

How To Enjoy Prayer

Matthew 6:9-13

Matthew 6:9 After this manner therefore [pray](#) :

Our Father which art in heaven, Hallowed be thy name. 10 Thy kingdom come. Thy will be done in earth, as it is in heaven. 11 Give us this day our daily bread. 12 And forgive us our debts, as we forgive our debtors. 13 And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

Philippians 4:

6. Do not be anxious about anything, but [in everything](#), by **prayer** and **petition**, with **thanksgiving**, present your **requests** to God. 7. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Matthew 6:5 And when thou prayest, thou shalt not be as the hypocrites *are*: for they love to [pray](#) standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. 6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, [pray](#) to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. 7 But when ye [pray](#), use not vain repetitions, as the heathen *do*: for they think that they shall be heard for their much speaking.

Luke 18:1 And he spake a parable unto them *to this end*, that men ought always to [pray](#), and not to faint;

1 Thessalonians 5:17 [Pray](#) without ceasing.

1 Timothy 2:8 I will therefore that men [pray](#) every where, lifting up holy hands, without wrath and doubting.

Intro:

- Most people pray. Pagans pray. Muslims pray. Buddhist pray.
- Christians don't always pray as they ought to pray.
- Why Christians don't pray
 1. Unbelief - that it doesn't matter much, makes no difference
 2. Hurry, busyness and lack of time
 3. Priorities and Preoccupation with other things
 4. Never learned how

Misunderstandings

Prayer is communion, or fellowship with God as with a friend. Prayer is not asking. Asking is only one small part of the matter of prayer. Prayer is your relationship. As you pray so goes your spiritual life. As you pray so you know God and are known of God. That is why we call the daily time with God our DAILY DEVOTIONS. Time devoted to God alone.

Part of the problem of prayer for most believers is that they grew up thinking that prayer is talking at God. (ie) Huck Finn If prayer is a monologue to someone who is absent and questionably listening, and from whom we get no reply, no wonder we don't enjoy prayer.

If we would change our philosophy of prayer from a one-way-street to a listening and then speaking, we would forever change the way we pray, and thus change our prayers to enjoyment.

I. Life's Simplest Prayer

God, to me a sinner, be merciful

1. Praise and Thanksgiving (Enter his gates with... Ps 100)
2. Confession and Surrender (Confess your sins, faults I John 1:9)
3. Petition and Requests (Let your requests be made known unto God - Phil 4:6)

II. Nine-Minute Devotional Plan

May I suggest for those of you who are just starting out in prayer (and for many who never learned it well) a simple pattern for daily prayer in a 9 minute devotional time.

1. **Ponder His Word** - unarticulated thoughts & feelings cause depression (3 Minutes)
 - a. Read and think about some Scripture (Where? Anywhere) Chapter a day.
 - b. Meditate on his word, work, worth. (Think deeply!)
 - c. Journal your thoughts to God (Write him a letter)
2. **Praise His Worth** - praise is active, it is done, not thought about (3 Minutes)
 - a. Sing to the Lord - Sing & Rejoice in the Lord
 - b. Exalt His name - tell of his excellent greatness
 - c. Give Thanks - List it. Say it. Tell it. Share it.
3. **Petition His Will** - prayer can be complaint (not complaining) (3 Minutes)
 - a. Confess your faults, sins, temptations, weaknesses.
 - b. Tell God your troubles, worries, fears, frustrations, temptations.
 - c. Ask specific things of God, believe God for excellent answers.

A Time - time and space - white space, room to breathe

A Place - alone, apart, desert place

A Plan - 1, 2, 3

A. C. T. S. (Adoration, Confession, Thanksgiving, Supplication)

III. Helpful Hints For Enjoying Prayer

- ◇ Practice Quiet: Be Still - quiet time (closet, close the door)
- ◇ 3-Minute Timer - don't stall or get distracted. Keep focused
- ◇ Journal - your thoughts and life as a prayer - Dear Lord today...
- ◇ Meditate - on creation, his works, his cross, psalms, a verse
- ◇ Plan - have a plan. Plan your work, work your plan. Failure to plan is a plan to fail.
- ◇ Schedule - schedule God! Where is he in your daily planner, palm pilot, day-timer?
- ◇ Prayer Days (once a month: 2 hours to a full day - a God soaking)
- ◇ Prayer Retreats (weekend with God alone, or a night and a day)

Conclusion

*Ere you left your room this morning,
Did you think to pray?*

Seek First the Kingdom of God

Matthew 6:33

Seek ye first the kingdom of God
And his righteousness.
And all these things will be added unto you.

Al - le - lu - Al - le - lu - jah,