

## The Importance of Prayer

The heart of prayer is communion with God.

Prayer is the direct way to communicate with God.

Billy Graham said, "Prayer is the key that opens to us the treasures of God's mercies and blessings."

### I. Jesus's Prayer Life

#### A. When Jesus prayed.

- \*Before healing people.

- \*Before walking on water. Matthew 14:23 "And after he had dismissed the crowds, he went up on the mountain by himself to pray."

- \*Before choosing the Twelve Disciples. - Luke 6:12-13 "In these days he went out to the mountain to pray, and all night he continued in prayer to God. And when day came, he called his disciples and chose from them twelve, whom he named apostles."

- \*Before Peter's confession.

- \*At the Transfiguration.

- \*Before teaching the Lord's Prayer.

- \*In the Garden of Gethsemane. - Matthew 26:39 And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will"

Jesus's first prayer is found in Luke 3:21-22, " Now when all the people were baptized, and when Jesus also had been baptized and was praying, the heavens were opened, and the Holy Spirit descended on him in bodily form, like a dove; and a voice came from heaven, "You are my beloved Son; with you I am well pleased."

- \*On the cross. Luke 23:34 "Father forgive them; for they know not what they do."

Jesus prayed frequently and encouraged his followers to do the same.

## B. How Jesus prayed.

According to the Bible, Jesus prayed in a variety of ways:

With his face on the ground, looking upward, early in the morning, all night, and before and after important events in his life and often alone.

Luke 5:16: "But he would withdraw to desolate places and pray".

## II. Our Prayer Life

### A. Jesus's example.

Jesus taught that people should pray alone, or in private. From the Sermon on the Mount in Matthew 6:6 "When you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you."

Why does Jesus want us to pray?

It allows us a personal connection with God

We receive strength and guidance

We can express gratitude

We can ask for forgiveness

We can align ourselves with God's will by actively seeking His presence in our lives

Jesus also gave us an example of how to pray through the Lord's Prayer - Jesus taught his disciples when they asked how to pray.

The Lord's Prayer - appears in the Bible in the Gospels of Matthew and Luke:

Matthew 6:9-13

Pray then like this: "Our Father in heaven,  
Hallowed be your name.  
Your kingdom come,  
Your will be done,  
On earth as it is in heaven.  
Give us this day our daily bread, and forgive us our debts,  
As we also have forgiven our debtors.  
And lead us not into temptation,  
But deliver us from evil.

B. 1 Thess. 5:17 it says, "Pray without ceasing"

Pray without ceasing by making prayer a natural part of your daily life, to constantly be in a state of communion with God.

It doesn't mean to be in a constant state of verbal prayer, but to live a life in which every thought, deed, and experience is an opportunity to commune with God.

Do you have to speak out loud to pray? No

The Bible says God hears all prayers, whether spoken or silent, because he knows everything about us and what is going on in our hearts. The Bible also says he judges the thoughts and attitudes of our heart.

Romans 8:26 "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."

C. God knows what we need even before we ask.

Matthew 6:8 "Do not be like them, for your Father knows what you need before you ask him."

### III. My Prayer Life

Involvement in CBS, church prayer groups, and quiet time alone have helped me with my prayer life. Life situations with regards to health, family and friends through the years have strengthened my prayer life. I would say in the last few years I pray more now than ever before in my life.

Now when I begin to get anxious or worried about things I go to the Lord in prayer. I have been amazed at how he takes away my anxiety when I pray and trust in him.

Phillippians 4:6-7

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

Corrie Ten Boom said,

“The wonderful thing about praying is that you leave a world of not being able to do something, and enter God’s realm where everything is possible. He specializes in the impossible. Nothing is too great for His almighty power. Nothing is too small for His love,”