



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?**

How to Pray
for an Hour

The Devotional
Hour

The Devotional Hour

Matthew 26:40 says, “And he cometh unto the disciples, and findeth them asleep, and saith unto Peter, What, could ye not watch with me one hour?”

Could you have prayed for a set period of time with Jesus?

The Devotional Hour

Obstacles to a strong devotional hour:

- Sleep (weary)
- Slothfulness (apathy)
- Schedule (busy)

The Devotional Hour

Twelve 5 minute segments = 1 hour

1. Praise
2. Waiting
3. Confession
4. Scripture Praying
5. Watching
6. Intercession
7. Petition
8. Thanksgiving
9. Singing
10. Meditation
11. Listening
12. Praise

Praise

1. Praise

Matthew 6:9 Our Father, which art in heaven, hallowed be thy name.

Jesus taught us to begin prayer with praise.

1. Praise

Psalms teaches us to “enter...His courts with praise”
(Psalm 100:4)

Praise must be primary. “Our goal should be ‘to become, in this life, the most perfect worshipers of God we can possibly be.’”—Brother Lawrence[1]

[1] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 22.

1. Praise

How it works:

Start your devotional hour with praise.

1. Praise

How it works:

Start with praise.

Strengthen with praise.

- “Praise sparks victory,” and it invites God’s presence.[1] Psalm 22:3 says, “But thou art holy, O thou that inhabitest the praises of Israel.” God draws near when His people praise Him.
- “Adoration is the antidote to the poison of Satanic oppression.”[2]

[1] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 24.

[2] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 24.

1. Praise

How it works:

Start with praise.

Strengthen with praise.

Select your praise.

- Choose a theme for praise: God's Wonder, Works, and Word, etc.
- Voice your praise.

Waiting

2. Waiting

Scripture:

Psalm 37:7 Rest in the Lord, and wait patiently for Him.

We need to develop the art of waiting on God.

2. Waiting

How it works:

- Be **silent**.

“To be complete, prayer needs an early, significant dose of spiritual silence.”[1]

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 32.

2. Waiting

How it works:

- Be silent.
- Be **surrendering.**

Robert Murray McCheyne said, “A great part of my time is spent in getting my heart in tune for prayer.”[1]

[1] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 36-37.

2. Waiting

How it works:

- Be silent.
- Be surrendering.
- Be **still**.

Psalm 46:11 Be still, and know that I am God.

Psalm 46:1 God is our refuge and strength, a very present help in trouble.

Psalm 46:8 Come, behold the works of the Lord.

2. Waiting

How it works:

- Be silent.
- Be surrendering.
- Be still.
- Be **sensitive**.

Allow the Spirit to speak to you about God's glory, His love for you, etc.

2. Waiting

How it works:

- Be silent.
- Be surrendering.
- Be still.
- Be sensitive.
- Be **slow**.

Slowness: “We must not rush these moments of silence. An unknown saint confessed, ‘Many a man asks in April a gift of divine fruit that will be ripe only in June.’”[1]

[1] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 37.

Confession

3. Confession

Psalm 66:18 If I regard iniquity in my heart, the Lord will not hear me.

“This brings us to an essential law of prayer: ‘My prayer life will never rise above my personal life in Jesus Christ.’”[1]

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 43.

3. Confession

How it works: 1) Confess known sin.

1 John 1:9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

“Confession is a heartfelt recognition of what we are” [in the human nature]. [1]

[1] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 42.

3. Confession

How it works: 2) Check for hidden sin.

Scripture: Psalm 139:23-24 Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.

“Before you pray for a change in circumstances, you should pray for a change in character.”[1]

[1] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 42.

3. Confession

How it works: 3) Call for cleansing.

Scripture: Psalm 51:10-11 Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me.

Scripture
Praying

4. Scripture Praying

Scripture: James 5:17-18 Elias was a man subject to like passions as we are, and he prayed earnestly that it might not rain: and it rained not on the earth by the space of three years and six months. 18 And he prayed again, and the heaven gave rain, and the earth brought forth her fruit.

Deuteronomy 28:15, 24 ...if thou wilt not hearken unto the voice of the Lord...The Lord shall make the rain of thy land powder and dust: from heaven it shall come down upon thee, until thou be destroyed.

4. Scripture Praying

“A full measure of the Word and prayer each day gives a healthy and powerful life.”—Andrew Murray[1]

“The Word of God is the fulcrum (support) upon which the lever of prayer is placed, and by which things are mightily moved.”[2]

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 55.

[2] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 58.

4. Scripture Praying

“One of these days, some simple soul will pick up the Book of God and read it, and believe it. The rest of us will be embarrassed. We have adopted the convenient theory that the Bible is a Book to be explained, whereas first and foremost, it is a Book to be believed (and after that to be obeyed).”—Leonard Ravenhill[1]

“The degree to which we believe in God’s Word and apply it to prayer is the degree to which God will pour out His power during our prayer.”[2]

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 54.

[2] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 53.

4. Scripture Praying

“George Mueller always prayed with an open Bible. He constantly filled His petitions with God’s Word...Describing his devotional hour, George Mueller wrote, ‘The first thing I did, after having asked in a few words the Lord’s blessing upon His precious Word, was to begin to meditate on the Word of God, searching as it were into every verse to get a blessing out of it; not for the sake of the public ministry of the Word, nor for the sake of preaching on what I meditated upon, but for the sake of obtaining food for my own soul. The result I have found to be almost invariably this, that after a very few minutes my soul has been led to confession, or to thanksgiving, or to intercession, or to supplication; so that, though I did not, as it were, give myself to prayer, but to meditation, yet it turned almost immediately more or less into pray.’”[1]

[1] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 56.

4. Scripture Praying

How it works:

- Read Scripture.
- Ask questions of interpretation and application.
- Follow the Scriptures as a patten for your prayer.

Praying God's Word: "The Word of God is more than a mere foundation for effective praying; it is the actual substance for effective praying."^[1]

[1] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 57.

Watching

5. Watching

Scripture:

Ephesians 6:18 Praying always with all prayer and supplication in the Spirit, and **watching** thereunto with all perseverance and supplication for all saints.

5. Watching

How it works:

- “**Guard** against lack of purpose” in prayer.
 - Keep your mind focused.
 - Keep focused on God’s glory.

Watching requires us to be “mentally alert and vigilant.”—Dr. Curtis Mitchell[1]

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 64.

5. Watching

How it works:

- “Guard against lack of purpose” in prayer.
- **Go through your day** mentally and pray about the spiritual warfare you have observed.

5. Watching

How it works:

- “Guard against lack of purpose” in prayer.
- Go through your day mentally and pray about the spiritual warfare you have observed.
- **Gather information** about the world and ask for guidance how to pray regarding the spiritual warfare.[1]

[1] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 65-67.

Intercession

6. Intercession

Matthew 6:9,11 Our Father...give us this day our daily bread.

James 5:14 Confess your faults one to another, and pray one for another.

We are taught to pray for others.

6. Intercession

“It is God’s method for involving His followers more completely in the totality of His plan...It is prayer offered on behalf of others...prayer is the soul of man stirred to plead with God for men...the key to freedom for those in bondage.”[1]

“When we pray for others we do not stand with outstretched hands hoping to receive something for ourselves. We stand at God’s side, working together with Him, in the task of redeeming others.”—Edward Bauman[2]

[1] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 76-77.

[2] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 76.

6. Intercession

How it works:

- Think, "we," not me.
- Think, "If I were they..."
- Think about their destiny.

Petition

7. Petition

Scripture: Matthew 6:9,11 Our Father...give us this day our daily bread.

Matthew 7:7 Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.

7. Petition

We need to ask.

“It is man opening his heart’s door to receive power already appropriated by God. Expressed helplessness is the key to opening that door, thus giving God access to meet our need. We must define the need.”[1]

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 89.

7. Petition

How it works:

- Be specific.

“Let your prayer be so definite that you can say as you leave the prayer closet, ‘I know what I have asked from the Father, and I expect an answer.’”[1]

“Avoid shallow petitions like, ‘Lord, bless me,’ or ‘Lord, help the missionaries today.’”[2]

[1] Andrew Murray, Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 90.

[2] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 91.

7. Petition

How it works:

- Be specific.
- Be sure.

“An unknown preacher expressed, ‘We are to ask with a beggar’s humility, to seek with a servant’s carefulness, and to knock with the confidence of a friend.’”[1]

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 91.

7. Petition

How it works:

- Be specific.
- Be substantial.
- Be simple.

“Eloquence is not necessary for effective praying.”[1]

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 92.

Thanksgiving

8. Thanksgiving

Psalm 100:4 Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

1 Thess. 5:18 "In every thing give thanks for this is the will of God in Christ Jesus concerning you"

John Wesley wrote in his journal that it was because of this attitude that he was able to thank God that he broke only his arm in an accident, and not his head."^[1]

[1] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 100.

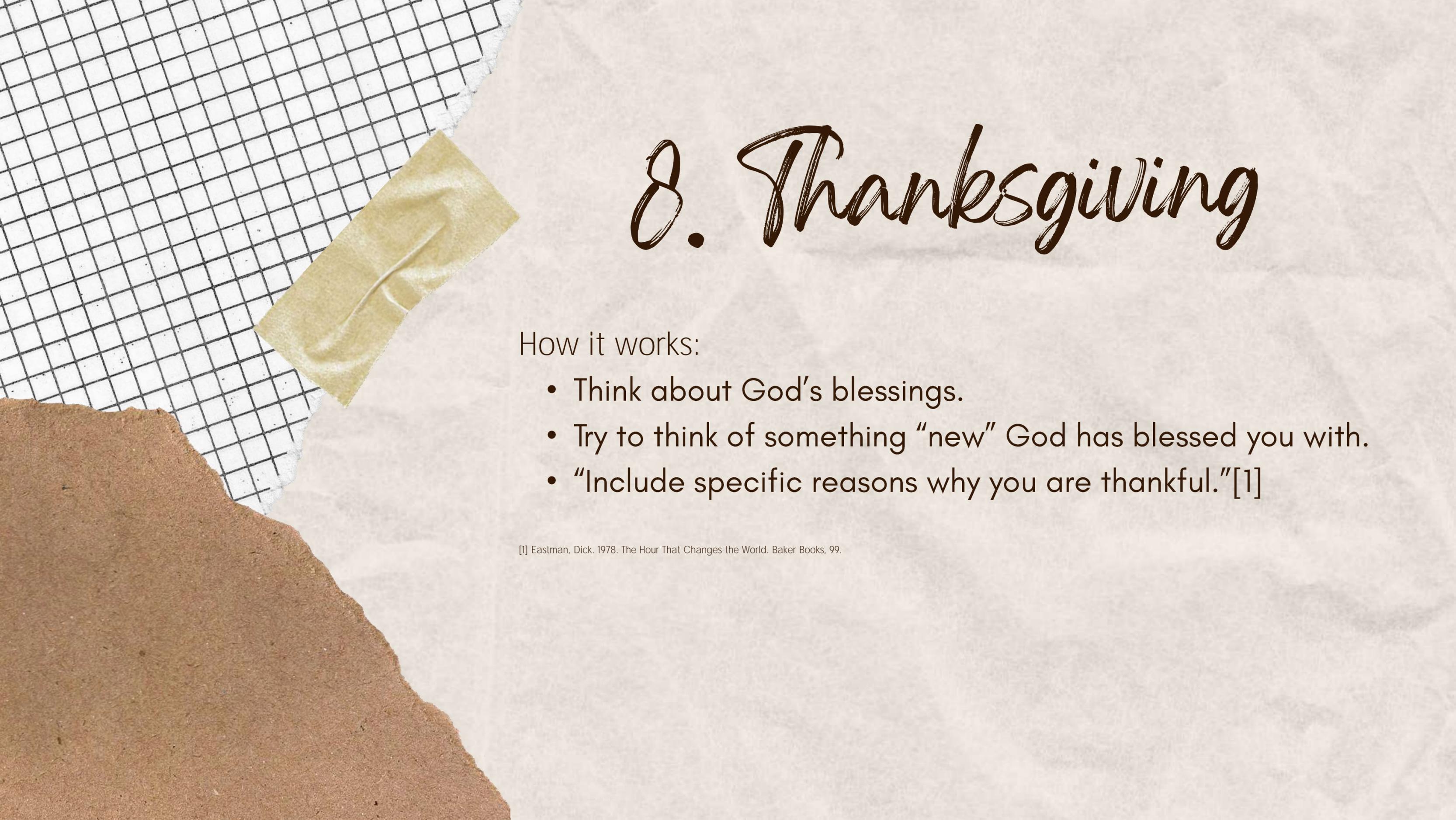
8. Thanksgiving

“Praise focuses on who God is, whereas thanksgiving focuses on what God has specifically done for us.”[1]

“Thanksgiving is also important because it is the prayer warrior’s special gift to God.”[3]

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 95.

[3] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 96.



8. Thanksgiving

How it works:

- Think about God's blessings.
- Try to think of something "new" God has blessed you with.
- "Include specific reasons why you are thankful." [1]

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 99.

Singing

9. *Singing*

Psalm 98:1 O sing unto the LORD a new song; for he hath done marvellous things: his right hand, and his holy arm, hath gotten him the victory.

9. Singing

“One of the most neglected aspects of personal worship—singing alone in God’s presence.”[1]

It “adds immense power to our praying.”[2] (2 Chronicles 20:20-22).

[2] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 103.

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 105.

9. Singing

How it works: Follow six themes:[1]

- Praises
- God's power and mercy
- Thanksgiving
- Names of God
- God's Word
- New song: write your own!

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 110.

Meditation

10. Meditation

Psalm 1:1,3 Blessed is the man... [whose] delight is in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

10. Meditation

Meditation means “to mutter” or “to muse.”[1]

“The Greek word for ‘meditation,’ meletao, means ‘to be careful,’ or ‘to show care’ in a matter.” It’s the idea of “giving of attention to how we might specifically apply these ponderings after the devotional hour has ended.”[2]

“Meditation is a spiritual act as definite and purposeful as a business engagement, a pledge of friendship, or a solemn undertaking...No meditation is really valid unless it leaves us with something to which we can return during the day’s business and find it helpful there.”—Bridgid E. Herman[3]

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 116.

[2] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 116.

[3] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 115.

10. Meditation

How it works:

- “Focus on God.”
- “Focus on God’s Word.”
- “Focus on the works of God.”
- “Focus on past victories.”
- “Focus on positive thoughts.”

Listening

11. Listening

Job 40:3-5, Then Job answered the Lord, and said, Behold, I am vile; what shall I answer thee? I will lay mine hand upon my mouth. Once have I spoken; but I will not answer: yea, twice; but I will proceed no further.

11. Listening

“Sometimes I wonder if our devotions are not the greatest barrier to spiritual growth, because they are so often just one-sided—it is our praying, it is our talking, our Bible study, our effort. How long is it since you sat down with great delight in His presence and were conscious that He was flooding your heart and speaking with you?”[1]

“Much of prayer must take place in silence because much of prayer concerns the believer seeking divine guidance...God, alone, knows the solution to every problem we will face...Our goal in prayer is to discover what God wants to do so that He will be glorified.”[2]

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 129.

[2] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 130.

11. Listening

How it works:

- Take it to heart: Think the day's Scripture reading and possible applications.
- Take it to God: Ask God how it should be applied today.
- Take note: "Be ready to take a note as you are led to take action in some way."^[1]
- Take action: do it today!

^[1] Eastman, Dick. 1978. The Hour That Changes the World. Baker Books, 133.

Praise

12. Praise

Matthew 6:13 For thine is the kingdom, and the power, and the glory, for ever. Amen.

Praise reminds us of the purpose of prayer: God's glory.[1]

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 138-139.

12. Praise

How it works:

- Thank and praise God for what He has done in the devotional hour and for what He is doing and will do.
- Say, "Amen!" This means that we close with an affirmation of faith that God has heard our petitions.[1]
- "We must learn to take the spirit of praise with us from the prayer closet." [2]

[1] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 140.

[2] Eastman, Dick. 1978. *The Hour That Changes the World*. Baker Books, 140.

Conclusion



- “The most important appointment I have today is my appointment with Jesus in prayer.”[1]
- “To be faithful in prayer is to share with God in His plan to change the world.”
- “Without prayer, every effort is wasted...there is much we can do after we have prayed but nothing we can do until we have prayed.”

Prayer in Practice



This week...

- Review this lesson and included Bible verses.
- Use the lesson to guide your prayers this week.
- Read this week's memory verses every day.
- Listen to one of the recommended audio resources on prayer.