

“Unashamed –

The Power to Pray” Part 4

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.” Philippians 4:6 NLT

A. Prayer is our lifeline...

1. Prayer is communication with God!

“God is faithful, through whom you were called into fellowship with His Son, Jesus Christ our Lord.” 1 Corinthians 1:9

2. Prayer is our dependence on God as He is our life!

“When Christ, who is your life, appears, then you also will appear with him in glory.” Colossians 3:4

3. Prayer is our key to interceding, overcoming temptation, exercising faith, and practicing the presence of God!

“...pray about everything. Tell God what you need, and thank Him for all He has done.” Philippians 4:6b

4. Prayer is a command!

“Devote yourselves to prayer, being watchful and thankful.” Colossians 4:2

B. Prayer is...

“Two men went to the Temple to pray. One was a Pharisee, and the other was a despised tax collector... I thank you, God, that I am not a sinner like everyone else.... But the tax collector stood at a distance and dared not even lift his eyes to heaven as he prayed. Instead, he beat his chest in sorrow, saying, ‘O God, be merciful to me, for I am a sinner.’...” Luke 18:9-14

1. Prayer is sincere recognition of who we are before God.
2. Prayer is grateful for grace.
3. Prayer is totally dependent on God.
4. Prayer is complete humility...realizing we do not deserve anything but remembering how blessed we are for everything!

C. Prayer...

“When you pray, don’t be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. When you pray, don’t babble on and on as people of other religions do. They think their prayers are answered merely by repeating their words again and again. Don’t be like them, for your Father knows exactly what you need even before you ask him!” Matthew 6:5-8

1. Prayer can be modeled after the Lord’s Prayer.

“Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done in 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, for ever. Amen.” Matthew 6:9-13

2. Prayer can be patterned after P-R-A-Y:

Praise
Repent
Ask
Yield

3. Prayer can also be patterned after A-C-T-S:

Adoration
Confession
Thanksgiving
Supplication (Needs)

4. Prayer can be free flowing as your heart leads.

*“Prayer is talking with God and listening to Him, and it is enjoying the presence of God. In his book, Prayer on Fire, Fred Hartley describes prayer as, “What we do. It is our initiative to meet God, whether we are asking for favors, singing in celebration, or crying out in distress. Regardless of what shape or size it comes in, prayer is our effort to engage God.”³Prayer can take many forms, including worship, confession, thanksgiving, praise, petition (asking for what we need and desire), waiting (silent listening to God), and warfare. *National Day of Prayer Resources*

D. Pray unashamed...

“If anyone is ashamed of me and my message in these adulterous and sinful days, the Son of Man will be ashamed of that person when he returns in the glory of his Father with the holy angels.” Mark 8:38 NLT

“If any of you are embarrassed over me and the way I’m leading you when you get around your fickle and unfocused friends, know that you’ll be an even greater embarrassment to the Son of Man when he arrives in all the splendor of God, his Father, with an army of the holy angels.” Mark 8:38 The Message

1. Alone

“After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone,” Matthew 14:23

2. With one another

“For where two or three gather together as my followers, I am there among them.” Matthew 18:20

3. With family*

“I have singled him out so that he will direct his sons and their families to keep the way of the LORD by doing what is right and just...” Genesis 18:19a

4. Together!

“They all joined together constantly in prayer, along with the women and Mary the mother of Jesus, and with his brothers.” Acts 1:14

Types of Prayer*

**"You may have heard the saying, 'A couple that prays together, stays together.' Although we know this to be true, it is helpful to examine the evidence that best supports this common perception. An article published in the Journal of Social and Clinical Psychology had this to say about prayer "There is some evidence that religiosity is similarly related to several positive relationship outcomes. Specifically, greater involvement in religious activities [including prayer] is related to higher levels of marital satisfaction ... and marital stability with three longitudinal studies indicating that religiousness predicts lower risk of divorce and divorce proneness.' The report goes on to cite that 'prayer may help couples to more often 'think of the needs of others, be more loving and forgiving, treat each other with respect, and resolve conflict.' The researchers suggest that the relationship people experience with God through prayer helps them handle their emotions, be more empathetic, become less self-focused, and gain greater skills in reconciliation. They also note that 'prayer for the partner might prime partners to think about each other in more loving or compassionate terms and so treat each other with greater respect and sensitivity.'"*

"A 1997 survey revealed that 93 percent of women wanted their husbands to take on the spiritual leadership of the home. These same women indicated that they would give greater respect and support to their husbands if they demonstrated more effort to lead in this area. Now, let me ask you: if women respected their husbands more because they were taking the lead in prayer at home, would this not have a positive impact on the overall health of families?"

Worship: [Heb. shachah {shaw-khaw'} = bow down, prostrate oneself]. The true worshiper God seeks worships in spirit and in truth. (John 4:23). God wants truth in the inner parts (Psalm 51:6). In true worship, there is a total bowing down of the heart to God. In worship we express love and admiration to God which is a response to the revelation of who God is revealed to us by the Holy Spirit. Worship is voluntary submission to the love, the will and the law of God. Any hypocrisy disqualifies us for true worship. In worship we hear the voice of God.

Confession: In confession of sin, we tell God with our mouth our sin. We should specifically tell God what we did, or acknowledge what we failed to do that we should have done. This is necessary to restore communion with God and is a preparation for further fellowship. In confession of the Word, we tell God with our mouths what He has said in His Word. We express faith and confidence in God and God's Word verbally, and it releases the blessing of God to us. Very rarely do we rise above the level of our verbal confession before God.

Thanksgiving: This is thanking God for what He has done for us. We can thank Him both for blessings seen and those as yet unseen. It is a key to faith and it is natural and right that we give thanks always to the One from whom all good things come. (1 Thessalonians 5:18)

Praise: This is declaring good things about God, both about his character (who he is) and also His actions. To say "God is good" is to praise God. There are many styles of praise. Some are noisy and exuberant, others are calm. Praise is well-expressed through music, singing, words, shouting, clapping, dancing, shouting and giving to God.

Petition: This is asking God for the things we desire. Jesus said, "Ask and you shall receive." (Matthew 7:7). We are commanded to ask.

Intercession: The ministry of intercession involves all the other types of prayer. However, the emphasis of the prayer ministry in intercession is the needs of others, and the advancement of God's interests in the world. It is not focused on praying for things for oneself, but for others.

Waiting: (Habakkuk 2:1). This is a form of prayer in which the soul is silent and waits for God to move it or speak something by His Spirit. God promises to renew the strength of those who wait on Him (Isaiah 40:31; Psalm 27:14). We are to wait patiently on God. Through this we express to God in a practical way – not my will but Yours be done. If we are always talking in prayer we will not be able to hear what God is saying.

Warfare: (Psalm 149:6-9). This is prayer directed against the powers of darkness. Our praises to God are also a weapon directed against the powers of darkness (demons, fallen angels who are at work in the affairs of the world and the church). We pronounce against them the written judgment by reading the Scriptures of judgment against them (Psalm 149:9), we command them to be bound or to leave their positions of influence or authority in the name of Jesus (Matthew 16:19; Mark 16:17). In "praying for the sick" we should pray prayers over the bodies of people to be healed in Jesus' name – seeking the will of God in every situation. This may also be a form of spiritual warfare since it is part of destroying the works of the devil (1 John 3:8; Acts 10:38).

*National Day of Prayer Resources