

Follow-up Studies: Prayer

Speaking to God

What could be more natural between two people who love each other than to communicate? Surely one would expect to see an enormous amount of communication between a man and the God he loves with all his heart, soul, mind and strength. And yet this is far from what we observe! Communication of this sort is not natural; it must be learned. There are many hindrances—all of which Satan will gladly use in his campaign to keep us off our knees. Yet they can all be overcome, if we are willing to rely on God and give prayer the priority it deserves.

Priority

- Mark 1:35—Jesus, a busy man, finds time to pray.
- He finds a place free from distraction.
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- Suggested: Psalm 42:1, 63:1, Luke 6:12, Hebrews 5:7.

Learning process

- Luke 11:1-13—It's not natural (even Jesus' apostles had to be taught).
- Develop structure in your prayer life.
- ACTS (**A**doration, **C**onfession, **T**hanksgiving, **S**upplication)

Hindrances

- 1 Peter 4:7—Lack of concentration. May wish to pray aloud.
- Psalm 66:18—Lack of personal righteousness.
- Luke 18:1-8—Lack of persistence.
- 1 John 5:14—Prayer contrary to God's will.
- Mark 11:24-25—Lack of faith.
- Suggested: Matthew 6:5, John 9:31, 14:13-14, Ephesians 6:18, Colossians 4:2-4, James 5:16-17.

Conclusion

- Philippians 4:6-7—Cast your worries upon God.
- Psalm 5:1-3—Have a daily prayer time.
- Suggested—1 Thessalonians 5:17, 1 Peter 5:7, 1 John 5:14.

Practicals

- Set a time and length to pray every day.
- Write out a prayer list.

Fasting

- Often associated with prayer in the Bible.
- Matthew 6:16-18—shows that this is expected of Christians.
- Suggested: Nehemiah 1:4, Isaiah 58, Joel 2:12, Acts 14:23.