

Basic Training Lesson 2.1

Prayer Part 1

Luke 11:1 And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples.

- I. Introduction
 - A. Prayer was Jesus' habit
 1. I want to start our Basic Training series with the most practical tool and most basic topic I could think of: prayer. Prayer is just a religious term that means talking to God.
 2. Prayer is foundational because just about everything we experience with God revolves around prayer so it is an essential habit to form.
 3. There are **[three essential habits]** that are necessary for our survival as a Christian: (1) prayer, (2) Bible reading, and (3) fellowship with the saints.

4. This is a spiritual journey and prayer is our essential connection to God.
5. Consistent prayer is a very important habit to form, a discipline to master, and a duty to fulfil. But it is also conversation with your best Friend that can happen anytime and anyplace.
6. While praying we move out of a worldly, doubtful mindset, and get into God's mind, similar to what happens when we study the Bible. In prayer we get our purpose, faith, direction, courage, boldness, and equipment.
7. Jesus revealed some priorities and particularities with how He prayed:
 - a. He prayed alone:
*Matt 14:23 And when he had sent the multitudes away, he went up into a mountain **apart** to pray: and when the evening was come, he was there alone.*
 - b. He prayed early:
Mark 1:35 And in the morning, rising up

a great while before day, he went out, and departed into a solitary place, and there prayed.

c. He prayed late:

*Luke 6:12 And it came to pass in those days, that he went out into a mountain to pray, and continued **all night** in prayer to God.*

d. He got away from distractions:

*Luke 5:16 And he **withdrew himself** into the wilderness, and prayed.*

8. Jesus' disciples noticed His consistent prayer habit so they asked Him: "*Lord, teach us to pray.*"
 9. Our goal in tonight's and next week's lesson is to very carefully examine Jesus' answer to that question. So while it is called the Lord's prayer, really, it is our model for prayer.
- B. Several kinds of prayer
1. But before we look at the model prayer, it is important to understand that there are

different types of prayer that don't follow this pattern.

2. **[Slide]** We pray and meditate while lying in bed (Psalm 63:6); over our meals (1 Timothy 4:5); when faced by an urgent situation (Psalm 61:2-3).
3. The church prays together in a group (Acts 4:24, Acts 12:5); We pray for people to receive the Holy Ghost (Acts 8:17); We pray for the sick (James 5:14-15).
4. And we are to pray continually (Acts 6:4) and pray without ceasing (1 Thes 5:17), so as you see, prayer is really a daylong conversation with God.
5. The kind of prayer represented by the model prayer is more of our disciplined, scheduled, daily "survival prayer."
6. Your goal is to see yourself **doing as Jesus did:**

Mark 1:35 And in the morning, rising up a great while before day, he went out, and

departed into a solitary place, and there prayed.

7. Make a priority of creating and keeping a habit to pray at a set time daily.

c. Prayer Guide

1. Over many decades, I have used a prayer guide as a help to keep my distracted mind focused.
2. I began with simply combining the Lord's prayer with the prayer of Jabez, another powerful, but less noticed prayer hidden in scripture.

*1 Chron 4:10 And Jabez called on the God of Israel, saying, Oh that thou wouldest **ble^ss me indeed, and enlarge my coast, and that thine hand might be with me, and that thou wouldest keep me from evil, that it may not grieve me! And God granted him that which he requested.***

3. Then over the years, I added other supportive prayer verses from Moses,

David, Solomon, Jehoshaphat, Isaiah, Jeremiah, Ezekiel, Joel, Peter, Paul and John.

4. The Prayer Guide is only a guide and not a script to read, but I have found it very helpful in my daily prayer time.
 5. As you regularly pray over these verses, you will find you are hiding the Word in your heart which you will be able to quote at times of need.
 6. The Prayer Guide is a work in progress and you can feel free to download it from **[slide]** www.brazilinchurch.com/resources.
 7. As you use the Guide, you will simply be praying scriptures, and you will find that on different days, the Spirit will emphasize particular verses depending on what's going on in your life at the time.
 8. So let us look at Jesus' model prayer and see how we can use it as a guide.
- D. Introductory scriptures

1. Since I use it in my morning prayer, we start with a morning focus:

Ps 5:3 My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.

2. And at the start of our day, we set our hope on His Word:

Ps 119:147 I rise before dawn and cry for help; I have put my hope in your word. NIV

II. The prayer

1. When the disciples asked Jesus, “Lord, teach us to pray”, this is how He responded (and this is the title of the Prayer Guide):

Matt 6:9 After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.

2. The phrase, “after this manner” comes from one Greek word, “hotos” which means: **in this way described**. So from Jesus’ word choice, He intended for this prayer to be a guide.

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.

3. You can find a parallel passage found in Luke 11:2-4.

III. How to pray

1. When you study the content of the model prayer, you can organize it in eight general categories, and I numbered them on the prayer guide:

(1) Worship

(2) Harvest

(3) Direction (a-d subcategories: as a person, partner, parent, and professional)

- (4) Provision
- (5) Forgiveness
- (6) Protection
- (7) Praise
- (8) Answer

(1) Worship God for who He is:

1. Jesus began the prayer:
Our Father which art in heaven, Hallowed be thy name. (Matt 6:9)
2. Jesus started by shifting our focus from the **earthly and carnal** onto the **heavenly and holy**. This allows us to escape the distractions of the world and enter into a place where everything is perfect.
3. Right at the start of the prayer we focus on worshiping the One who created us yet we recognize that we are in a relationship with Him—**our Father**.
4. He is holy. Regardless of how unholy the world around you is, you have now come boldly into the holy throne of grace.

5. To remind us of that place, next we read:
He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. (Ps. 91:1)
6. You are meeting God in a secret place so close to God, you are under His shadow.
7. Coming into that secret place, we are drawn into worship:
Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created. (Rev 4:11)
8. He is our Creator, so as His creation, we understand that we were created for His pleasure not for our own.
9. We set our physical and mental posture with this next verse:
That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth; (Phil 2:10)

10. And in that submitted place, we give great praise:

Great is the LORD, and greatly to be praised in the city of our God, in the mountain of his holiness. (Psalm 48:1)

11. So Part 1 is **Worship God for who He is.**

(2) Harvest preparation and labor:

1. After beginning with worship, the next focus is the kingdom labor in the harvest:

Thy kingdom come... (Matt 6:10)

2. That means we seek to extend God's influence and governance in our world. Plus, pursuing His kingdom helps us focus on being rapture-ready:

Blessed are those servants, whom the lord when he cometh shall find watching...(Luke 12:37)

3. Call to mind that today could be the day Jesus returns.

4. And we repeat Jesus' words concerning whose business we're doing:

*...I must be about My Father's business.
(Luke 2:49)*

5. Also in this portion of our prayer, we ask God to use us as laborers in His harvest, or to send others who will be:

*Pray ye therefore the Lord of the harvest,
that he will send forth labourers into his
harvest. (Matt 9:38)*

6. Here we can name people we are trying to reach for God, or for pastors, evangelists, and missionaries to be effective in their harvest field.

7. The next line is from the Prayer of Jabez that states the same thought:

...Enlarge my coast... (1 Chron 4:10)

8. It makes me ask: “God, how can I increase your influence here?”

9. But not in my strength—I’m already overstretched. But through the Holy Ghost, I can be an effective witness for Him:

But ye shall receive power, after that the

Holy Ghost is come upon you: and ye shall be witnesses... (Acts 1:8)

10. To keep from feeling overwhelmed and overstretched, we ask like the apostles did: *...Lord, Increase our faith. (Luke 17:5)*
11. This section has given us focus on the harvest and enlarging the kingdom of God.

(3) Direction in general:

1. We have worshiped, we have prayed for revival, and now we ask for direction in a general way over all areas of our life.
2. The prayer guide also reflects needs for direction that I have had: **a.** direction as a person, **b.** as a partner, **c.** as a parent, and **d.** as a professional.
3. Jesus set the priority of this basic request: *...Thy will be done in earth, as it is in heaven (Matt 6:10)*
4. God has perfection and order all around Him in heaven, so we ask for that standard to be overlaid over where we live.

5. Since we are asking for direction, it is important to clarify who we want to win when there is a contest of wills:

...Not my will, but thine, be done. (Luke 22:42)

6. Then we clearly express our trust is in the Lord and not in our understanding of the matter:

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. (Prov 3:5-6)

- A. Direction as a person-**to be personally sensitive to God's voice**

1. We ask God to make **my** ways and **my** path = **His** ways and **his** path:

Shew me thy ways, O Lord; teach me thy paths. (Ps 25:4)

2. In Jabez's prayer, he asked for a personal **touch** of guidance:

...That thine hand might be with me... (1 Chron 4:10)

3. I picture that verse as a child pushing a toy car, or a parent holding his child's hand. We are asking God to push us along or guide us with His hand continually being in contact with us.
4. And like a child, we admit, I don't know what to do, but my **eyes** are on God:
...Neither know we what to do: but our eyes are upon thee. (2 Chron 20:12)
5. The next verse has a two-fold application. Ask God to **create order** out of the chaos of our life, and also **issue an order** for each and every step we take:
The steps of a good man are ordered by the LORD: and he delighteth in his way. (Ps 37:23)
6. And when I hear God's loving and kind voice in the morning, it includes personal guidance for my way as I surrender to Him:
*Cause me to **hear** thy lovingkindness in the*

morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee. (Ps 143:8)

7. And also listen for God's voice when I need a course correction:

*And thine **ears shall hear** a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left. (Isa 30:21)*

B. **Direction as a partner-**

1. While we are still under part three, seeking general direction, it is important to our day to ask for guidance in relationships as a partner.
2. As a husband, I pray to be sensitive to God on how to improve my relationship with my wife by establishing His pattern for marriage in our marriage.
3. Or if you are not married, change this to cover relationships closest to you, or perhaps your eventual spouse.

4. If you are a husband, pray:
*Husbands, love your wives, even as Christ also loved the church, and **gave himself** for it (Eph 5:25).*
5. “Gave himself” comes from the Greek word, paradidomi, meaning to surrender, yield up. The husband is declaring “it is not about me” and asks God to show him where and what he must surrender for her good.
6. Next we focus on ways to do that:
*Likewise, ye husbands, **dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered. (1 Peter 3:7)***
7. “**Dwell with them**” comes from the Greek word, sun-oi-ke-o, **to reside alongside** one another, revealing closeness and intimacy.
8. “**According to knowledge**” means that I will **pay attention to learn her.**

9. **“Giving honor”** means I give her proper **respect** and not abuse, shame, sarcasm, or mockery.
10. **“Weaker vessel”** – referring to the last statement of giving honor, means I recognize and **give room for her weaknesses** and understand there are burdens I must shoulder if I am to show her understanding in this area.
11. **“Heirs together”** is another emphasis on the long-term **closeness** God intends for our marriage.
12. **“Grace of life”** is a place of heaven on earth, a **happily-ever-after place**, not in a fairy tale way, but a place where **GOD** pours on us joy, peace, fulfillment, and contentment with our spouse.
13. Living in the truth of those two verses alone can save a marriage so pray them daily, as Peter added on the end: “that your prayers be not hindered.”

14. And if you are a wife, focus on the next two verses in your prayer:
That they may teach the young women to be sober, to love their husbands... (Titus 2:4).
15. Notice the word “**teach.**” Like the men who are to study to learn their wives, this verse instructs the wives the same way.
16. “**Be sober**” comes from the Greek word, “sofronizoo” meaning restore to senses, control, and a sound mind.
17. The combination of hormones and circumstances can affect a wife’s moods dramatically, but in prayer, she takes a proactive approach by asking God for an injection of holy soberness to regulate the unstable moods.
18. By prayer and close observation, wives learn what communicates love to her husband so she can do it and do it often.
19. A wife’s love must also include respect, which is what this next verse describes:

Wives, submit yourselves unto your own husbands, as unto the Lord. (Eph 5:22)

20. We don't like the word submit, because it sounds like a command to household servant. In the context of the passage, it "submit" means respect or honor. And respect is a #1 issue with most men.
21. Disrespect, whether in public or private, inflicts deep pain on a husband.
22. God knows just what we need as a spouse.

[Slide husband and wife]:

- a. If he will ___ she will more likely ___
 - If he will honor her, she will more likely submit and respect
 - If he will spend time with her, she will likely be more sober-minded
 - If he will pay attention to her, she will more likely learn, understand and demonstrate love to him
- b. If she will ___ he will more likely ___
 - If she will submit and respect him, he will more likely honor her

- If she will be sober-minded, he will likely spend more time with her
- If she will learn, understand and demonstrate love, he will more likely pay attention to her

IV. Review:

1. It is prayer in the morning after this manner. In 8 categories.
2. Worship God for who He is since we were created for His pleasure.
3. Harvest preparation and labor—send me, enlarge my coast by the Holy Ghost and faith.
4. Direction in general: His will as in heaven, not mine; and I trust Him.
5. Direction as a person/individual. It is sensory guidance: I feel His touch guiding me, my eyes are on Him, my ears are listening to Him.
6. Direction as a partner: sacrificial love, study, honor, respect, be close