

- I. ONE THING—The One Thing that I'd like to take away from today's lesson and believe God to accomplish in my life is:

II. APPLICATION AIDS

- A. Get excited about prayer by studying the scriptures listed below. Allow these truths to penetrate deeply as you see how much you can expect from God:
- An Answer: Ps 86:7-- In the day of my trouble I will call upon You, for You will answer me.
 - An Audience: Ps 18:6 TM-- I call to God, I cry to God to help me. From his palace He hears my call; my cry brings me right into his presence - a private audience!
 - Guidance: Jude 1:20 NLT-- Continue to build your lives on the foundation of your holy faith. And continue to pray as you are directed by the Holy Spirit
 - Promise of Help: Rom 10:13 TM-- Everyone who calls, 'Help, God!' gets help.
 - Nearness of God: Jm 4:8-- Draw near to God and He will draw near to you.
 - Revelation: Jer 33:3-- Call to Me, and I will answer you, and show you great and mighty things, which you do not know
 - Spirit of God: Lk 11:13-- If you then...know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!"
 - Understanding: Ps 73:16-17--When I thought how to understand this, it was too painful for me--until I went into the sanctuary of God; then I understood
 - Way of Escape: 1 Cor 10:13 NIV-- God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.
 - Wisdom: Jm 1:5-- If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.
- B. Answer this question for yourself: How is my prayer life going?
- Take some time to honestly evaluate your communication with the Lord.
 - Are you laying hold of the joy and peace that God promises?
 - Are you willing to risk and invest in order to get to know God better?
 - Insights:
- C. Application—Enjoy the benefits of a growing and powerful prayer life by:
- 1) Establishing a Time
 - a) Any time of day is suitable for prayer: Ps 55:17-- Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice.
 - b) With your schedule in mind, identify the time(s) that are best for prayer:

- c) Prayerfully consider the amount of time you devote to your relationship with God. Ask Him to help you set guidelines on how often and how long to commit to meeting with Him. Consider asking a prayer partner or trusted friend to hold you accountable to this commitment.
- 2) Establish a Place
- o Jesus suggested that we set aside a special place for prayer: Mt 6:6 TM-- Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.
 - o Is there a place in your home that you consider your prayer closet?
 - o If not, try out some possible spots until you find one that you can designate as your meeting place with God.
- 3) Establish a Record:
- a) In your daily times with God, use a legal pad or journal to record the insights God gives you and the prayers you prayed. Keep it brief but specific.
 - b) Choose one day each week to review your record. Be on the alert to identify any themes or threads and pray these back to God.
 - c) Find a filing system that works for you so that you can easily retrieve and review what you've written for future use: Ps 77:11 TM-- Once again I'll go over what God has done.
- 4) Practice and Personalize Your Time with the Lord
- a) For growth in your relationship with God, try these ideas in your prayer times:
 - o Incorporate some of the prayers found in Scripture to pray back to God.
 - o Let God take the lead, asking Him to put His finger on any issue that is on His heart for you.
 - o Express your love to Father, Son and Spirit. Tell Him how much you love Him!
 - o Choose (or let Him choose) one aspect of His character to praise Him for today.
 - o Let your body contribute to prayer by kneeling, walking the property, "lifting holy hands," resting in God's presence, etc.
 - o Use meaningful objects to help you stay focused (For example: enjoy the beauty of God's creation right outside your window, look at a cross, light a candle).
 - o Ask for an alert whenever you begin to feel anxious or worried. Deal with it then and there by turning it over to God in prayer. Ask Him to identify underlying causes as you continue to seek Him and His perfect peace.
 - b) In a pinch, try this simple format for your time with God:
 - o One Minute of Silence: Be still, quieting your heart before God: Ps 65:1-2 TM--Silence is praise to you, Zion-dwelling God, and also obedience. You hear the prayer in it all.
 - o One Song of Worship: Sing one hymn or praise song to Him: Ps 43:4--Then I will go to the altar of God, to God my exceeding joy; and on the harp I will praise You, O God, my God.
 - o One Truth: Read a portion of scripture, a devotional or a Bible study resource. Focus on one truth that speaks personally to you: Jer 15:16-- Your words were found, and I ate them, and Your word was to me the joy and rejoicing of my heart
 - o One Prayer Principle: Choose one principle from the previous page and ask God to make it true of you. Wait and watch for Him to act.