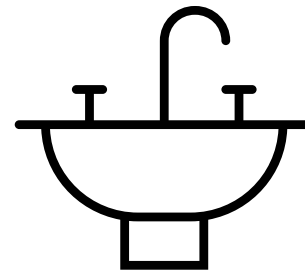
Instant Gratification

- We also live in a world of instant gratification
 - Next day delivery, now same day delivery
 - Pick the show you want to watch now
 - Waiting is HARD for us
- If I must wait or work for it, I'll go somewhere else
 - What are some things we must wait for and/or work at to get?



Differed Gratification

- We have lost the concept of differed gratification
 - Deny immediate pleasure for future gratification
- Is it worth it?
 - An athletes example
 - And now a real life example
 - Doing the dishes



Showing Up

- If you want to have a prayer life that is strong and active
 - You must put in the daily work
 - You don't have to be good at it
 - It doesn't have to be pretty
 - Just show up at the appointed time and pray



-Two Worlds-

- Let's discuss work life and home life
 - Do you like to bring work (troubles) home?
 - Do you like when your spouse bring work (troubles) home?
- The truth is the two worlds often merge and effect each other
 - But when one overwhelms the other trouble happens



Two Worlds

- Having a set time to pray creates space in your day
 - To talk to God about this world
 - And to recognize there is another world out there
 - A more permanent and longer lasting world
- This is time to step away from this world
 - To remove the weight and stress
 - And process, with God, what is happening



Prayer Time

- Should prayer be spontaneous and free
 - Yes
 - But
- Your spontaneous prayers will flow more freely and more often if you
 - Have a regular and disciplined prayer life



The Language of Prayer

Prayer Grammar

Chapter 13



What Do I Say

- Do we fear praying, specifically in a group, because
 - We “Don’t know what to say”
 - Not what to pray about but how to say it
- Mr. Yancy says learning to pray is like learning to read or walk
 - It takes time, and seeing/hearing others do it
- What do you think?



-Prayers of the Bible-

- The Bible is a great place to start for seeing what speaking to God looks like
- Let's look at a few prayers from the Bible
 - The Lords Prayer
 - The Psalms
 - The Prayers of Paul



The Lords Prayer

⁹ Our Father in heaven,
your name be honored as holy.
¹⁰ Your kingdom come.
Your will be done
on earth as it is in heaven.
¹¹ Give us today our daily bread.
¹² And forgive us our debts,
as we also have forgiven our debtors.
¹³ And do not bring us into temptation,
but deliver us from the evil one.

Matthew 6:9–13



The Lords Prayer

“Our Father in heaven,”

- Begin with a term of relationship
- Remind me of where you are from, heaven

“your name be honored as holy”

- God is worthy of honor
- God is holy like we are not with out Him



The Lords Prayer

“Your kingdom come.”

- Pray for God to come to this world
- For the future eternal kingdom

“Your will be done on earth as it is in heaven.”

- This means Gods will not mine is done
- We must surrender to God



The Lords Prayer

“Give us today our daily bread.”

- Pray for what you need today
- For both the physical and the spiritual

“And forgive us our debts, as we also have forgiven our debtors.”

- This is a tough one, forgive me of my sins
- And you are to verbalize forgiveness for others



The Lords Prayer

- “And do not bring us into temptation, but deliver us from the evil one.”
 - Help me to avoid the temptations of this world
 - And the struggles you do have, ask for deliverance from them
 - The struggle you have everyday
 - You know what they are

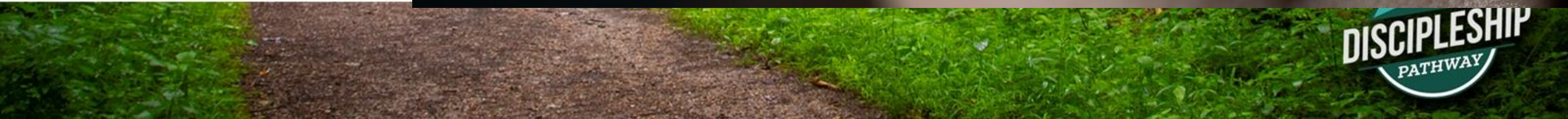


The Psalms

- The Psalms is a hymn and prayer book
 - You will find prayers expressing all emotions
 - Fear, praise, anxiety, anger, love, sorrow, despair, gratitude, grief, doubt, suffering, joy, vengeance, repentance
- Read through the Psalms and you will find prayers you may not realize you should be praying



Psalm 51



Principles of Prayer

- When you study prayers from the Bible you will find
 - Things you don't pray about
 - But should
 - The shallowness of your prayers
 - You will find more passion in some Biblical prayers than in your own
- The following are some principles found in the Psalms



Principles of Prayer

- Work out animosity toward enemies not by gossip or hostility, but by informing God of their injustice and asking God to set things right.
- It's all right to express impatience to God, asking for a speeded-up answer to prayer — and even to spell out God's own interests in achieving the desired results.



Principles of Prayer

- Prayer sometimes involves talking to yourself (“Do not fret ... Trust in the Lord ... Be still”), saying aloud what you know to be healthy but have a hard time putting into practice.
- Focus not just on the unfairness and problems of life, but also on all that does turn out well. Review the good things of the past, and don’t forget in the darkness what you learned in the light.



Paul's Prayers

- Study through Paul's prayers and what do you think you will find?
 - A man who cares about others
 - Paul prays for his readers
 - To resist evil
 - For strength
 - For obedience
 - For Unity



Paul's Prayers

- How often do I pray for other this way?
 - To be honest never!
 - I pray for others health
 - Their protection
 - But never that they are strengthened
 - That they obey Gods will
 - That they resist evil



Paul's Prayers

- We also see Paul praying for specific people
 - Their:
 - Health
 - Travel safety
 - Boldness



Prayers of the Bible

- When we study the prayers of the Bible
 - We will see the shallowness of our prayers
 - And learn how to pray with maturity



-Written and Spoken Prayers-

- What about reading prayers?
 - There are several prayer books written throughout time
 - Are these helpful to read
 - Even during your prayer time?
- They can be helpful in expressing words that you may have trouble expressing



Written and Spoken Prayers

- Spoken prayers or extemporaneous prayers
 - ACTS
 - Adoration
 - Confession
 - Thanksgiving
 - Supplication



Review

- We have discussed why prayer is important
- Our attitude towards prayer
- How to speak to God
 - Bargaining, pleading, anger,...
- But this week we have started how to improve your prayer life
 - Today we have discussed actions you can take



Homework

- Pray these next two weeks in two ways
 - Set a specific time
 - Set a timer for 15 minutes
 - And read the Psalms
 - Start at the beginning
 - Do this everyday
 - This is our practice



Homework

- Next talk to God every time you are alone
 - If you find yourself alone, don't schedule this
 - Tell God what has happen since you last talked
 - Talk like God is a friend
 - Tell Him about traffic, the kids, work
 - What ever you say to your friends when you talk



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