

# Prayer, Our First Basic Step

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Prayer is simply talking to God. We talk to Him in prayer, He talks to us by the Holy Spirit speaking through the Bible. In other words, as we read the Scriptures, God speaks to us and enlightens us.

Prayer does not have to be long, wordy, or in some special "holy" language. Simply talk to God from your heart.

Prayer has five common elements:

1. **A**doration - Psalms 8:1 O LORD, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens. 9 O LORD, our Lord, how majestic is your name in all the earth!
2. **C**onfession- Psalms 38:18 I confess my iniquity; I am troubled by my sin. 1 John 1:8-10 If we claim to be without sin, we deceive ourselves and the truth is not in us. 9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 10 If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives.
3. **T**hanksgiving - 1 Thessalonians 5:16-18 Be joyful always; 17 pray continually; 18 give thanks in all circumstances, for this is God's will for you in Christ Jesus.
4. **I**ntercession - 1 Timothy 2:1-2 I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone-2 for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.
5. **S**upplication - 1 Kings 8:33 "When your people Israel have been defeated by an enemy because they have sinned against you, and when they turn back to you and confess your name, praying and making supplication to you in this temple,

## Hindrances to Effective Prayer

1. **Failure to ask** - James 4:2 You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God.
2. **Ask with wrong motive** - James 4:3 When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures

3. **Unconfessed sin** - Psalms 66:18-20 If I had cherished sin in my heart, the Lord would not have listened; 19 but God has surely listened and heard my voice in prayer. 20 Praise be to God, who has not rejected my prayer or withheld his love from me!
4. **Prayerlessness** - 1 Samuel 12:23 As for me, far be it from me that I should sin against the LORD by failing to pray for you. And I will teach you the way that is good and right.
5. **Failure to seek** - Matthew 7:7-11 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. 8 For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. 9 "Which of you, if his son asks for bread, will give him a stone? 10 Or if he asks for a fish, will give him a snake? 11 If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

## Keys to Prayer

1. **Pray in the Name of Jesus** - John 16:24 Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.
2. **Pray in the Power of the Word** - 1 Timothy 4:4-5 For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, 5 because it is consecrated by the word of God and prayer.
3. **Pray through the Agency of the Holy Spirit** - Romans 8:26-27 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. 27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. Ephesians 6:18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.
4. **Pray in a quest for Holiness** - 2 Corinthians 7:1 Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God. 1 Timothy 2:1-2 I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone-- 2 for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.