

How Do I...Series

I. Slide1 Announce:

A. Prayer: Fresh. may we love it, experience it. want more. Slide1

B. Slide2 MSG Mt.6:5-15 *Pray with Simplicity*

C. 5 “And when you come before God, don’t turn that into a theatrical production either. All these people making a regular show out of their prayers, hoping for stardom! Do you think God sits in a box seat?

6 “Here’s what I want you to do: Find a quiet, secluded place so you won’t be tempted to role-play before God. Just be there as **simply** and **honestly** as you can manage. The focus will shift from you to God, and you will begin to sense his grace.

7–13 “The world is full of so-called prayer warriors who are **prayer-ignorant**. They’re full of **formulas** and **programs** and **advice**, peddling **techniques** for getting what you want from God. Don’t fall for that nonsense. This is your Father you are dealing with, and he knows better than you what you need. With a God like this loving you, you can pray very simply. Like this:

Our Father in heaven, Reveal who you are. Set the world right; Do what’s best - as above, so below. Keep us alive with three square meals. Keep us forgiven with you and forgiving others. Keep us safe from ourselves and the Devil. You’re in charge! You can do anything you want! You’re ablaze in beauty! Yes. Yes. Yes.

14–15 In prayer there is a connection between what God does and what you do. You can’t get forgiveness from God, for instance, without also forgiving others. If you refuse to do your part, you cut yourself off from God’s part.

II. Slide3a Intro: How Do I Pray?

A. A few minutes of quiet time. Still your heart.

1. *My soul, wait silently for God alone, For my expectation is from Him.* Ps.62:5

B. I think we’ve all heard the Hawaiian word for mainlanders, *haoli*/haole.

1. Alice Kaholuoluna gives us the origin of the term: Before the missionaries came, my people used to sit outside their temples for along time meditating and preparing themselves before entering. Then they would virtually **creep to**

the altar to offer their petition and afterwards would again sit along time outside, this time to **breathe life into their prayers**. The Christians, when they came, just got up, *uttered a few sentences, said Amen and were done*. For that reason my people call them **haolis, without breath**, or those who fail to **breathe life** into their prayers.¹

C. Slide3b C.S.Lewis, *May it be the real I who speaks. May it be the real Thou that I speak to*

D. Talk to Your Heavenly Father

1. Repentance about prayer/prayerlessness.
2. Your personal, honest frustration w/prayer.
3. Go deeper. I feel _____ about prayer (tell Him/what emotion?).

E. Listen to Your Heavenly Father...(just listen)

1. God to speak **love** towards you. **Mercy** for your past. **Grace** for the present. **Compassion** for your situation.

F. Slide4a Ask: What are hinderances to prayer?

G. Do you sense the power of God when you pray? Is prayer a burden or a pleasure? Prayer, privilege or duty? Is there a gap between prayer in **theory** & prayer in **practice**?

H. Slide4b Ask: How would you define prayer/plain language?

1. Conversing with God. Back & forth.
2. Prayer stands at the place where **God & human beings meet**.
3. Slide4c Prayer is the key for: *strength, wisdom, leading, instruction, communion, & fellowship*.

I. Slide4d What do I mean when I Ask: *Do you tend to say prayers, or pray?*

J. Truths: *Did you know...*

1. When it comes to prayer we are all **beginners**. We all struggle. We are all self conscious.
2. Prayer brings **pleasure** to God (think about that). **Don't you enjoy conversations w/your children/grand**.

¹ Kent Hughes, The Sermon on the Mount, Pg.161. From Nels Ferre, Strengthening the Spiritual Life, pg.1.

3. Prayer requires some **discipline**. eg. *I don't wake up & ask myself to you feel like going to the gym this morning. I have to make the decision the night before*

K. **Slide5a David vs. Daniel Prayers** [Be you!] *we learn from both*

L. **Daniel Prayer** (structured times, systematic) & **David Prayer** (poetic & passionate)

1. Dan.6:10 *Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees **three times that day**, and prayed and gave thanks before his God, as was his custom since early days.*

M. **Prayer**: If you've lived in a climate where you must deal w/a Winter freeze, one thing you have to constantly keep warm is **your car's engine block** (to keep the oil from freezing). Only engines that are **kept warm** will do the job.

We also must keep our **spiritual engines warm**. Only by **regular use** and by **receiving power from an outside source** can spiritual power be maintained.

N. **Slide5b Lessons from Daniel's Daily Maintenance** on his Prayer life:

1. He had a **Place** to pray - do you have a place special to you?
2. He had a **Period** to pray - a time. 3 x's a day.
3. He had a **Posture** to pray - on his knees.
4. He had a **Position** to pray - toward Jerusalem. All prayers in a sense went *through* Jerusalem (i.e. temple/God's presence there). **Now**, we direct it *in Jesus name*.
 - a) *I remember reading of a very wealthy Muslim man who had his seat in his learjet designed & calibrated to constantly point towards Mecca. [may our hearts be designed same]*
5. He had a **Purpose** to pray - giving thanks, asking, **not arbitrary & aimless**.
 - a) *There was no way Daniel could hide his faith for 30 days. He couldn't go a day, not even 1/3 of a day.*

O. **David Prayer** (poetic & passionate)

P. **David shares his feelings** with us. He felt... *fear, praise, anxiety, anger, betrayal, love, sorrow, despair, gratitude, grief, doubt, suffering, joy, vengeance, repentance, persecution...* all common human experiences. (Ps.5 morn, Ps.6 eve)

Q. Slide6a Different models of prayer:

1. ACTS (Adoration, Confession, Thanksgiving, Supplication)
2. Slide6b PRAY (Praise, Repent, Ask for others, Y our own needs).

R. Slide6c Present Yourself. Present Your Day. Present Your Family. Present Your World.

1. Present Your Family: Immediate Family. Extended Family. Church Family. Limited Family.
2. Present Your World: Ask for Nations to be Redeemed. Missionaries. Global & Personal Evangelism. National Leaders & Peace.

S. Prayer for the world. The persecuted church. The Ro & Ho.

III. PRAY IN GOD'S WILL (Mt.6:9-13)

A. This prayer is only 65 words long. And it takes about 20 seconds to pray. [3 to God +3 for us]

B. Slide7a Lets look at 6 elements of this prayer:

1. GOD'S PERSON (9) God's name be honored and respected.

a) Our Father - God is as accessible as the *most loving human parent*.

(1) Jn.1:12 Yet to **all** who **received him**, to those who **believed in his name**, he gave the right to become **children of God**. :)

(2) It is an endearing term of relationship.

b) In Heaven - Don't forget that. *In heaven* is the balance of intimacy (i.e. Father) w/ an affirmation of God's sovereignty & majesty (Him being in heaven)

(1) Eccl.5:2 **God is in heaven, you are on earth, let your words be few.**

c) Hallowed be Your name - Holy is your name (*hallowed ground*)

d) Pray this: Our Father in heaven, Hallowed be Your name

2. Slide7b GOD'S PURPOSE (10) God's kingdom be completed. God's will be implemented.

a) Your either saying: *Your will be done, or My will be done.*

b) You want **your will** to be done? If you **want your way**?

- c) Robert Law said, *Prayer is a mighty instrument, not for getting **man's** will done in heaven, but for getting **God's** will done on earth.*
- d) **Pray this:** Your **kingdom** come. Your **will** be done On earth as it is in heaven.
3. **Slide7c GOD'S PROVISIONS** (11) For **our physical needs**, daily bread.
- a) **Give us** - Not give **me**. No *singular pronouns* in the Lord's prayer.
- b) **This day our daily bread** - Pray daily for the *coming day's provision* of **life's essentials**.
- (1) Tomorrow is not ours; **but** when it does come, God will supply both **daily bread and daily strength**.
- c) **Our Prayer:** *Lord give us both the bread of **Heaven** & of **earth**, that which feeds my soul & sustains my body.*
- d) **Pray this:** Give us this day our daily bread
4. **Slide7d GOD'S PARDON** (12) For **our social needs**, forgiving & being forgiven.
- a) No prayer of mortal man could be complete w/o **confession of sin**.
- b) We should always have **debts to own** & therefore always have need to cry, *Forgive*.
- c) **Could it ever read?** *Lord, Forgive me my debts, even if I **won't** forgive any debtors. Or, Forgive me my debts, but don't you dare think I'm forgiving my debtors.*
- d) **Pray this:** And forgive us our debts, As we forgive our debtors
5. **Slide7e GOD'S PROTECTION** (13) For **our spiritual needs**, temptation & deliverance.
- a) **As** the **last petition** asked forgiveness for **sins** that we've committed, **this petition** asks for strength **not** to commit **future sins**.
- b) **Lead us not into temptation** - Testings (**But I thought testing's were good for us?** Yes) But let us not say, *Lord test me! I'm ready!*
- c) This is a pray of humility.
- (1) It's asking, *do not allow us to come under the sway of temptation that will overpower us & cause us to sin.*

- d) **But deliver us from the Evil One** (Satan) - Satan is a powerful being...**YET**, he trembles when *the weakest saint is upon his knees*.
- e) **Pray this:** And do not lead us into temptation, **But deliver us from the evil one**.

6. **Slide7f GOD'S PRE-EMINENCE** (13B)

- a) This short Prayer ends in an explosion of **Praise...For Yours is the kingdom & the power & the glory forever. Amen.**

(1) All *rule, might & honor*, belong to You God & let them forever be ascribed.

- b) **Pray this:** For Yours is the kingdom and the power and the glory forever. Amen.

C. **Slide8** When praying: remember the **Person** of God, **He's my Father**.

Then remember the **Purpose** of God, **His Will** not mine.

Then remember the **Provision** of God, **our daily bread**.

Then remember the **Pardon** of God, **I'm forgiven** so then I can **forgive**.

Then remember the **Protection** of God, **from testing** & **from the Evil one**.

Then, I'll always end by **Praising** Him, **for Yours is the kingdom...**