

Prayer matters.

## OBJECTIVE

1. To cover the broad brush strokes of prayer.
2. To begin to address difficulties that arise because of prayer.

## PODCAST OVERVIEW

Bullet points from Pete Greig's video.

1. What is prayer
2. Barriers.
3. Pause, Rejoice, Ask, Yield.
4. Disappointments, Perseverance, Intercession, How to hear God.

### How to pray. The basics.

Bullet points from teaching.	My notes and thoughts.
<p><b>What is prayer.</b></p> <ul style="list-style-type: none"><li>● To be human is to pray.</li><li>● Prayer from latin precarius. Life can be precarious.</li></ul> <p><b>Main barriers to us having a healthy prayer life.</b></p> <ul style="list-style-type: none"><li>● Disappointments</li><li>● Busyness</li><li>● Talking to an invisible God</li></ul> <p>To grow in prayer takes work. Disciplines of prayer help us grow.</p> <p><b>A simple model of pray.</b> Pause. Rejoice, Ask Yield (yes). This is more like dance steps than steps on a ladder.</p> <p><b>PAUSE</b></p> <ul style="list-style-type: none"><li>- Start prayer by stopping and become aware that he is with us and loves us.</li><li>- Centring the scattered parts of me on God and on the moment.</li><li>- Be present to the God who is always present to us.</li></ul>	

<p><b>REJOICE</b></p> <ul style="list-style-type: none"> <li>- Rejoicing is a good way of approaching God.</li> <li>- God is good and I am OK.</li> <li>- Helps us re-contextualize the world.</li> <li>- We find faith to ask by celebrating the things he has already done.</li> </ul> <p><b>ASK</b></p> <ul style="list-style-type: none"> <li>- Prayers in the bible are real conversations, we don't need to pretend.</li> <li>- Be honest with God and your hearts desires.</li> <li>- God has the right to say no like any parent would.</li> </ul> <p><b>YIELD</b></p> <ul style="list-style-type: none"> <li>- Let go and let God. Surrender to the power of God.</li> <li>- Prayer isn't getting God to do our will, its us saying Amen to Gods will.</li> <li>- How can I use my free will as a landing pad for what God wants to happen?</li> <li>- I want to serve you today, I say yes to you today, you are the boss I'm not, fill me with your Spirit.</li> <li>- When we surrender to God we experience his resurrection life.</li> <li>- When we relinquish our fighting God we find he has something much better. Romans 8v28.</li> </ul> <p><b>Disappointments..</b></p> <p>Normal for Christians to experience God on mute. This is often a season of growth. The feeling of God being close might not be there.</p> <ul style="list-style-type: none"> <li>- Going through the motions (of prayer) is not a bad thing to do. To pray more often than just when it 'feels' right.</li> <li>- Honest about disappointments AND about the encouragements.</li> <li>- Try not to flip one way or the other. Prayer is not just one big glory story AND don't become cynical about prayer.</li> <li>- God's silence is not his absence.</li> </ul> <p><b>When do we know what to do next.</b></p> <ul style="list-style-type: none"> <li>- Stacking dominos. Wait, keep praying.</li> <li>- God has two speeds. Slowly and suddenly.</li> </ul>	
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- Perseverance grows faith.
- Spiritual battle and some things God wants to happen but they are being opposed and we need to push through in prayer.
- If hitting a brick wall go to someone you trust and ask their advice.
- What is God saying from the bible about the situation.
- Pray the next step. A big prayer might be for healing but made up of small steps eg, praying for a good hospital appointment.

#### **Praying for others/intercession.**

- As a follower of Jesus you have much more authority than we realise.
- Intercession means to stand in the gap between the situation and God.
- Intercession is to pull God's word, promises, desires into that situation through prayer.

#### **Praying for ourselves.**

- Most peoples problem with prayer is God.
- God likes you.
- He desires our presence more than we desire his.
- On our side and working on our behalf.
- This helps us want to be with him.

#### **How do hear from God? Is it Him?**

- Its going to look like, sound like Jesus.
- Ask, how big a deal would this be if I got it wrong?
- Seek advice from a wise Christian.
- Gods gift of common sense.

#### **24/7 prayer movement.**

- Online prayer course (next week).

#### **Some questions for this week.**

- Is there a space in your city or county for prayer?
- If no, might God be asking you and others to gather to pray?
- Is there a space (relational space or physical space) around you where people who are not yet Christians can come to pray/be prayed for? What would such a space look like?
- Who are you currently helping to access the practice of prayer and how are you doing it?