

KNEES, HEARTS & EYES #1

A Beginner's Guide to Prayer

"One day Jesus was praying in a certain place. When he finished, one of the disciples said to him, 'Lord, teach us to pray...'" Luke 11:1 (NIV)

OUR FRUSTRATIONS WITH PRAYER ARE CAUSED BY: OUR MISCONCEPTIONS

- not a magic wand
- not a fire extinguisher
- not a tug of war
- not a ritual to relieve guilt

4 FOUNDATIONAL TRUTHS ABOUT PRAYER

1. GOD LOVES FOR ME TO TALK WITH HIM

"The Lord is like a father to his children, tender and compassionate to those who reverence him." Psalm 103:13 (NLT)

"We can be confident in approaching God, knowing that he listens to us whenever we ask him for anything according to his will. And since we know that he hears us when we make our requests, then we can be sure that he will answer us." 1 John 5:14-15

PRAYER IS: A CONVERSATION, NOT A CEREMONY A RELATIONSHIP, NOT A RITUAL

"I have good plans for you, not plans to hurt you. I will give you hope and a good future. Then you will call my name. You will come to me and pray to me, and I will listen to you." Jeremiah 29:11-12 (NCV)

2. GOD LISTENS TO PRAYERS THAT ARE SINCERE & SIMPLE

"When you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they've received their reward in full. Instead, when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep babbling on and on like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him." Matthew 6:5-8 (NIV)

"Let us come near to God with a sincere heart and a sure faith..."
Hebrews 10:22 (TEV)

3. GOD LIKES TO SHOW HIS GOODNESS BY ANSWERING PRAYER

“Call to me and I will answer you. I will show you marvelous and wondrous things that you could never figure out on your own.” Jeremiah 33:3 (MSG)

“If you, being imperfect and sinful parents know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him?” Matthew 7:11 (NLT)

“You do not have, because you do not ask God.” James 4:2 (NIV)

4. GOD LONGS TO BE CLOSE TO ME

“The Lord waits for you to come to him so he can show you his love and compassion.” Isaiah 30:18 (NLT)

“I don’t want your sacrifices – I want your love! I don’t want your offerings, I want you to know me!” Hosea 6:6 (LB)

“Friendship with God is reserved for those who reverence him. With them He shares the secrets of his covenant.” Psalm 25:14 (NLT)

“Draw close to God, and God will draw close to you.” James 4:8 (NLT)

THE CLOSER I AM TO GOD THE LESS STRESSED & MORE BLESSED I’LL BE