



EQUIPPING THE SAINTS

PRAYER

NOTES

Introduction

Prayer is the vehicle by which we communicate with God. At any hour of the day or night we may bow our heads or hearts to talk with Him; when we do, we are instantly in direct communication with the Living God.

Through prayer God makes Himself constantly available to His children. His “line” is never busy, and He delights to listen to us share our hearts with Him. The author of the Book of Hebrews reminds us that Jesus is our High Priest, who perfectly understands us. There is nothing we cannot bring before Him since He has faced every trial and temptation that we will ever face.

Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession. For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

(Hebrews 4:14-16)



The Lord's Example

As we study the life of the Lord Jesus, time after time we are confronted with His prayer life.

Early in the Morning

And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.

(Mark 1:35)



Amidst a Busy Schedule

But so much the more went there a fame abroad of him: and great multitudes came together to hear, and to be healed by him of their infirmities. And he withdrew himself into the wilderness, and prayed.

(Luke 5:15-16)



An Entire Night

And it came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to God. And when it was day, he called unto him his disciples: and of them he chose twelve, whom also he named apostles;

(Luke 6:12-13) +

After a Busy Day

And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.

(Matthew 14:23) +

During His Last Hours

And he was withdrawn from them about a stone's cast, and kneeled down, and prayed,

(Luke 22:41) +

The Lord's Teaching

Jesus' first disciples, like many of us, really wanted to learn how to pray as God would have them to pray. They asked Jesus one day,

And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples. +

In response to this request, Jesus prayed a prayer which is the perfect pattern for us to build our prayers upon. It has become known as the Lord's Prayer.

After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, forever. Amen.

Matthew 6:9-13 (KJV)

The Lord's Prayer

Address God as Father

Our Father which art in heaven...
Matthew 6:9 (KJV)

All over the world people are praying, but their prayers are not addressed to the One True God.

But our God is in the heavens: he hath done whatsoever he hath pleased. Their idols are silver and gold, the work of men's hands. They have mouths, but they speak not: eyes have they, but they see not: They have ears, but they hear not: noses have they, but they smell not: They have hands, but they handle not: feet have they, but they walk not: neither speak they through their throat. They that make them are like unto them; so is every one that trusteth in them.

(Psalms 115:3-8)

God commanded Jeremiah:

Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not.
 (Jeremiah 33:3)

To simply pray to a *vague* deity or to an idol is not enough. Prayer must be addressed to God, our Father. We as His children have the amazing privilege of calling the all-powerful God, *Father*.

Honor the Name of God

Hallowed be thy Name.
Matthew 6:9 (KJV)

Since God is the Creator and Sovereign Ruler of the universe, He is worthy of our praise and worship. On every page of the Bible we are reminded of this fact.

Praise ye the LORD. Praise, O ye servants of the LORD, praise the name of the LORD. Blessed be the name of the LORD from this time forth and for evermore. From the rising of the sun unto the going down of the same the LORD'S name is to be praised.

(Psalms 113:1-3)

By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name.

(Hebrews 13:15) +

Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created.

(Revelation 4:11) +

Let us never be guilty of not giving God the praise due to Him. Jesus instructed us to begin our prayer this way, for this reminds us that our lives as well as our lips are to bring honor to God.

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

(Matthew 5:16) +

Pray in the Kingdom

Thy kingdom come.

Matthew 6:10 (KJV)

God's desire is to build and establish His Kingdom. Jesus reminds us that this is to be the first priority of our lives.

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

(Matthew 6:33) +

As we pray for the Kingdom, we are reminded that our lives are to be given to building it—not our kingdom, but God's.

Pray and Live Out His Will

Thy will be done in earth, as it is in heaven.

Matthew 6:10 (KJV)

In Heaven God's will is perfectly and constantly carried out, but on earth sinful man has rejected it. We need to pray for God to work out His will on earth through us. Jesus was the perfect example for us to follow in seeking and doing God's will.

For I came down from heaven, not to do mine own will, but the will of him that sent me.

(John 6:38)

Pray for Daily Needs

Give us this day our daily bread.

Matthew 6:11 (KJV)

Here we are reminded that we are to look to God for our daily needs. Many of God's children are looking to their employers, their bank accounts and their budgets, trying to figure out how their needs can possibly be supplied. God has little relevance to them in the everyday things of life. But this portion of the Lord's prayer shows us that God *wants* to supply the things we need. We may be missing some wonderful experiences from God by not prayerfully coming to Him with our needs.

God provided daily bread for the children of Israel.

The people asked, and he brought quails, and satisfied them with the bread of heaven.

(Psalms 105:40)

Jesus sent His disciples out without bread because He wanted them to trust Him to provide their needs.

And he said unto them, Take nothing for your journey, neither staves, nor scrip, neither bread, neither money; neither have two coats apiece.

(Luke 9:3)

+

God knows our needs and will meet them.

But my God shall supply all your need according to his riches in glory by Christ Jesus.

(Philippians 4:19)

+

Jesus is the Bread of Life. We should be reminded that He is the source of our daily bread.

And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

(John 6:35)

+

Pray With a Forgiving Spirit

And forgive us our debts, as we forgive our debtors.

Matthew 6:12 (KJV)

God has forgiven us entirely. He has forgotten our sins and put them far from Him.

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As far as the east is from the west, so far hath he removed our transgressions from us.

(Psalms 103:12)



...For I will forgive their iniquity, and I will remember their sin no more.

(Jeremiah 31:34)

The tragedy of many Christian lives is that they remember better than God the sins of others. Although they have been forgiven so completely, they are unwilling to forgive others.

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

(Ephesians 4:32)



Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.

(Matthew 18:21-22)

But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

(Matthew 6:15)



The Bible reminds us that we should not let the sun go down on our wrath (Eph. 4:26). We must forgive and be done with the shortcomings of others, or when we seek forgiveness from God in the future, we will not receive it.

Pray Against Temptation

And lead us not into temptation

Matthew 6:13 (KJV)

Wherever we are experiencing defeat in our Christian life, Christ is not Lord. We need to pray for these areas daily and yield them again to His Lordship. When we do, He will lead us away from temptation and into victory.

Jesus warned His disciples to pray against temptation.

Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.

(Matthew 26:41)

James tells us where we get temptation:

Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is drawn away of his own lust, and enticed.

(James 1:13-14)

We need to realize that *everyone* faces temptation but that God is faithful to deliver us from defeat if we look to Him.

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

(1 Corinthians 10:13) 

- Are you resisting Satan in your prayers or have you given up and decided to live with your sin?
- Has Satan sold you the lie that there is no hope of breaking the chain of your sinful habits?

Pray for Deliverance

But deliver us from evil...

Matthew 6:13 (KJV)

God is able to deliver, and He will if we seek His help.

Who delivered us from so great a death, and doth deliver: in whom we trust that he will yet deliver us;

(2 Corinthians 1:10)

Acknowledge God's Sovereignty

For thine is the Kingdom, and the power, and the glory for ever. Amen.

Matthew 6:13 (KJV)

Our prayers should end with the assurance that God is in control and is able to do all that He desires to fulfill His will.

Thine, O LORD, is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O LORD, and thou art exalted as head above all. Both riches and honour come of thee, and thou reignest over all; and in thine hand is power and might; and in thine hand it is to make great, and to give strength unto all. Now therefore, our God, we thank thee, and praise thy glorious name.

(1 Chronicles 29:11-13)

For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him: And he is before all things, and by him all things consist. And he is the head of the body, the church: who is the beginning, the firstborn from the dead; that in all things he might have the preeminence.

(Colossians 1:16-18)

Other Key Instructions

Resist Satan

For in that he himself hath suffered being tempted, he is able to succour them that are tempted.

(Hebrews 2:18)

Our part is to resist Satan under the Lordship of Christ and with the help of God.

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

(James 4:7)

And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power, Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places, Far above all principality, and power, and might, and dominion, and every name that is named, not only in this world, but also in that which is to come:

(Ephesians 1:19-21)

Asking in Jesus' Name

Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.

(John 16:24)

For Cleansing from Sin

If I regard iniquity in my heart, the Lord will not hear me:
(Psalms 66:18)

Behold, the LORD'S hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear:
But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear.

(Isaiah 59:1-2) +

In Faith

And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.

(Matthew 21:22) +

If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord. A double minded man is unstable in all his ways.

(James 1:5-8) +

According to God's Will

And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.

(1 John 5:14-15)

Pray About Everything—Incidental or Incredible

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

(Philippians 4:6) +

**Thou art coming to a King
Large petitions with thee bring
For His grace and power are such
None can ever ask too much.**

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Alone and With Others

But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

(Matthew 6:6) +

Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them.

(Matthew 18:19-20) +

Be Careful What You Ask For

And he gave them their request; but sent leanness into their soul.

(Psalms 106:15)

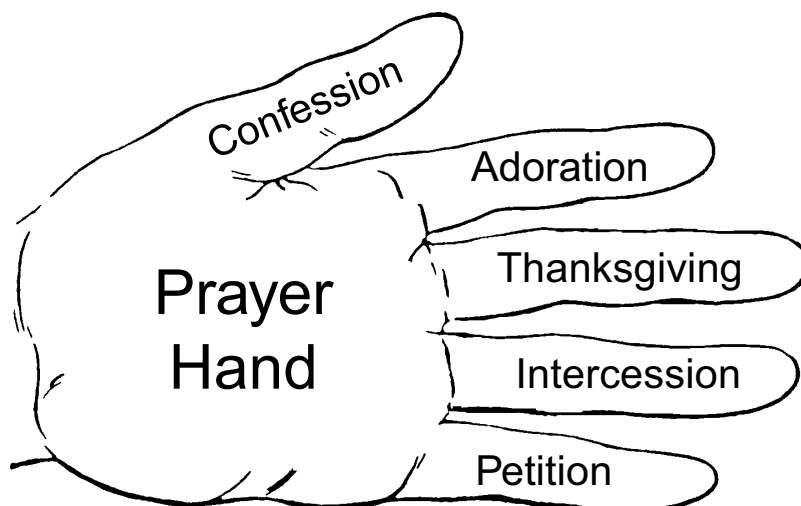
Pray Continually

Pray without ceasing.

1 Thessalonians 5:17

Balanced Prayer

There are five key facets of a balanced prayer life.



Confession

We need to start here so that we can enter into God's presence as clean vessels.

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.
(1 John 1:9)

Adoration

Worship is praising God for *who He is*. Even if God had never done anything for us, He is still worthy of our praise because He is God, our Creator. It is good to use Scripture verses that tell us who God is as a basis for this part of our prayer time.

From the rising of the sun unto the going down of the same the LORD'S name is to be praised.
(Psalms 113:3)

+

Praise ye the LORD. Praise the LORD, O my soul.
While I live will I praise the LORD: I will sing praises unto my God while I have any being.
(Psalms 146:1-2)

+

Blessed be the LORD my strength, which teacheth my hands to war, and my fingers to fight: My goodness, and my fortress; my high tower, and my deliverer; my shield, and he in whom I trust; who subdueth my people under me.

(Psalms 144:1-2)

+

Thanksgiving

The Bible instructs us:

In every thing give thanks: for this is the will of God in Christ Jesus concerning you.
(1 Thessalonians 5:18)

+

This means exactly what it says. In the times of blessing *and* the times of testing or difficulty we are to thank God. To thank God even when we don't feel like it is not hypocrisy; it is obedience. Thanksgiving acknowledges the truth of Romans 8:28.

And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

(Romans 8:28)

+

Thanksgiving shows our appreciation and gratitude for what God has done for us in the past and shows our faith in Him for what He is going to do to work out our present situation for our good.

Thanksgiving as well as praise **cannot** be neglected in our prayer time. In Romans 1:21-32 Paul describes the downward progression of man into sin. The list of degenerating acts is depressingly descriptive and ends at the very bottom of the pit. But notice verse 21! At the very beginning of the downward progression was lack of praise and thanks.

Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened.
(Romans 1:21)

Let us be careful to give thanks in everything in *obedience* to God.

Intercession

Intercession is praying in behalf of another, for another's needs. Not to intercede for others is a sin against God.

Moreover as for me, God forbid that I should sin against the LORD in ceasing to pray for you: but I will teach you the good and the right way:
(1 Samuel 12:23) +

It is useful to keep a prayer list to help us remember those people God has laid upon our hearts. We should intercede for the lost, our families and relatives, fellow Christians, the church, our government leaders and missionaries—just to name a few.

Petition

Petition is laying my own needs before God.

Casting all your care upon him; for he careth for you.
(1 Peter 5:7) +

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.
(Philippians 4:6-7) +

We must learn to bring every need of our hearts to God as soon as we become aware of it. As we do, we will be freed from the burden of worry and anxiety and will have the peace of God ruling in our hearts. Yet, we must also remember not to let petition become our only form of prayer. Only as we have a balanced prayer life—including these five elements—will we *really* learn the joy of power in prayer.

ETS Prayer Guide

Under the Umbrella of: *Adoration ♦ Confession ♦ Thanksgiving*

We Intercede For Needs of Others

	SUN	MON	TUE	WED	THU	FRI	SAT
Family							
Friends							
Church							
Work							
Missionaries							
Leaders (Govt.)							
ETS Evangelism							
ETS Disciple							
ETS Leaders							
Sick & Needy							
Persecuted							

And Petition For Our Own Needs

His Will							
Daily Needs							
Forgiving Spirit							
Help in Temptation							
Health							

