

## Life of Prayer

### Objective

To understand why prayer should be the central part of our life

### References

- ✠ Mark 1:32-38
- ✠ Jeremiah 33:1-3
- ✠ Matthew 7:7-11
- ✠ 1 Timothy 6:15-16
- ✠ John 14:14
- ✠ John 5:14-15,
- ✠ Mark 11:24
- ✠ Hebrews 4:14-16

### Scriptural Verse

“Men always ought to pray and not lose heart” (**Luke 18:1**)

### Lesson Guidelines

Prayer is opening the door to give God access to our life. Prayer is also a sacrifice as it requires the silencing of the mind and senses in order to focus on God.

#### 1. Why prayer should be a priority in our life

- ✠ It had an important place in the life of the Lord Jesus
  - Solitary place.
  - Early in the morning.
  - On His knees.
  - Agonizing in prayer.
  - Seeking the will of God.
  - Wrestled with Satan.
  - Prayed alone.
- ✠ The Lord Jesus commanded us to pray and taught us how to do it
- ✠ Prayer to God through His Son is the most powerful force on earth. It impacts the life of the person who prays as well as those we pray for
- ✠ Prayer is a constant reminder to us that we are not from this world and that we do not belong here
- ✠ There is a clear promise from God to answer our prayers
  - When God says to ask, He means to keep asking.
  - Prayer cannot be passive – pray and seek means to take steps so that God can answer your prayer, e.g., look for a job.
  - We should ask in His name, i.e. what we ask for should be in agreement with the will of God. God will not answer requests that are destructive.
  - We should express our desire to God but accept His will.
  - The answer may not take the form we anticipate or come when we desire, but He will respond.

- Sometimes we pray for things that are not according to God's will. The prayer that is always answered is when the request is according to God's will and for spiritual growth.
- ✠ Prayer is essential for living a godly life
  - Getting strength to overcome situations.
  - Getting forgiveness of sins.
  - Understanding God's Word.
  - Only through prayer can we reflect the image of the Lord Christ in us. This is an ongoing process that develops with time and as our life of prayer deepens.
- ✠ Prayer brings rich rewards
  - Meets our material needs.
  - Power of the Holy Spirit.
  - Help to others, e.g., a sympathizing listener.
  - Comfort of sorrow.
  - A loving relationship with God leads to peace and a sense of His love and direction.
  - God teaches us how to listen to His voice replying to our humble request.
  - God teaches us more about Himself and the spiritual warfare needed to combat the enemy.

## **2. How do we develop a life of prayer?**

- ✠ Start by setting time daily for prayer and stick to it.
- ✠ Under the guidance of your Father of Confession assign a number of psalms to be prayed daily.
- ✠ Increase your prayer time gradually and with the guidance of your Spiritual Father.
- ✠ Recite the arrow prayer throughout the day: "My Lord Jesus Christ have mercy on me, a sinner."
- ✠ Never feel discouraged by a lack of zeal or loss of concentration during prayer as that is normal. Persist in your prayers and those feelings will eventually dissipate.

## **Conclusion**

Prayer is the gate to heaven and the means of communication with God. The blessings of prayers in the life of the believers are many.

## **Activities/Discussion Points:**

Discuss the following points in small groups or as one group

1. What are the different ways of prayer?
2. What are the benefits and the disadvantage of each form of prayer?
3. How did the Agpeya prayers come into our church practice?