

the children of men, as God's creatures and our fellow-creatures.

(3.) That in prayer, as well as in the tenour of our lives, we must seek first the kingdom of God and the righteousness

#### How not to Pray

According to Matt 6:1-8, Jesus discusses three expressions of Jewish religion; prayer, almsgiving, and fasting. In each of these we, are reminded to practice each of them for God and not to be seen by other people. Jesus rebukes the Pharisees for their pompous display of prayer. He makes it clear that religious acts are done for show and not pleasing to God. God wants us to come before Him with humble hearts and quiet spirits. He wants us to focus on praying and not on letting people know that we pray. Length and eloquences do not determine the quality of our prayers.

#### To Learn the Power of Intercessory Prayer

Praying on behalf of others is powerful because prayer is the most potent force known to mankind. In prayer, we have a weapon that has "divine power to destroy strongholds" An intercessor is one who takes up a burden that goes far beyond his or her own needs and intentions. They learn to trust in the Lord because they have experience the infinitely compassionate God is.

The Epistle of James tells us that "The prayer of the righteous is powerful and effective" So ask the Holy Spirit to teach you how to pray in union with the mind of God. Paul tell us the Spirit helps us in our weakness, for we do not know how to pray as we ought, but that very Spirit intercedes

#### Pray in "Spirit and in Truth"

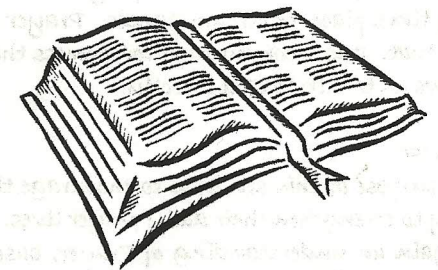
John 4:24 says that "God is spirit, and those who worship him must worship in spirit and truth. To pray in the spirit is to pray with a sincere heart and steadfast mind. The objective of this kind of praying is to give God the glory and not praise others. Praying in truth describes prayers that are based on reality from the Bible. So, we add to this truth by growing in our knowledge of the Bible and praying the prayers of the Bible.



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## Lay Organization Training Sessions

# Prayer Basics





## Prayer Basics

### Introduction

Do you know how to pray? Most Christians would answer, "Yes, of course, I know how to pray". Many believers think of prayer as a way of asking God for the things they want, instead of seeing prayer as an intimate means of communicating with Him. When Jesus Christ died on the cross, the veil of the temple was torn in two, which made it possible for us to have direct access to the throne of God. God wants us to come to Him not only in our time of need, but also when we are in our most joyous moments. He wants to hear from us even in the routine moments of our lives. We can pray to him at any time, place, or circumstances. Prayer is just that. It is a communication process that allows us to talk to God directly.

### Purpose

The purpose of this study is to encourage the laity to strengthen their daily prayer lives.

To gain an understanding of Prayer, based on scriptures.

To reflect on your daily prayer life.

To learn "How to Pray" and "How not to Pray"

To Learn the Power of Intercessory Prayer

### To gain an understanding of Prayer, based on scripture

Every request, every desire of our hearts, and every need should begin with prayer, asking God for permission, seeking to know his will. We have accepted Jesus Christ into our lives,

and He has become our life, as a result we have authority to come to Him in prayer.

How often do we grow weary as we wait for the results of our prayers? We say we believe that God answers prayers at just the right moment. But we are often out of touch with God's timing. We want to see instant results, but we must realize God's will is often not our schedule. God can

see our lives, past, present, and future. He knows what and when we need it. All we must do is pray and wait on the Lord.

### To reflect on your daily prayer life.

Is prayer a daily part of your life? Do you believe, talk and share with Jesus all day long? Jesus is your life. You should allow God into the innermost part of your being, and prayer is the way. There may be times of struggle when Satan will be on the attack with his weapons of warfare.

One of Satan's most effective weapons is often the one that causes us to feel worthless before the Father. Scripture tells us we have freedom in Jesus Christ to approach the throne of God in prayer. When you go to the Lord, do not be embarrassed no matter how bad you feel. Be confident and assured when you pray.

### To learn "How to Pray" and "How not to Pray"

Jesus gave two accounts of prayer in the New Testament: the Sermon on the Mount in Matthew 6:5 and His response when the Disciples asked how to pray in Luke 11:1-4

<sup>1</sup>And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord,

teach us to pray, as John also taught his disciples. <sup>2</sup>And he said unto them, When ye pray, say, Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, as in heaven, so in earth. <sup>3</sup>Give us day by day our daily bread. <sup>4</sup>And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil

One great design therefore of Christianity is to assist us in prayer, to enforce the duty upon us, to instruct us in it, and encourage us to expect advantage by it. Now here,

1. We find Christ himself praying in a certain place, probably where he used to pray, #v. 1|. As God, he was prayed to; as man, he prayed; and, though he was a Son, yet learned he this obedience. This evangelist has taken particular notice of Christ's praying often, more than any other of the evangelists: when he was baptized (#ch. iii. 21|), he was praying; he withdrew into the wilderness, and prayed (#ch. v. 16|); he went out into a mountain to pray, and continued all night in prayer (#ch. vi. 12|); he was alone praying (#ch. ix. 18|); soon after, he went up into a mountain to pray, and as he prayed he was transfigured (#ch. ix. 28, 29|); and here he was praying in a certain place

1. in prayer we ought to come to God as children to a Father. Let us therefore in our requests both for others and for ourselves, come to him with a humble boldness, confiding in his power and goodness.

(2.) That at the same time, and in the same petitions, which we address to God for ourselves, we should take in with us all