

Basics – How to Pray

If you could ask God one question today and knew He would answer, what would you ask?

If you strip prayer down to its most basic component it is coming into God's presence. It's an awareness of His presence and drawing near it.

Quotes

- "True prayer is neither a mere mental exercise nor a vocal performance. It is far deeper than that—it is spiritual communion with the invisible God." — Charles Spurgeon
- "Desire for prayer is prayer itself. Desire for God is the essence of prayer." — Leonard Ravenhill
- "The self-sufficient do not pray; the self-satisfied will not pray; the self-righteous cannot pray. Only the hungry pray."

Prayer begins with a holy desperation for God's presence in our lives. Prayer is not a religious performance—it is a relationship.

Key Scriptures

Jeremiah 33:3 — "Call to me and I will answer you..."

James 5:16 — "The prayer of a righteous person has great power as it is working."

Prayer is about:

- Growing in relationship with Him
- Aligning our hearts with His
- Receiving His wisdom
- Finding peace
- Participating in what God is doing

James 4:8 — "Draw near to God, and He will draw near to you."

Philippians 4:6-7 — "Do not be anxious about anything, but in everything by prayer... let your requests be made known to God."

Discussion: What has been your biggest challenge with prayer?

How Do We Pray?

1. Learn to Be in God's Presence

Hebrews 10:19-22; Hebrews 4:16

2. Adoration – Start with Thankfulness

Thanksgiving shifts our focus from our problems to God's faithfulness.

Psalm 100:4

3. Listen

Make space to hear from God. Prayer is not just us talking to God. It is us positioning our heart to hear God speak over us.

4. Repentance

1 John 1:9

Repentance is turning toward God, trusting His mercy and choosing His ways.

5. Supplication

Bring your requests, your needs and wants to God.

Jesus Taught Us How to Pray

Luke 11:1

Matthew 6:9-13 (The Lord's Prayer)

This wasn't meant to be only a prayer to repeat—it was a pattern.

Discussion: How have you experienced God answering prayer?

Intercession

Standing in the gap on behalf of someone or something God has put on your heart.

Intercession is one of the greatest expressions of love because it puts the needs of others before our own.

1 Timothy 2:1-4

Why Do We Intercede?

God invites us to partner with Him through prayer. Though He is sovereign, He has chosen to accomplish many of His works through the prayers of His people.

James 5:16

Prayer is not about convincing God to care. It is joining our hearts with His heart.

If supplication is praying from earth to heaven, intercession is praying from heaven to earth.

Jesus Is Our Greatest Intercessor

Hebrews 7:25

Romans 8:34

The Holy Spirit Helps Us Intercede

Romans 8:26-27

We never pray alone. The Holy Spirit guides us and aligns our prayers with God's will.

The Golden Bowls

Revelation 5:8 — "Golden bowls full of incense, which are the prayers of the saints."

Closing Question

What is one change you can make this week to grow in your prayer life?