

PRAYER

WHAT AND HOW

Participants

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WHAT IS PRAYER

- Its purpose is to express our submission to the sovereignty of God and our trust in His faithfulness
- It is the means by which we express all that is in our hearts to our loving and wise Heavenly Father
- It is not to give God information, because He knows everything
- It brings us into reverent communion with God, worshiping Him and acknowledging Him as the giver of all things

WHAT IS PRAYER

- Since it is like any spiritual discipline, it must be learned
- Jesus taught His disciples the Lord's Prayer when one of them asked Him to teach them to pray, Lk 11:1ff
- Paul tells us that the Spirit helps us in our weakness and intercedes in "groanings too deep for words", Rm 8:26
- It is a communication with God that we all have to learn especially in "our time of need", Heb 4:14-16

How to Pray

Adoration

Confession

Thanksgiving

Supplication

How to Pray

- **Adoration** – the complete trust in God and acknowledging who He is and what that means to you with not just your mind and heart but your lips
- **Confession** – every Christian needs to confess their sins to God, especially those revealed by His Holy Spirit
- **Thanksgiving** – we are to give thanks in all circumstances which pleases our Heavenly Father
- **Supplication** – asking God for your own needs but also those of others