



### **How to Pray:**

**P - Praise** - tell God what you love about Him. Tell God what's going on and thank Him.

**R - Repent** - Ask God to search your heart to see if there is any sin in you (Psalm 139:23-24) and listen. Then tell God you're sorry, thank Him for forgiveness in Christ, and ask Him for the strength to walk with Christ instead of in sin.

**A - Ask** - bring your needs and desires before the Lord and ask God to get what He wants. If you can to the point where all you want is what God wants, then all your life you'd have all you wanted and all your life God would have all He wants.

**Y - Yield** - tell God you'll do whatever He asks you to do. Ask Him to reveal this to you specifically through His Word.

### **The Spirit's Presence Prompts Prayer<sup>1</sup>**

Everyone who gives their life to God through the saving work (death & resurrection) of Jesus Christ is indwelled by the Holy Spirit.

Being indwelled by the Holy Spirit is the most important condition a Christian has.

No method will make prayer more effective for a person who isn't indwelled by the Holy Spirit.

Just as you bring your human nature with you whenever you enter any place, so whenever the Holy Spirit enters any person, he brings his holy nature with him.

### **What the problem is and isn't...**

**The problem is NOT that we pray ABOUT the same old things.**

- Common and good things we pray about: **Family, Future, Finances, Work, Christian concerns, current crisis.** - These are the areas where you devote almost all of your time. Each of us experiences a relatively significant crisis on an average of once every 6 months or so.

**The problem is we SAY the same old things about the same old things when we pray.**

When prayer is boring to us, we don't feel like praying.

When we don't feel like praying, it's hard to pray.

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<sup>1</sup> Much of this guide is taken from Don Whitney's book *Praying the Bible*:

## **The 2 Responses**

1. The natural response to this type of discouragement - to stop praying.
2. The SPIRITUAL response (the Holy Spirit inside of us) prompts us to never permanently give up prayer. That's the result of the "preserving work of the Holy Spirit"

## **Due to the HOLY SPIRIT**

- You believe in prayer
- You really want to pray

If God invites and expects all his children—regardless of age, IQ, education, or resources—to do the same thing—to pray—then prayer has to be simple.

It IS possible for every Christian to have a meaningful, satisfying prayer life.

It makes perfect sense that the Father would want ALL his children to enjoy talking with him AND that He would make it simple for all to do so.

## **THE SIMPLE, PERMANENT, BIBLICAL SOLUTION**

When you pray, pray through a passage of Scripture, particularly a psalm.

We should also pray the prayers of the apostle Paul, and everything else in Paul's letters.

- The BEST PLACE to begin praying through the BIBLE is praying through the Psalms.

## **The METHOD**

1. Read each line in a psalm and then pray anything that comes to mind as you consider the words of that line in the psalm.
2. When you can't think of anything else for that line, then read the next line and pray what comes to mind as you read that line.
3. You can continue to pray like this until you run out of time or you run out of psalm.
4. If you run out of psalm before you run out of time, then turn the page and go to another psalm. You never run out of anything to say.
5. What you are doing is taking the words that originated in the heart and mind of God and circulating them through your heart and mind back to God.

## **Pray According to the Word**

**Open the Bible, start reading it, and pause at a verse and turn it into a prayer.**

**Praying Method overview (keep these practical things in mind):**

1. Simply go through a passage line by line, talking to God about whatever comes to mind as you read the text. (Pray for prayer requests with God's Word.)
2. If you don't understand the meaning of a verse, go on to the next verse.
3. If you understand the verse, but nothing comes to mind to pray about, go on to the next verse.

Speak to the Lord about everything that occurs to you as you slowly read his Word. - Do this even if what comes to mind has nothing to do with the text.

**EXAMPLE OF PRAYING THE PSALMS:**

**Psalm 4 PRAY:**

**Praise** - "God, thank you for hearing me when I pray. Thank you for being gracious to me by giving me life and salvation."

**Repent** - "God, I repent for sinning in my anger. Forgive me for the words that I have carelessly said and shared."

**Ask** - "Lord, give me relief in my distress and give me peace in my heart. Please, help me to practice the joy that you freely offer."

**Yield** - "God, I trust that you can take care of me and the things that are weighing me down."

**Psalm 34 PRAY:**

**Praise** - "God, I bless and praise you that you make yourself available and findable to us. Thank you that you deliver us from every fear and save us from all our troubles"

**Repent** - "God, I repent for looking to other people and places to alleviate my fears and to save me from trouble."

**Ask** - "Lord, help me and my family to taste and see that You are good. "

**Yield** - "God, I surrender my fears to you and decide today to seek you through your Word."

**Psalm 64 PRAY:**

**Praise** - "God, I praise you that you are full of truth, justice, mercy, and grace."

**Repent** - "God, I repent for expecting life to never have adversity. I too often think life should go smoothly and I wrongly think that you are unjust and that you have forgotten me when bad things happen."

**Ask** - "Lord, turn your enemies' words and snares against them. God, give your people peace."

**Yield** - "God, when people speak against me, I will trust that you will deliver justice and mercy and I surrender my desire to get even. God, I receive your comfort."

**Psalm 94 PRAY:**

**Praise** - "God, I thank you for knowing, seeing, and hearing every thought I have and every action I take. I praise you that you will not abandon or forsake your church!"

**Repent** - "God, I repent for resisting your discipline and teaching. I'm sorry for refusing the rest you freely offer me in the midst of my trouble and allowing my cares to weigh me down."

**Ask** - "God, raise up church planters, missionaries, pastors, and servant leaders in Parkway to disciple our neighbors and the nations. God my Rock, provide the physical and financial resources we need to accomplish Mission Moseley."

**Yield** - "God, I will rest in your Word and Spirit. I will learn from you and trust that you know the actions and thoughts of men and will take vengeance and give mercy according to your will and not mine. I will allow Your consolations to cheer my soul."

**Psalm 124 PRAY:**

**Praise** - “God, I praise you that You came down and sent Jesus Christ to become flesh and make your dwelling among sinful humans. I praise you that Jesus is my Savior because of His death on the cross and His glorious resurrection.”

**Repent** - “God, I repent from my sins. I turn from going my own way and I turn to follow you.”

**Ask** - “Lord, help me to not give myself over to sin and Satan. God, give me the power to escape temptation. God, break the strongholds in my life and help me to walk by faith, keeping in step with the Spirit of God. ”

**Yield** - “God, I bless the LORD. I will find my help and identity in the name of the LORD and will live and die to share the name of the LORD with my neighbors and the nations.”