

A Time To Pray – 1/7/24

TEXT- Genesis 4:25-26 *And Adam knew his wife again; and she bare a son, and called his name Seth: For God, said she, hath appointed me another seed instead of Abel, whom Cain slew. 26 And to Seth, to him also there was born a son; and he called his name Enos: then began men to call upon the name of the LORD.*

INTRO – Adam and Eve talked with God person to person. Cain and Able brought sacrifices to God, but when Able is murdered God provided another seed. -Seth. Nothing more is said about him than that he bore Enos. Nothing more is said about him except **then men to call upon the Lord.** Communication from that point on is the means of man communicating with God.

1. There are 650 prayers listed in the Bible.
2. There are approximately 450 recorded answers to prayer in the Bible.
3. The Bible records Jesus praying 25 different times.
4. Paul mentions prayer 41 times.
5. Although prayer can (and should) be done from any bodily position, the Bible lists five specific postures: Sitting (2 Sam 7:18), standing (Mark 11:25), kneeling, with one's face to the ground (Matthew 26:39; and with hands lifted up (1 Timothy 2:8).
6. In Jesus model prayer (Luke 11:1-4), he provides five areas of focus:
 - That God's name be honored
 - That God's kingdom come –
 - That God's provision is given –
 - That God's forgiveness is granted
 - That God's deliverance will be provided

8. The Bible lists at least nine main types of prayer:

The prayer of faith (James 5:15),

The prayer of agreement (also known as corporate prayer) (Acts 2:42),

The prayer of request (or supplication) (Philippians 4:6),

The prayer of thanksgiving (Psalms 95:2-3),

The prayer of worship (Acts 13:2-3),

The prayer of consecration (Matthew 26:39),

The prayer of intercession (1 Timothy 2:1),

The prayer of invoking evil (Psalms 69),

The praying in the Spirit (1 Corinthians 14:14-15).

Hebrews 10:25 *Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.*

The time is short to pray. There are some great things that can be wrought by prayer, that must be wrought today or never.

I. Examples of Prayer

Hannah

Jesus

Elijah

John the Baptist

The Disciples

II. What Is Prayer?

- Prayer is communicating with God. That can mean thanking Him, praising Him, confessing something you've done wrong or expressing a need you have. It can mean talking to Him as you would to a friend.
- Prayer is a supernatural activity. It's talking with a God who is unlike anyone else.

III. Why Should You Pray?

1. You want to tell God how much you love Him and why.
2. You need to say "I'm sorry" for specific actions or attitudes.
3. You want to thank God.
4. You want to bring a concern to God and invite Him to help.

IV. How Do You Pray?

There is no secret formula to pray. God simply delights in us coming to Him. People will say things such as, "Father God," "Heavenly Father" or "Almighty God." How you choose to address Him will remind you of who you are talking to and what He represents in your life.

1 Thessalonians 5:17 *Pray without ceasing.*

Pray about everything

V. When and where do I pray?

Anytime and anywhere can work, but it's helpful to find a distraction-free time and place if possible. God deserves your focused attention, and you might find it harder to listen to Him in a busy place.

Some people create a space in their homes, like a "prayer closet," for this purpose. Others will choose a favorite park or coffee shop.

VI. What position should I be in to pray?

You can bow, kneel, stand or walk around when you pray. God will hear you whatever you do, so choose a position that helps you focus.

Kneeling or bowing your head are great ways to focus your body and mind on God. It's a symbolic way to demonstrate that you respect His authority. John also described Jesus looking toward Heaven when praying.

VII. Should I pray out loud?

Depending on your comfort level and situation, you can choose whether to pray out loud or silently. Over time, you will likely grow more comfortable praying out loud.

If you are praying for someone who is physically present with you, it might encourage them to hear your faith expressed through your prayers. But if you find praying silently allows you to focus more on God, that's okay too.

Be sure to allow silence too so you can listen to God. You'll find it harder to hear what He is saying if you are doing all the talking.

VIII. How do I end a prayer?

A common way to end a prayer is by saying something like, "In Jesus name, amen."

IX. What Should You Pray For?

As you develop the habit of praying, you will gain a sense of what God is talking to you about and what He thinks is worth your attention. But this is just the beginning! The Bible suggests plenty of things that you can pray for at any time including:

- Grow deeper day by day.
- Anything in your life getting in the way of your relationship with God.
- Your family, friends and career.
- How to manage the resources God has given you.
- Leaders
- Your understanding of the Bible.

X. What Are the results when you pray?

Here are six things to expect as you pray to God:

1. **You will recognize that you are not God.**
Every time you pray, you are saying, "In my own strength, I cannot do all that I want to do. I need help."
2. **You will realize the world doesn't begin and end with you.** God is the center of the universe.
3. **You will gain strength from outside of yourself.**
4. **You will surrender control to God.**
5. **You will communicate your real feelings.**

You will trust that God is with you.

CONCL - James 4:8 Draw nigh to God, and he will draw nigh to you.