



KEYS TO SPIRITUAL GROWTH

HOW TO DEEPEN YOUR RELATIONSHIP WITH GOD

#6: PRAYER: THE CONVERSATION THAT CHANGES YOU (PART 2)

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I. WHAT PRAYER IS

Essentially prayer is a conversation with a friend – who happens to be God

II. WHY PRAYER IS SO IMPORTANT

1. Prayer enhances my “God-consciousness” by reminding me that He is always with me
2. Prayer actually changes my brain physiologically in positive ways

‘Call to me and I will answer you. I’ll tell you marvelous and wondrous things that you could never figure out on your own.’

Jeremiah 33:3 (The Message)

III. HOW I CAN PRAY IN A WAY THAT WILL RESULT IN SPIRITUAL GROWTH

1. Ask God to help me pray

For I can do everything through Christ, who gives me strength.
Philippians 4:13 (NLT)

2. Decide that prayer will be a priority in my life

Rejoice in our confident hope. Be patient in trouble, and keep on praying.
Romans 12:12 (NLT)

3. Learn how to pray

Once Jesus was in a certain place praying. As he finished, one of his disciples came to him and said, “Lord, teach us to pray, just as John taught his disciples.”

Luke 11:1 (NLT)

- **Use Scripture as a guide** (1 Samuel 2:1-10; 1 Kings 8:22-30; 2 Kings 19:15-19; 1 Chronicles 4:10; 2 Chronicles 20:6-12; Psalm 32; 43; 51; 60; 86 and more)

The Lord's Prayer—Matthew 6:9-13

- ⇒ Remember to whom I am speaking (v.9)
- ⇒ Invite Him to be Lord of my entire life (v.10)
- ⇒ Tell Him specifically what I need (v.11)
- ⇒ Ask for forgiveness of my sins (v.12a)

If I had cherished sin in my heart, the Lord would not have listened;
Psalm 66:18 (NIV)

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

1 John 1:8-9 (NLT)

- ⇒ Forgive others who have offended me (v.12b)
- ⇒ Trust His guidance for the future (v.13a)
- ⇒ Recognize God's power over everything (v.13b)

- **Emulate the prayers of others**

My friends, I want you to follow my example and learn from others who closely follow the example we set for you.

Philippians 3:17 (CEV)

4. Create a plan for regular prayer

- **A time**

Then, accompanied by the disciples, Jesus left the upstairs room and went as usual to the Mount of Olives. There he told them, "Pray that you will not give in to temptation." He walked away, about a stone's throw, and knelt down and prayed...

Luke 22:39-41 (NLT)

- **A place**

Once Jesus was in a certain place praying.
Luke 11:1a (NLT)

- **A record**

But then I recall all you have done, O LORD; I remember your wonderful deeds of long ago.
Psalm 77:11 (NLT)

5. Know that my prayers are powerful

"Have faith in God," Jesus answered. "I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in his heart but believes that what he says will happen, it will be done for him. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

Mark 11:22-24 (NIV)