

## **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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