

Develop Personal Spiritual Habits

Session 2 – Prayer

Prayer

- Jesus expects us to prayer – Matthew 6:5, 6, 7, 9; Matthew 7:7-11; Luke 18:1
- We're commanded to pray a lot – Colossians 4:2-4; 1 Thessalonians 5:17
- We need to pray – John 15:5
- Prayer is blessed and rewarded – Philippians 4:6-7
- Learn to prayer more effectively – learn new techniques, practice, meditate on Scripture, pray with others
- Unanswered prayer...

Technique #1 – the Lord's Prayer

- Pray like this – Matthew 6:9-13
- Pray the themes of each verse
 - V9 -
 - V10 -
 - V11 -
 - V12 -
 - V13 -

Technique #2 – A-C-T-S

- Adoration of God – praise Him for Who He is, learn new language from the Psalms
- Confession of your sins – be specific
- Thanksgiving – delight in what God has done – be exhaustive
- Supplication – lift up the needs of others, then yourself

Technique #3 – Pray Scripture

- Use the language of God to shape your prayers and align them to the will of God
- Psalms of the Day – start with the date, then keep adding 30 (on the 31st use Psalm 119)
- Choose the psalm that speaks to you that day
- Pray through the lines of the psalm – pray whatever comes to mind – this isn't about understanding, it's about letting God's Word guide your prayers