

How to Develop and Maintain a Consistent Prayer Life Selected Scriptures

Introduction: I'm sure that we all pray. The problem is praying consistently.

I. The Privilege of Prayer.

- A. Recognize the One to Whom we are praying.**
- B. The God Who is omnipotent Who stepped out on nothing and made a world out of nothing and hung it out on nothing (Genesis 1:1-5; Job 26:7; Hebrews 1:3).**
- C. The God Who is sovereign (Psalm 135:6; Isaiah 40:15, 17; 46: 9-10; Daniel 4:35; Acts 4:25-28).**
- D. The God Who controls Satan (cf. Job 1:12; 2:6; Luke 22:31-32; 2 Cor. 12:7-10).**
- E. The God Who is omniscient (Psalm 139:1-4; Hebrews 4:13).**
- F. The God Who is omnipresent (Psalm 139:7-12; Jeremiah 23:24).**
- G. The God Who holds our breath in His hand (Daniel 5:23; Acts 17:28).**
- H. The God Who holds the king's heart in His hand (Proverbs 21:1).**
- I. The God Who sees all of the past, all of the present, and all of the future (Isaiah 46:9-10).**

II. The Priority of Prayer.

- A. To develop and maintain a consistent prayer life, we must make prayer a priority.**

- B. Some examples of those who made prayer a priority:**
 - 1. Prayer was a priority in the life and ministry of Jesus (Mark 1:35; 6:46; Luke 5:16; 6:12; 11:1; 23:34; John 17:1-26).**
 - 2. Prayer was a priority in the ministry of the leaders of the early church (Acts 6:3-4).**
 - 3. Prayer was a priority in the early church (Acts 2:42; 4:31).**
 - 4. Prayer was a priority in the life of David (Psalm 5:1-3; 55:17; 63:1-8).**
 - 5. Prayer was a priority in the life of Daniel (Daniel 6:10).**
 - 6. Prayer was a priority in the life of Paul (Acts 16:13, 14, 25; 20:36; Ephesians 1:15-23).**
 - 7. Prayer was a priority in the life of Peter (Acts 3:1; 10:9).**
 - 8. Prayer was a priority in the life of Luther, who said "I have so much to do today, I will have to spend the first three hours in prayer, or the devil will get the victory."**
 - 9. Prayer was a priority in the life of John Wesley, who rose at 4:00 a.m. each morning and spent two hours every day in prayer.**
 - 10. Prayer was a priority in the life of A. W. Tozer, who said, "as a man prays, so is he."**
 - 11. Prayer was a priority in the life of Charles Haddon Spurgeon. The following quotes are from C. H. Spurgeon Prayer Meeting History: "Spurgeon regarded the prayer meeting as the spiritual thermometer of a church. When visitors would come to Spurgeon's church, he would take them to the basement prayer-room where people were always on their knees interceding. Then Spurgeon would declare, 'Here is the powerhouse of this church.'"**

“Spurgeon regarded the prayer meeting as the most important meeting of the week.”

“One of Spurgeon’s greatest concerns was that his people learn to truly pray.”

“Mr. Spurgeon repeatedly acknowledged his success as the direct result of his congregation’s faithful prayers. He taught his people to pray by example more than by preaching....”

After returning to America from England, D. L. Moody was asked, “Did you hear Spurgeon preach?” Moody said, “Yes, but better still I heard him pray.”

Someone has said “Spurgeon fully recognized that the Church’s greatest need was not to have another, “Prince of Preachers”, but to have more princes of prayer.”

- 12. Prayer has always been a priority at the New Testament Church of Milwaukee where I have pastored since November, 1980. The first requirement for Elders and Deacons is weekly attendance in prayer meeting and Bible study (Acts 6:1-7).**
 - a. Someone has said, “The church advances on her knees.”**
 - b. William Cowper said, “Satan trembles when he sees the weakest saint upon his knees.”**
 - c. Most of us have heard, “no prayer no power, little prayer little power, much prayer much power.”**
 - C. Remember that quality time spent with God in prayer is never wasted.**
 - 1. Prayer prepares us for whatever we may face during the day.**
 - 2. Prayer produces peace within (Philippians 4:6-7; cf. Isaiah 26:3).**
 - 3. Visions, plans, solutions to problems, and outlines frequently come to me while I am on my knees in prayer to God.**
- III. The Period of Prayer (Mark 1:35; cf. Psalm 55:17; Daniel 6:10).**
- A. Establish a period of time to meet with God daily in prayer.**
 - 1. Pray at all times, but establish a time to start your day with prayer.**
 - 2. I pray daily whatever time I wake up after midnight.**
 - B. Establish a period of time to pray when you are fresh and alert.**
 - C. Establish a period of time when you will not be interrupted.**
- IV. The Place of Prayer (Mark 1:35; Daniel 6:10).**
- A. Establish a place to meet with God daily in prayer.**
 - 1. Pray in all places, but establish a special place to begin your day with prayer.**
 - 2. The place where you meet with God will become your altar (cf. Gen.12:8; 13:1-4).**
 - B. Establish a place where you will not be distracted.**

V. The Postures of Prayer:

A. Pray in a posture that contributes to humility and concentration (2 Chronicles 7:14; James 4:6).

- 1. Pray at all times in different postures.**
- 2. If possible, begin your day in prayer on your knees or on your face.**

B. Some of the different postures in which Jesus prayed:

- 1. Jesus prayed with his eyes lifted up to heaven (John 17:1; cf. Matthew 14:19).**
- 2. Jesus fell on his face and prayed (Matthew 26:39).**
- 3. Jesus knelt down and prayed (Luke 22:41).**

C. Some of the different postures in the Bible in which God's people prayed:

- 1. Moses prayed with his head bowed toward the ground (Exodus 34:8-9).**
- 2. David prayed while sitting before the Lord (1 Chronicles 17:16-17).**
- 3. Nehemiah prayed while standing (Nehemiah 9:5).**
- 4. Elijah prayed with his face between his knees (1 Kings 18:42-44).**
- 5. King Solomon knelt down and prayed with his hands lifted toward heaven (2 Chronicles 6:12-13; cf. 1 Timothy 2: 8).**
- 6. Paul frequently prayed on his knees (Acts 20:36; 21:5; Ephesians 3:14).**
- 7. Kneeling is the posture that occurs most often in the Bible (Ezra 9:5; Psalm 95:6; Daniel 6:10; Luke 22:41; Acts 20:36; 21:5; Ephesians 3:14).**

VI. The Plan for Prayer:

A. Practice praying with a prayer list.

B. How to pray for yourself and for others:

- 1. Pray for wisdom (James 1:5).**
- 2. Pray for grace (Hebrews 4:15-16; 12:28; cf. Genesis 6:8-9).**
 - a. Pray for grace to trust and obey (1 Samuel 15:22-23; Proverbs 3:5-6; John 13:17; James 1:22).**
 - 1) Remember that the keys to everything are**
 - a) Prayer to God (Mark 11:24-26; 1 Thessalonians 5:17; James 4:2; 1 John 5:14-15),**
 - b) The filling of the Word of God (Joshua 1:8; Psalm 1:1-3; Colossians 3:16),**
 - c) The filling of the Spirit of God (Galatians 5:16; Ephesians 5:18).**
 - 2) Obedience turns the keys (John 2:5; 13:17; 14:21, 23; James 1:22).**
 - b. Pray for grace to walk in the steps God has ordered (Psalm 119:133; 139:16, Living Bible).**
 - 1) If you are anxious, you are not on God's schedule (Philippians 4:6-7; cf. Isaiah 26:3).**
 - 2) God may schedule trials for our development (Genesis 22:1-18; James 1:2-4; 1 Peter 5:10).**
- 3. Pray for the glory of God (1 Corinthians 10:31).**

C. Some of the things for which we are commanded to pray:

- 1. Pray for leaders (1 Timothy 2:1-8).**
- 2. Pray for the lost (1 Timothy 2:3-7).**

3. Pray for laborers to evangelize (Matthew 9:37-38).
4. Pray for one another (Ephesians 6:18; James 5:16).
5. Pray for enemies (Matthew 5:44).
6. Pray for the peace of Jerusalem (Psalm 122:6).

D. Assignments:

1. Note the things for which Paul prayed for others (Ephesians 1:15-23; 3:13-21; Colossians 1:3-14; 1 Thessalonians 1:2-3; 2:13; 2 Thessalonians 1:3-12; Philippians 1:3-11).
 - a. Salvation of the lost (Romans 10:1-4).
 - b. Sanctification of believers (2 Corinthians 13:7; 1 Thessalonians 5:23).
 - c. Strength of believers (Ephesians 3:14-19).
2. Note some of the personal prayers of Paul (Romans 1:9-10; 15:31-32; 2 Corinthians 12:7-10).
3. Note some of the personal prayers of David (Psalm 5:8; 19:12-14; 25:1-7).
4. Note some of the things for which Bible characters prayed.
 - a. Abraham prayed for the people in Sodom and for Abimelech (Genesis 18:20-33; 20:1-18).
 - b. Moses prayed for the Israelites (Exodus 32:9-14, 31-32; 34:9; Numbers 14:11-20).
 - c. Samuel prayed for his children and his friends (Job 1:5; 42:7-9).
 - d. Jesus prayed for His followers, and He continues to pray in heaven now (John 17:6-26; Romans 8:34; Hebrews 7:25).

E. Praying the A. C. T. S. acronym using the Bible:

1. Adoration
 - a. Jehoshaphat (2 Chronicles 20:6-12).
 - b. King Hezekiah (Isaiah 37:15-20, 36).
2. Confession
 - a. David (Psalms 32:1-5; 51:1-19).
 - b. Ezra (Ezra 9:5-15).
 - c. Daniel (Daniel 9:3-19).
3. Thanksgiving
 - a. Daniel (Daniel 6:10).
 - b. Psalmist (Psalms 100:4; 106:1; 118:1, 136:1-3).
 - c. Jesus (Matthew 26:27; Luke 22:17; John 6:11).
 - d. Anna (Luke 2:38).
 - e. Paul (Romans 1:8, 25; 1 Corinthians 1:4; Philippians 1:3-4; 1 Thess. 1:2; 2 Thessalonians 1:3; 1 Timothy 1:12; Philemon 4).
4. Supplication
 - a. King Solomon (1 Kings 3:5-15).
 - b. Jabez (1 Chronicles 4:10).
 - c. Nehemiah (Nehemiah 1:8-11).

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