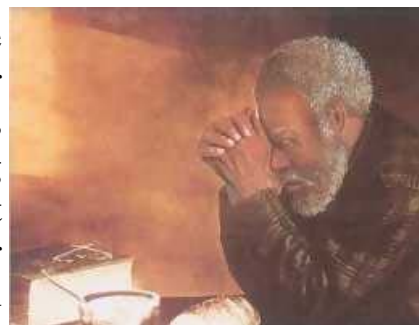


# Developing a Life of Prayer

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According to the National Church Life Survey 33% of Australians pray or meditate at least once per week. This figure is somewhat disturbing considering 2/3 of Australians do not pray weekly, furthermore it is unclear how many of the 1/3 really understand the nature of prayer as explained in the Bible. How does this compare to your country? \_\_\_\_\_



## Why Do We Pray?

- God deserves our praise (Psalm 18:3; Romans 13:7).
  - God wants to bless us (John 16:26-27; Matthew 6:8-9, 32-33).
  - We need what only God can give (John 3:27; Psalm 42:1-2; Philippians 1:6).
- 

## The Role of the Father, Son, and Holy Spirit in Prayer

**God the Father** — We are to address our prayers to God the Father and not to anyone else (Matthew 6:9-10; Hebrews 9:8-12, 10:19-20; Ephesians 3:20-21; 1 Peter 5:6-7).

**Jesus the Son** — Jesus is the **mediator** of our prayers (1 Timothy 2:5-6; John 16:23-24; Hebrews 7:25). Jesus is our **intercessor** at the throne of God (Romans 8:34; Hebrews 4:14-16).



**The Holy Spirit** — The Holy Spirit **assists** us in prayer (Romans 8:26). The Holy Spirit also helps us know how to pray. We understand God's Will as we read and learn the scriptures as they have been inspired by the Holy Spirit. He helps to form us into a more Christ-like person as we develop the "fruit of the Spirit" (Galatians 5:22-23).

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# Parts of Prayer

**A**doration — We praise or adore God because He deserves it (Psalm 96:8; 71:5-6; 13-14; 150; Revelation 19:6). To help you praise God consider his attributes and adore Him for these attributes.



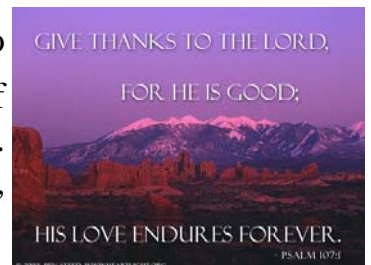
**C**onfession — In the Parable of the Prodigal Son, the son realizes his sin and determines to go home to confess his sin to the Father (Luke 15:18-19). 1 John 1:9 tells Christian people to confess their sins to God. We confess our sins because God requires it (Matthew 6:14-15) and confession relieves the pressure of guilt and fear (Psalm 32:1-4).



What is the meaning of confession?

What is the opposite of confession?

**T**hanksgiving — God expects us to express our thanks to Him (Psalm 136:1-3; Luke 17:17-18). Thanksgiving reminds us of Who our God is and how He treats us (Psalm 103:1-5). Thanksgiving and adoration are closely related (Psalm 116:1, 12, 17). Thanksgiving can also be expressed in singing (Psalm 95:1-2).



**S**upplication — We come to God petitioning Him for help because we know that He is able to help and He wants to help (Isaiah 43:11-13; Philippians 4:6-7; Matthew 7:7-11).



A part of supplication is intercession for others. Intercession is petitioning God on behalf of someone else (1 Timothy 2:1-3; Matthew 9:37-38, 5:44-45; 2 Thessalonians 1:11-12).

When looking at these four aspects of prayer, which is most important?

Which aspect of prayer takes most of your time?

## This Week Consider Conditions for Effective Prayer

**Pray With Pure Hearts and Clean Hands** —  
Psalm 66:18; 1 Tim 2:8; Isaiah 59:1-2

**We Must Hear and Do God's Will** — 1 John  
3:22; Proverbs 28:9; John 9:31

**Pray Humbly in Harmony With God's Will**  
— Matt. 26:39; 1 John 5:14; Romans 8:26

**Pray Fervently and With Persistence** —  
James 5:16; 1 Thess 5:17; Eph 6:19; Luke 18:1

**Prayers Must Be Unselfish** — James 4:3

**Pray in Faith** — Mark 11:24; James 1:6-7;  
Hebrews 11:6

**Pray With a Forgiving Spirit** — Matt 6:12;  
Matt 6:14-15

**Pray Without Vain Repetition** —  
Luke 18:9-14; Matt 6:7

**Read the Passages at the Left  
and Record Your Thoughts  
Below**

### God Has Promised to Answer Prayer

1 Peter 3:12; James  
1:5; John 15:7;  
Matthew 7:7; Luke  
11:9-10



Ask.

ASK AND IT  
WILL BE  
GIVEN  
TO YOU;

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Seek.

SEEK  
AND YOU  
WILL  
FIND;

MATTHEW 7:7



Knock.

KNOCK AND  
THE DOOR  
WILL BE  
OPENED.

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