

## Week 9 | 3/13

# Basics of Prayer

Is there a proper way to pray? Does God hear me? How do I know what to say when I pray? These are some common questions even I have asked in my walk with God. Fortunately, we have the Word. It is full of reassurance, instruction, and education for those of us wondering how to practice this intimate connection with God.

Increasing my prayer life has completely amplified my walk with God. I feel closer to Him than I ever have before. I feel confident He hears me. There is nothing like sitting in His presence and just speaking with Him. He's your good father. HE LONGS for that relationship with you. Prayer is also a powerful tool in which God gives us spiritual authority, to use as intercession & petition, as well as direct communication with our creator.

## How Do We Pray?

Jesus expertly outlines the way we should pray in Matthew 6: 9-13. Y'all have heard it. That's right. It's the Lord's prayer. He highlights how important it is we "come correct" when entering into the presence of God. We must be humble. Powerful prayer begins with **humility, faith,**

and the **right heart posture.**  
**Prayer according to His model looks like:**

1. Praise & Thanksgiving with Reverence & Awe of God.
2. Be Surrendered to God's Will
3. Pray For Your Needs & Others
4. Confession & Repentance
5. Ask for Ability to Forgive Others
6. Pray for Protection & Deliverance



*"...and My people, who are called by My Name, humble themselves, and pray and seek (crave, require as a necessity) My face and turn from their wicked ways, then I will hear [them] from heaven, and forgive their sin and heal their land. "*

*2 Chronicles 7:14 AMP*

Come Boldly  
Hebrews 4:16

Have Faith  
Mark 11:22-24

Submission to His Will  
Mark 14:36

Praying In Faith

### James 5:13-18

Jesus tells us we don't need to pray in big words. It doesn't need to sound fancy. Coming to Him with the right heart is enough. He says also we should go away as He did in the quiet place with the Lord. The conversation isn't one sided either. We are to sit still and wait for God to place an impression on our hearts.

### **What If You Don't Know What To Pray?**

Romans 8:26-27 tells us the Holy Spirit helps us win our weakness. When we don't know what to pray, He intercedes for us to God in accordance to the will of God. Isn't God so good!

### **Why Should We Pray?**

First and foremost, we have to pray to invite God in. He is a gentleman. He will not get involved in anything He isn't invited into. A common belief is that we need to "clean up" before we allow God in. God reminds us that that's why He's coming in the first place. To heal you, restore you, to transform your life for the better so that you may follow Him and walk into the purpose He created you for.

Making the time to pray may start as discipline at first, but once

you get the hang of it, you will pray all day. The word says we should "...pray without ceasing."  
1Thessalonians 5:17.

Jesus often went by Himself to pray. This was His way of connecting to the source and staying close to God just as we are to do. Like any relationship you have to spend time with Him to get to know Him.

Invite God in  
Revelations 3:20

Jesus Prayed  
Hebrews 5:7, Luke 5:16

Guidance  
James 1:5

Forgiveness  
1 John 1:9

Petition  
Philippians 4:6

Intercession  
1 Timothy 2:1, James 5:16

Spiritual Authority  
Matthew 18:18, Luke 10:19

### **Does God Hear Me?**

"Then you will call on Me and you will come and pray to Me, and I will hear [your voice] and I will listen to you. Then [With a deep longing] you will seek Me and require Me [as a vital necessity] and [you will] find Me when you search for Me with all your heart."  
Jeremiah 29: 12-13

“Call to Me and I will answer you, and tell you [and even show you] great and mighty things, [things which have been confined and hidden], which you do not know and understand and cannot distinguish.”

Jeremiah 33:3

“In my distress [when I seemed surrounded] I called upon the Lord and cried to my God for help; He heard my voice from His temple, And my cry for help came before Him, into His very Ears.”

Psalms 18:6

### **Why Wouldn't He Hear Me?**

James 4 says “...You do not have because you do to ask [it of God]. You ask [ God for something ] and do not receive it, because you ask with wrong motives [out of selfishness or with an unrighteous agenda], so that [when you get what you want] you many spend it on your own desires.”

God is not a genie. Most people ask things selfishly without even considering God's will. Once you are fully surrendered to God He will place His desires for you on you heart. Most people make their own plans, get into their own relationships, make decisions without God and then expect Him to bless it. We need to make prayer our priority if we mean to walk in His will for our lives. I promise what He has planned for you is better than any plans you have made. If something must go it's because He has better. He loves you so much.

Psalms 84:11 says that God will not withhold any good think from those who walk uprightly. He promises to give you the desires of your heart ONCE you are aligned with His will for your life. We discussed Jeremiah 29:11 and the reassurance that He has plans for a prosperous future for you.

By spending more time with God in prayer, you will get closer to Him, experience breakthrough, and get to the intimate level with Him to hear Him speak to you. You will have His guidance, feel His love, and walk in Hls purpose for your life!

## **Journal**

**What struggles do you have when it comes to praying?**

**How has your relationship with God changed since you started incorporating Him in your daily life?**

**What take aways from this study will you implement in your prayer life?**

**What is something you want out of your growing relationship with God? What do you love about it?**