

# Developing a Prayer Life

## Introduction

- A. When it comes to topics that we have covered so far, developing a prayer life is probably one of the most important that we will discuss.
- B. “To be a Christian without prayer is no more possible than to be alive without breathing.” Martin Luther

### **Question: What is Prayer?**

1. The word prayer comes from the Hebrew word “t’pillah” and the Greek word “proseuche.” It means plea and petition. It carries the connotation of meditation, beseeching, and seeking.
  - Prayer is first and foremost, “seeking God”
  - Prayer is simply put, “communicating with God”
  - Prayer involves listening to what God is saying
  - Prayer is also about responding to what God speaks to us when we seek him in prayer
  - Prayer can be audible, silent, and reflective

### **Question: What are some different types of prayer in the Bible?**

1. Adoration. Prayer focused on praising and worshiping God out of love and admiration. Psalm 148:13
2. Thanksgiving. Prayer focused on thanking God for who he is, what he has done, and what he will do. 1 Thessalonians 5:18, 1 Chronicles 16:34-35
3. Confession. Prayer focused on confessing our sins and receiving forgiveness and cleansing through the blood of Jesus. Psalm 32:5, 1 John 1:19
4. Reflection. Prayer of silence where we reflect on who God is. Psalm 63:6

5. Healing. Prayer offered to God for healing. (Physical, emotional, spiritual).  
Jeremiah 17:14, James 5:14-15
6. Deliverance. Prayer to God for help and breakthrough when we face hardships and trials of life. Psalm 107:6
7. Intercession. Prayer to God for help and deliverance for other people. Psalm 107:6, Colossians 1:9-12
8. Blessing. Prayer for God's blessing on people. Numbers 6:24-26, Philippians 1:9-11

### **Question: Why do we pray?**

1. To know him. Colossians 1:9, Ephesians 1:17-20
2. It pleases God. Colossians 1:10, 1 Timothy 2:1-3
3. To receive revelation. Daniel 2:20-22, Ephesians 1:15-17
4. To receive forgiveness for our sins. 1 John 1:19
5. To seek his will for our lives. 1 John 5:14
6. To understand his ways. Psalms 25:4-5
7. To receive grace and help from the Holy Spirit to live for him. Hebrews 4:16
8. To partner with God through the Holy Spirit to bring about his purposes on the earth. Acts 4:29

**\*\*Prayer is all about cultivating a "relationship" with our Heavenly Father. You can't truly know someone without spending time with them! \*\***

### **Question: How do we pray?**

1. In faith and confidence. Matthew 11:24, Hebrews 4:16
2. With praise and thanksgiving. Philippians 4:6
3. With humility from the heart. 1 Peter 5:5, Isaiah 66:2
4. In sincerity and truth. Psalm 51:6
5. To God the Father. Matthew 6:6, Matthew 6:9-13
6. In the name of the Lord Jesus. John 16:23
7. By the power of the Holy Spirit. Romans 8:26, Ephesians 6:18

### **Question: When should we pray?**

1. In the morning. Luke 5:16
2. Throughout the day. 1 Thessalonians 5:17
3. At night. Psalm 63:6, Luke 6:12
4. With other Believers. Acts 1:14, Acts 12:5

### **Question: What happens when we pray?**

1. God changes things. Acts 4:29
2. God changes us. 2 Kings 20:5

### **Ways to develop a consistent prayer life:**

1. Be open to obeying prompts from the Holy Spirit to pray.
2. Set aside specific time each day to spend time in prayer.
3. Cultivate prayer consistently throughout the day.
4. Consider keeping a prayer list of people and situations that you are praying for.

### **Quote**

**“If weak in prayer, we are weak everywhere.” – Leonard Ravenhill**