**Prayer**

**Review**: Prayer changes things. You should live in atmosphere of prayer, which is an awareness of the presence of God. Prayer is Communion with God. Remember what prayer is NOT. When we pray we pray to the Father in the name of Jesus.

**Maturing in our Prayer Life**

James 5:13 Is anyone among you afflicted (ill-treated, suffering evil)? **He should pray**. Is anyone glad at heart? He should sing praise (to God).

Afflicted = (of a problem or illness) cause pain or suffering to; affect or trouble

What do you do when you are afflicted? Or going through a rough time? **You PRAY**

If you **are glad or happy**, do you walk up to someone else and **ask them to sing** because you are glad or happy? **Why then do we walk up to others when we are afflicted and ask them to pray for us?**

There is a lot of wasted motion/energy and misconceptions in the area of prayer. There is a lot of error where prayer is concerned.

True genuine prayer is one of the most powerful things that there is.

Now it’s not wrong to get someone to agree with you in prayer or if you are baby Christian and need to develop in an area to get some help for there is a time to grow up.

For instance, if you were sick and unable to **clean your house**, I might come by and clean you house, MIGHT. It’s possible. But you get healed up and you are healthy and six months later you still want me to come and clean your house. That’s not right. Clean you own house. Wash your own clothes, do your own praying.

James 5:14 Is any among you sick? He should call in the church elders (the spiritual guides). And they should pray over him, anointing him with oil in the Lord’s name. (v15) And the prayer of faith will save him who is sick, and the Lord will restore him; and if he has committed sins, he will be forgiven.

Now the definition of sick here implies weak and about out of strength and they need help. And thank God we can help. But when you can do your own praying you should do your own praying. It’s time to grow up in the things of the Lord and we are leaning to **grow up in Prayer**.

Now remember when healing comes, give God the credit and the glory. It wasn’t your prayer or your faith that healed you, it was the Lord.

**Developing Your Communion with the Lord.**

Don’t think about it as you have to ‘**put in your prayer time’** like you are punching a time clock.

Example of an **engaged couple**. They don’t think, wow, I got in two whole hours with her today. Well I managed to spend 45 minutes with him today. No, they enjoy their time together. **They look forward to being together** and spend as much time as they can together in anticipation of being together forever as husband and wife**. Because they LOVE EACH OTHER.**

You will get to a place of looking forward to the time you spend with the Lord. **You enjoy it because you LOVE HIM.** When you have communion and fellowship with HIM it is exciting and special. And it **doesn’t just have to be a 5am in the morning on your knees on the floor**. It can be **in your car.** In the line at the **grocery store**. While you are sitting in a **waiting room**. While you are cooking dinner. That is how you ‘**pray without ceasing’**. It doesn’t mean every breath is a prayer. It means you live in a **continual state of communion with God**.

You are constantly aware of Him and you are talking to Him and He is talking to you. **In one sense** we are in **prayer right now**. We are talking to Him in our heart and He is talking to us.

2 Timothy 1:12 **I know whom I have believed**, and I am persuaded that He is able to keep that which I have committed unto Him against that day.

Notice that Paul did not say, I know **what I have believed**, or I know the **principles and steps I have believed**. No, he said I know **the Person of the Lord Jesus Christ.**

Paul knew Jesus because he **fellowshipped** with Him. And that fellowship gave Paul an unshakable confidence in His Word.

Notice that we are talking **about fellowship – not relationship**. A man and women could get married and legally have a relationship, even if they never lived together or spoke another word to each other, they would be ‘related’ by law.

But does that mean they know one another?

By the same token, many people ‘**walk down the aisle’, shake hands with Jesus and say ‘ I do** receive you as my Savior’. But hardly ever speak to Him again. They have a relationship but no fellowship.

This kind of experience **does not bring about the Spirit led, prayer inspiring, abundant God kind of life that Jesus intended us to have**. That kind of life comes from knowing Him.

Real praying comes from the **heart hungry for God**. It comes when we say and feel like David did in Psalm 42:1-2, 7 As the deer pants and longs for the water brook, so I pant and long for You, O God. My inner self thirsts for God, for the living God….(Roaring) deep calls (roaring) deep at the thunder of Your waterspouts; all Your breakers and Your rolling waves have gone over me.

If we **want true power in prayer**, we must cultivate that kind of hunger. We must let the **deep within us call out to the deep** in God. For it is **not just the mouth and mind that pray**. It is our **lifeforce that prays**. If that lifeforce is not the eternal, God-kind of life that springs forth from a heartfelt desire to know Jesus, our prayers will lack force and substance.

As the church, we have pacified our **spiritual hunger with the junk food** of the world. But if you are like me and want to change that repeat after me: Lord, I acknowledge that I have desired other things more than You. I ask you to forgive me and make me hungry for You. Like David, I will seek Your face Lord.

Now **set aside time to fellowship with God in the Word and in prayer every day**. Not out of a sense of duty, but because you want to whet your appetite.

Prayer is not what you do, it is who you are. Isaiah 56:7 My house will be called a house of prayer. In the old covenant God’s house was a building. The temple built in His honor. But under the new covenant He no longer lives in a temple of stone. 1 Corinthians 3:16 says Know you not that you are the temple of God, and that the Spirit of God dwells in you?

**You are NOW GOD’S HOUSE OF PRAYER**. Once you realize this you can stop straining at prayer. Quit trying to manufacture elegant, super spiritual sounding phrases and simply express your heart to Him. Be open and honest. He knows the truth already.

You may feel like every time you try and pray **you freeze up.** You hit a spiritual brick wall because you think you don’t know what to say. Then tell God about that: Father, I want to talk to You, but I seem to be hitting a brick wall and I am not able to express myself. I don’t know what to do about it and I am asking you to help me.

Effective prayer comes from **the heart not the mind**. James 5:16 doesn’t say the headfelt prayer makes tremendous power available.

**As you read and meditate on the Word**, it will help you distinguish between your heart and your head. It will help you to cultivate your **sensitivity to the Spirit**. That sensitivity is very important because you are a spirit and God is a spirit, so the way you contact Him is from spirit to Spirit, from heart to heart.

**Learning to Flow with the Holy Spirit**

John 14:26 But the Comforter, which is the Holy Ghost, whom the Father will send in my name, **He shall teach you all things**.

Praise God, we don’t have to figure it out on our own.

1 John 2:26-27 I’ve written to warn you about those who are trying to deceive you. But they’re no match for what is embedded deeply within you = Christ’s aointing, o less! You don’t need any of their so-called teaching. **Christ’s anointing teaches you the truth on everything you need to know about yourself and Him**, uncontaminated by a single lie. Live deeply in what you were taught.

The Master is Calling by Lynn Hammond Page 44-45.

So to learn to flow with the Holy Spirit, we need to spend a great deal of time reading and meditating on the Word of God. The more you do, the easier it is to hear His voice. The Word is the voice of God, so having it full in your heart, will help you to hear and discern the prompting of the Holy Spirit or a word from the Lord.

**Assignment**

It is important this week to set a daily appointment with the Lord. It doesn’t have to be long. Start with 15-30 minutes. Start with reading a chapter in the Bible. You might start with the book of James or Ephesians. Read the chapter and meditate on it. Then spend some time praising the Lord, because you enter His gates with Thanksgiving in your heart, you will enter His courts with praise. (Psalms 100:4). Take a notebook and as your pray with your words or in the spirit, make notes of anything that you felt God was saying to you. Remember, praying is a skill and you need to practice it and practice hearing from God. Go expecting to hear from Him. So be sure to spend some time only listening.

Veronica Winston: Prayer is where we take ground and advance in position and possession. Effectual prayer cannot be found at the shoreline. We must jump in and swim; learning to swim as we go, and gaining strength, as the internal “balance of power” transfers from the flesh to the spirit.

**Assignment:**

This is not meant to be a ‘formula’ or ‘ritual’. This is simply a practice tool to help you begin discipling yourself to develop a habit of feeding on the Word and Communing with God. Use it to train and then flow with the Holy Spirit into your personal study and prayer time.

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|  | **Appointment Time With God** | **Bible Study**  **Chapter Read**  **Meditation Time** | **Thanksgiving & Praise Time** | **Prayer Time**  **Notebook** |
| **Example** | **6:30am**  **30 min** | **James 1✔** | **ؘ✔** | **✔** |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |
| Sunday |  |  |  |  |

**Praise: Use this list to start you off – but flow into your own words of worship**

I praise you Father and I thank you and praise you that you are the:

Awesome God

Baptizer with the Holy Ghost and Fire

Creator of Heaven and Earth

Destroyer of yokes and remover of burdens

Exalted One of the everlasting covenant

Faithful and True

Great and glorious in majesty

Holy and worthy of honor

Infinite in wisdom

Jehovah-Jireh, our Provider

King and Conqueror

Lord of all

Most Hight God

Name above all names

Omnipotent Lord God

Prince of Peace

Quick and Powerful Word

Reconciler and Redeemer

Savior and Deliverer

Tabernacle in whom we dwell

Upholding all things by the Word of Your power

Wonderful Counselor

Exceedingly above anything we could think or ask

Yes and Amen

Zion’s Comfort

**Prayer Petition to Reveal the Word**

Thank you, Father, that as I sow Your Word concerning prayer that it takes root and grows in my heart, that it becomes the fruitful and produces a great harvest.

Reveal to me your wisdom concerning prayer.

Unveil to me your truth and enlighten my spiritual understanding.

Teach me secrets and mysteries of how to walk in your Spirit and fervently pray with my heart to make tremendous power available.

Make me a doer of the Word and not a hearer only.

Transform me by the renewing of my mind.

Disciple me in your Word.

Teach me to draw near to You as You draw near to me.

Open my heart to receive, my spiritual ears hear and my spiritual eyes to see.

Let Your Holy Spirit guide me into all truth and show me things to come.

Let me pray in the spirit and with the understanding as well.

Use me as a vessel to pray Your Will so that it can be done in the earth.

In Jesus Name I Pray.

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Your Name/Date

Notes:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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