

How To PRAY

Bible Study Notes

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1st – Start with Praise

*"Our Father which art in heaven, Hallowed be thy name.
Thy kingdom come, Thy will be done in earth, as in
heaven" -Matthew 6:9-10*

Jesus taught that prayer begins with the focus of our heart and mind. It begins by changing gears and recognizing that we are approaching our Heavenly Father. It is contemplating the attributes of God, it is acknowledging His holy character, and it is praising Him for His mighty works. Praise is the pause that empowers

prayer. Prayer that begins with praise brings divine power to human efforts. Prayer that fixes its sights in praise is prayer that moves the arm of the Omnipotent.

- "Looking unto Jesus the author and finisher of our faith"
Hebrews 12:2

- "And they that know thy name will put their trust in thee"
Psalms 9:10

1. Jehovah-Jireh/Your Provider (Gn 22:14)
2. Jehovah-rophe/Your Healer (Ex 15:26)
3. Jehovah- nissi/Your Banner (Ex 17:15)
4. Jehovah-m'keddesh/Your Sanctifier (Lv 20:8)
5. Jehovah-shalom/Your Peace (Jg 6:24)
6. Jehovah-rohi/Your Shepherd (Ps 23:1)
7. Jehovah-tisdkeny/Your Righteousness (Jer 23:6)
8. Jehovah-shammah/Your Ever-Present Lord (Ez 48:35)

- "If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven" 2 Chronicles 7:14

- "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."
Matthew 6:33

2nd – State your Petition

"Give us this day our daily bread. And forgive us our debts, as we forgive our debtors" –Matthew 6:11-12

Having paused in praise, your heart is now prepared to present your petition to the Father of the Universe. Like a child who approaches his Dad's pant

legs with a rightful awe and respecting spirit. Prayer is not the art of demanding. It is not to be patterned after a Christmas wish list. Prayer is approaching the throne of God and seeking His glory in your life and the world around you. Prayer is asking with the right spirit, for the right things, and in behalf of the right people.

"ye have not because ye ask not. Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts." James 4:2-3

"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

"God forbid that I should sin against the Lord in ceasing to pray for you" 1 Samuel 12:23

3rd – Stand on His Promises

"And lead us not into temptation, but deliver us from evil"
–Matthew 6:13a

Having laid our petitions before God's throne, we are now called to claim the very promises of God as assurance of answered prayer. Just as Jesus taught us to pray for forgiveness, He then taught us to rest in His Father's assurance to deliver us from temptations. We are to stand upon the very promises of God's word! Standing means to find our foundation in God's promises, it is to repeat His assurances not to rehearse our ills; it is to pour every ounce of trust into what God says, not into what we fear. Prayer that stands on God's promises is prayer that empowers our petitions.

-“And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God” Matthew 4:3-4

-“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

-“Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.” Mark 11:24

-“If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father in heaven give good things to them that ask?” Mt. 7:11

4th – Share in His Power

“For thine is the kingdom, and the power, and the glory, for ever. Amen.” –Matthew 6:13b

Having stood on God's promises you can move forward in God's power! Prayer that starts in praise, states a petition, stands on God's promises, and is a prayer that puts feet to divine power. We do not need to rise from our knees in doubt and wonder when we can proceed in confidence and certainty that our prayers are empowered by the authority of His Spirit

-“But ye shall receive power, after that the Holy Ghost is come upon you” Acts 1:8

- "Who are kept by the power of God through faith unto salvation" 1 Peter 1:5

- "All power is given unto me in heaven and earth. Go ye therefore..." Mt. 28:18-20

- "I can do all things through Christ which strengtheneth me." Phil. 4:13

- "thanks be to God, which giveth us the victory through our Lord Jesus" 1 Cor. 15:57

- "Finally, my brethren, be strong in the Lord, and in the power of his might" Eph. 6:10

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