



Prayer That Works

Grace Growth Group

Review



From last week:

- Resources: did you take advantage of the resources?
- Application Steps: did you apply the principles from the previous session? If so, how did you and what did you find?

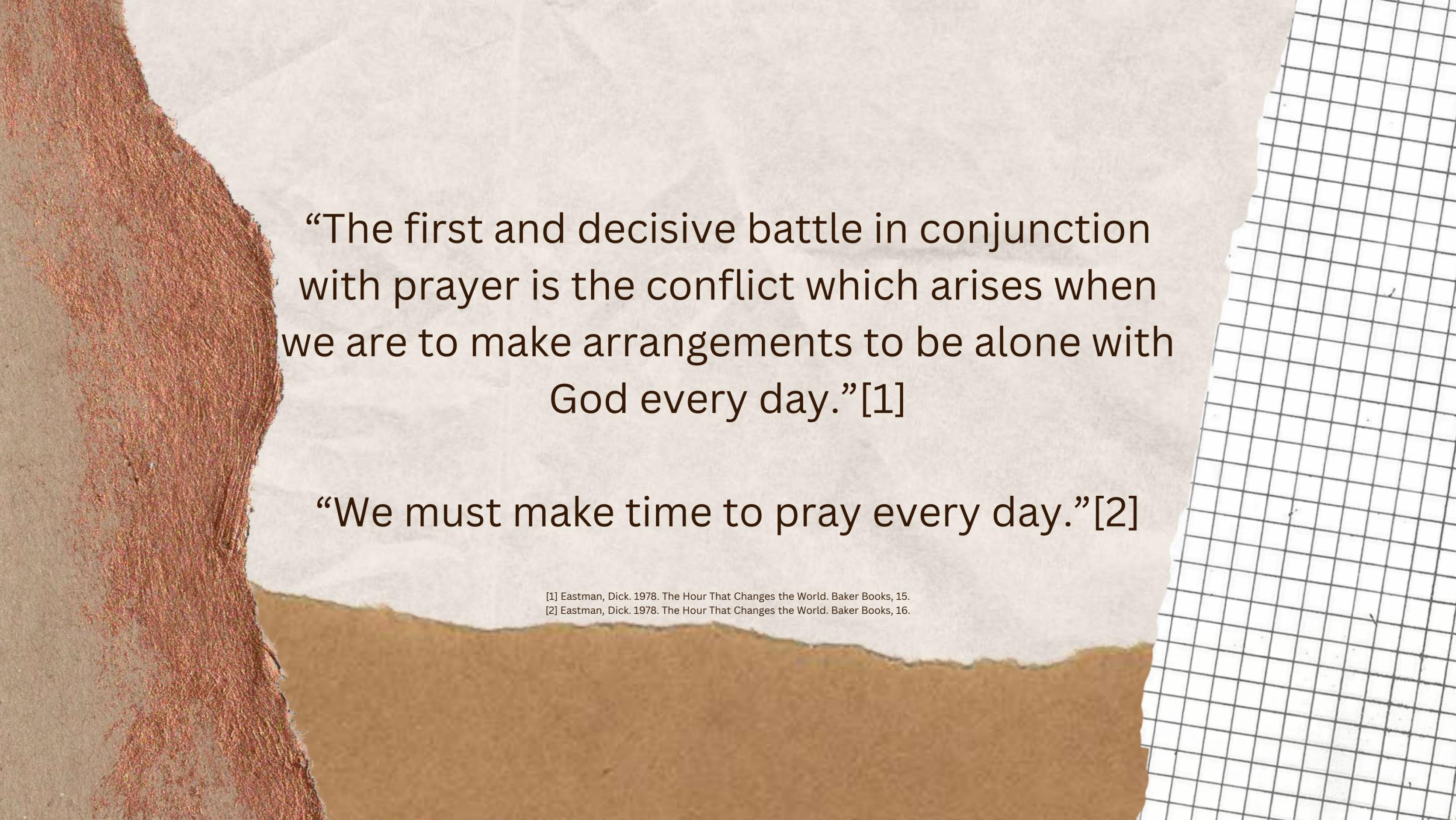
Study Guide

Prayer That Works

- Opening thoughts
- Why pray?
- What is prayer?
- **When should we prayer?**
- Where should we pray?
- How should we pray?
- What are the keys to effective prayer?
- How can we pray for an hour?

When Should
We Pray?

Prayer
That Works



“The first and decisive battle in conjunction with prayer is the conflict which arises when we are to make arrangements to be alone with God every day.”[1]

“We must make time to pray every day.”[2]

[1] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 15.

[2] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 16.

What Time of
Day?

Prayer
That Works



What Time of Day?

Morning?

Psalm 5:3 My voice shalt thou hear in the morning, O Lord; in the morning will I direct my prayer unto thee, and will look up.

Psalm 59:16 But I will sing of thy power; yea, I will sing aloud of thy mercy in the morning: for thou hast been my defence and refuge in the day of my trouble.

Psalm 88:13 But unto thee have I cried, O Lord; and in the morning shall my prayer prevent thee.

Psalm 57:8 Awake up, my glory; awake, psaltery and harp: I myself will awake early.



What Time of Day?

Midday?

Psalm 55:17 Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.



What Time of Day?

Evening?

Psalm 92:2 To shew forth thy lovingkindness in the morning, and thy faithfulness every night.

Psalm 141:2 Let my prayer be set forth before thee as incense; and the lifting up of my hands as the evening sacrifice.

What Time of Day?

“No Time to Pray”

I got up early one morning
And rushed right into the day;
I had so much to accomplish
That I didn't take time to pray.

Problems just tumbled about me,
And heavier came each task,
“Why doesn't God help me?” I
wondered.
He answered, “You didn't ask.”

I wanted to see joy and beauty,
But the day toiled on gray and bleak;

wondered why God didn't show me;
He said, “But you didn't seek.”

I tried to come into God's presence;
I used all my keys at the lock;
God gently and lovingly chided,
“My child you didn't knock.”

I woke up early this morning,
And paused before entering the day;
I had so much to accomplish
That I had to take time to pray.

--Author Unknown [1]

[1] <https://paulechapman.com/2019/01/18/no-time-to-pray-christian-poem/>

What Times
Should We
Pray?

What Times Should We Pray?

Early

Psalm 57:8 Awake up, my glory; awake, psaltery and harp: I myself will awake early.

Psalm 63:1 O God, thou art my God; early will I seek thee.

What Times Should We Pray?

What does "early" imply?

- Priority (Proverbs 1:28, Joshua 9:14)
- Prudence: before trouble
- Passion (Psalm 63:1)

What Times Should We Pray?

Jesus' example: early and often

- He prayed in the morning after a busy day (Mark 1:35)
- He prayed at night (Matt. 14:23)
- He prayed before temptation (Matt. 26:36-46)
- He prayed after increased popularity (Luke 5:15-16)
- He prayed before He called His disciples (Luke 6:12-13)
- He prayed before He left His disciples (John 17)
- He prays now for believers making intercession for us (Heb. 7:24-25)

What Times Should We Pray?

We should pray early and often.

We should pray before we think we need to pray.

We should pray when we don't think we need to.

What Times Should We Pray?

Biblical examples: Pray when we...

- Need help (Acts 12:5, Acts 16:16)
- Need to confess sin (Ps. 66:18)
- Need answers (Ex. 5:22-23)
- Need wisdom (Ja. 1:5)
- Need justice (Ex. 2:23)
- Need power over temptation (Matt. 26:40-41)
- Need blessing and grace for ministry (Acts 4:23ff)
- Need to pray for someone (Gen. 20:7)
- Need to take a stand for God (1 Kings 18:36-37)
- Want to make a vow to God (Gen. 27:20-22)
- Need to eat (Luke 24:30)

What Times Should We Pray?

Biblical examples:

- "Pray without ceasing" (1 Thessalonians 5:17).

What Times Should We Pray?

"Pray without ceasing." What does it mean?

- Praying continually: relational, conversational prayer
(Romans 1:9, 1 Thess. 1:3, 2:13)
- Praying quickly: ready to pray

How Much
Time?

How Much Time?

...when I realized what real prayer meant, realised that prayer was having an audience with God, actually coming into the presence of God and asking and getting things from Him... Before that the thought I had was, 'How much time must I spend in prayer?' The thought that now possesses me is, 'How much time may I spend in prayer without neglecting the other privileges and duties of life?'"[1]

[1] R. A. Torrey, *The Power of Prayer and the Prayer of Power*, Zondervan Books: Grand Rapids, MI, 1971, 61.

How Much Time?

Questions to ask:

- Do I feel grateful for God?
- Do I need to praise God for a blessing?
- Do I need guidance?
- Do I see a need?
- Do I feel a burden?
- Do I sense spiritual warfare?
- Do I feel refreshed in your walk with God?
- Do I have earthly commitments to keep?

How Much Time?

Jesus said not to "faint" in prayer.

Luke 18:1 He spake a parable unto them to this end, that men ought always to pray, and not to faint.

How to Deal with Distractions

“Fight all interruptions fiercely.”[1]

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 147.



How to Deal with Distractions

- Write it down.
- Or write it off.
- Quiet down.
- Or quiet off.

Conclusion



- When should we pray?
- How much should we pray?
- How to deal with distractions?

Prayer in Practice



This week...

- Review this lesson and included Bible verses.
- Find a good time for you to pray.
- Read this week's memory verses every day.
- Listen to a recommended audio resource on prayer.