**Spiritual Practices – Personal Prayer Life – Session 1**

Prayer is the conversational part of the most important love relationship in our lives.

* It is developing friendship with God, learning to keep company with him, listening to him and responding to him!

Prayer is intimacy with God that leads to the fulfilment of his purposes, it ‘s accomplished by his power and it’s for His Glory

When we pray according to God’s will and for his renown his activity always increases, John 14:12-14

* Set a Schedule so you know ‘when’ you will pray – Mark 1:35
* Make a Prayer List so you know ‘what’ you will pray

Pray the Bible, Outloud, to God, Everyday

* Have a Right View of God so you will ‘want’ to pray

Praying through the Lord’s Prayer as a Model Prayer, “Pray then like this” Matthew 6:9-10

* Our Father In Heaven – Throne Room Focus
* Hallowed by your Name
* Your Kingdom Come
* Your Will be Done

‘On earth as it is in heaven’

* Give us this Day our ‘Daily’ Bread
* Forgive us as we forgive others
* Lead us not into temptation
* Deliver us from the evil one (put on the spiritual armor by faith each day)

**12 Keys to Effective Prayer – “Little keys open big doors”**

1. **Worship- Based Prayer**

“Our Father in heaven, hallowed be your name” – Matthew 6:9

1. **Abide**

“If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. By this my Father is glorified, that you bear much fruit and so prove to be my disciples” – John 15:7-8

1. **Praying God’s Word**

“And this is the confidence that we have toward him, that if we ask anything according to his will he hears us.  And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him” – 1 John 5:14-15

1. **Praying in Jesus Name**

“Whatever you ask in my name, this I will do, that the Father may be glorified in the Son.  If you ask me anything in my name, I will do it” – John 14:13-14

1. **Praying in Faith**

**“**And Jesus answered them, “Have faith in God. Truly, I say to you, whoever says to this mountain, ‘Be taken up and thrown into the sea,’ and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. ***24***Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours” – Mark 11:22-24

**See also James 1:5–8; 4:2–3; 5:13–18**

1. **Prayer of a Righteous Man or Woman**

“The prayer of a righteous person has great power as it is working” – James 5:16

1. **Desperate Prayer – Travail and Tears**

“Then he said to his disciples, “The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest” – Matthew 9:37-38

**See also Acts 4:31, Psalm 126:5-6**

1. **Constant Prayer with Perseverance**

“And he told them a parable to the effect that they ought always to pray and not lose heart.  He said, “In a certain city there was a judge who neither feared God nor respected man.  And there was a widow in that city who kept coming to him and saying, ‘Give me justice against my adversary.’  For a while he refused, but afterward he said to himself, ‘Though I neither fear God nor respect man,  yet because this widow keeps bothering me, I will give her justice, so that she will not beat me down by her continual coming.’ ”  And the Lord said, “Hear what the unrighteous judge says. And will not God give justice to his elect, who cry to him day and night? Will he delay long over them? I tell you, he will give justice to them speedily. Nevertheless, when the Son of Man comes, will he find faith on earth?” - Luke 18:1-8

**See also** Acts 1:14, 2:42, 6:4, Rom 12:12, Eph. 6:18-19, and Colossians 4:2-4 and 1 Thessalonians 5:17

1. **Praying in Agreement**

“Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven” – Matthew 18:19

1. **Praying in the Spirit – Listen to the Spirit’s leading**

“But you, beloved, building yourselves up in your most holy faith and praying in the Holy Spirit” – Jude 1:20

“Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God” – Romans 8:26-27

1. **Informed Intercession – Praying for people by Name**

“First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people,  for kings and all who are in high positions… This is good, and it is pleasing in the sight of God our Savior” – 1 Tim 2:1-3

1. **Warfare Prayer for Breakthrough**

“and take the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints” – Ephesians 6:17b - 19