

I. INTRODUCTION

- A. Prayer is communication with God. It is one of the means by which we can develop a relationship with God. If the Word is like bread, prayer is like breathing.
- B. There are various kinds of prayers and requests. Prayer includes (but is not limited to): praise, worship, thanksgiving, confession, adoration, meditation, contemplation, supplication, intercession, praying in tongues, groaning in the spirit and spiritual warfare.
- Ephesians 6:18 with all prayer and supplication praying at all seasons in the Spirit, and watching thereunto in all perseverance and supplication for all the saints,***
1. You may find yourself emphasizing on certain types of prayer through different seasons of your spiritual life. Ask God to teach you and the Holy Spirit to lead you.
 2. Prayer is more than giving God our wish list or asking Him to bless us.
- C. Jesus lived a life of prayer (Luke 5:16; 6:12; Mk. 1:35). He teaches us how to pray.

Luke 11:1 Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, "Lord, teach us to pray, as John also taught his disciples."

Matt. 6:9-13 In this manner, therefore, pray:
Our Father in heaven, Hallowed be Your name.
Your kingdom come. Your will be done On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts, As we forgive our debtors.
And do not lead us into temptation, But deliver us from the evil one.
For Yours is the kingdom and the power and the glory forever. Amen.

II. OUR FATHER IN HEAVEN

- A. Who do we pray to? Who is the focus of our prayer? Our Father in heaven.
1. This is the posture of our heart in prayer: talking to the Father.
 - a. Jesus has made a way for us to pray to the Father.

Hebrews 10:20 by a new and living way which He consecrated for us, through the veil, that is, His flesh.

John 16:24 Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full.

- (1) You don't need to pray to a saint or have someone special lay their hands on you. Learn how to get breakthrough for yourself. Learn how to connect with heaven. You have direct access to the Father through Jesus. He is our high priest.
2. Prayer does not begin on earth, but begins in heaven. The Father is in heaven. Prayer is not starting with your situation and asking for God to change things. We are starting with heaven and when we see God and the discrepancy between His Kingdom and His will in heaven and the reality of what is happening on earth, we are properly "positioned" to pray.
- a. Looking into the garbage can does not produce solutions. Why do we meditate on our problems? Don't use prayer as a worry session. Don't focus on the problem. God already know what you need!
- b. Don't focus on yourself. If you look long enough, you will find things that are not pretty.
3. We are often concerned with what words to use, "What do I say when I pray?" but primary is our posture in prayer. Prayer is more than "what do I say?" More important that I know who I am coming before. *Who am I talking to?* If we don't understand this, nothing after that matters.
- a. Take a deep breath, and "practice the presence of God."
- b. Turn your gaze to heaven. Don't rush straight into your shopping list. Don't go straight to feeling guilty and asking God to forgive you of your sins. Don't start with earth. Rather, lift your gaze higher to Father in heaven. This leads to: Worship God (Hallowed be Your name).

(1) Become aware of God's presence. Focus on God who dwells in you (1 Cor. 6:19-20) or on God who is sitting upon His throne (Rev. 4).

(2) "And now, there in His presence, simply begin to repeat the Lord's Prayer. Begin with the word, "Father." As you do, let the full meaning of that word deeply touch your heart. Believe that the God who lives inside you is indeed so willing to be your Father. Pour out your heart to Him as a little child pours out his heart to his father... (*Experiencing the Depths of Jesus Christ*. Jeanne Guyon, page 22.)

III. HALLOWED BE YOUR NAME

- A. "Holy is Your name." God is holy, set apart. He is not tainted or mixed. God is pure.
1. When we connect with the God of heaven, the natural overflow is worship.
- B. To worship God: Think upon His attributes: gracious, compassionate, wise... Gaze upon His beauty.

- C. The order of the prayer Jesus taught is significant: Don't come before God as a beggar or a worrier (give us first our daily bread), or using a guilt/shame ridden religious approach to prayer (forgive me first because I don't feel that You will hear me much less answer me unless I repent first). Approach God as a child, then open your heart completely in worship.
1. Some prayer models puts confession of sin right before supplication, but Jesus does not.
 2. All models of prayer can be helpful to some extent if they helps people to pray more, but the prayer that Jesus taught His disciples is straight from God Himself.

IV. APPLICATION

- A. Develop a private life in God.
1. Worship God privately as well as corporately.

Heb. 10:25 Not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.
 2. Don't rely on corporate worship to sing songs to God. Spend time everyday in worship.
 3. Develop a deep personal life. Avoid the danger of only having an external, public spiritual life. Don't just pray in public. Pray in the "secret place."

Matthew 6:6 But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the SECRET PLACE; and your Father who sees in secret will reward you openly.
- B. Ask the Lord to give you release in your "prayer language" (1 Cor. 14:2). Speaking in tongues is the release that the Holy Spirit grants us so that we pray from our spirit and not just from our mind (1 Cor. 14:14). There is great edification when we pray in the spirit (1 Cor. 14:4; Jude 20).
- 1 Corinthians 14:2 For he who speaks in a tongue does not speak to men but to God, for no one understands him; however, in the spirit he speaks mysteries.***
- Acts 2:4, 11 And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance... ¹¹ Cretans and Arabs — we hear them speaking in our own tongues the wonderful works of God."***
- C. Develop your praise/worship vocabulary.
1. Read the Psalms, Revelation, etc..
- D. Challenge/exercise: Spend an entire month focused purely on gazing upon God and on adoration. Don't ask Him for anything, feel bad about your sins, etc...