

## **HOW TO PRAY?**

### **BY Ps James Phiri**

#### **INTRODUCTION**

Prayer was so important to the Lord Jesus that He spent most of His time praying: **Hebrews 5:7 says, In the days of His flesh, He offered up both prayers and supplications with loud cries and tears to the One able to save Him from death, and He was heard because of His piety.**

We can prove this in the Gospel of Luke: **Luke 3:21, Luke 6:12, Luke 5:16, Luke 9:18, Luke 11:1, Luke 22:32 and many other places.**

It was so important to Jesus that when His disciples asked Him to teach them how to pray, He patiently and in details gave them the answer.

Knowing how to pray is the next important thing you need to know about prayer.

**There is no actual formula for prayer. But there are things you need to know when you pray and things you need to do.**

#### **Step 1: KNOW WHAT THE WORD OF GOD SAYS ABOUT THE SUBJECT YOU ARE PRAYING FOR.**

This is key to a successful prayer. You cannot pray in contrary to the word of God. **1John 5:14 says This is the confidence we have before Him; if we ask anything according to His will, He hears us.**

According to His will means in accordance to His word. If you don't know what God says about your issue, you won't have the confidence you need to approach Him. The prayer of Daniel is a perfect example: **Daniel 9:1-20.**

#### **Step 2: MEDITATE IN HIS PROMISES UNTIL YOU ARE FULLY PERSUADED.**

**Romans 4:20 says Abraham never wavered in believing God's promise. In fact, he grew strong in his faith as he gave glory to God.**

**Joshua 1:8 says meditate on the word of God and you will prosper.**

**Isaiah 26:3 says You keep him in perfect peace whose mind is stayed on you, because he trusts in You.**

Meditation is the most important and crucial part of your prayer. There are many schools of thought concerning the subject of meditation. But it simple means filling you mind and thought with the word. You can go as far as reciting your thoughts. That is meditation.

#### **Step 3: ASK GOD ACCORDING TO HIS WORD**

God has revealed His heart through His word. All of His promises reveal His heart to us.

Example: Healing

**In 2Peter 2:24 the bible says by Jesus' stripes I was healed.** Therefore, when I ask God for healing, I am asking according to his word. So, I will meditate on healing scripture until I am fully convinced that healing is mine. When I go before God there will be no doubt in my heart that I receive my healing.

**Mark 11: 24 says believe that you receive when you pray.** You can only believe this if you know that it is God's will for you.

**Step 4: THANK GOD AND PRAISE HIM.**

This is the receiving part. When you receive something, you say thank you. A good example is Jonah while he was in the belly of the fish.

**Jonah 2:1-10 (read)**

**Step 5: PRAY IN THE NAME OF JESUS.**

**Colossians 3:17 says whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father...**

**John 14:13-14 says we can ask Jesus in His Name and He will do it.**

**John 16:23 says we can ask the father in Jesus' name and he will do it.**

This is important because people like to add all kinds of things in the word of God. The bible said we must not remove or add anything in His word. We must obey and believe that His word is complete and final.

**CONCLUSION**

It is vitally important to first recognize that you must be in communion with God for you to be able to do all the above.

Prayer is not a difficult thing. God honors his word not people. **Just as He answered Moses' prayers, just as he answered Abraham's prayers, Noah's, Hannah's, Gideon's, Samson's, David's, and all the many biblical characters, God will answer your prayer. He cannot break His promises.**

**AMEN!!**