

- Prayer should be definite. Ps. 27:4; Acts 12:5
- Prayer should be in accord with God's will. 1 John 5:14

Willmington, H. (1987). Willmington's book of Bible lists (251–252). Wheaton, IL: Tyndale.

Spiritual Disciplines @ Christos Community

The mission of our church is **to see, enjoy, and share the beauty of Jesus Christ in diversity**. We believe that to see this mission becoming a reality, we must be humble disciples of Christ, whom engage in the practice of Spiritual Disciplines.

The SDs that we are promoting are:

1. **Prayer.**
2. **Study of Scriptures.**
3. **Worship.**
4. **Stewardship.**



Prayer

What is prayer?

Prayer is our attempt to communicate with God through worship, confession and petition. And the purpose of prayer is, through intentional communication with God, to get to know God while worshipping him and asking him to act in response to our requests.

You will notice that we don't say that the purpose of prayer is to ask God to act on our behalf. Instead, the purpose of prayer is to get to know God while we worship and make our requests. The primary focus in prayer is our relationship with God.

In this definition I have listed three things that we do in prayer— worship, confession and petition. Prayer can take any number of forms, and it will vary with each unique God-human relationship, but these three broad categories cover what is communicated.

The Big Book on Small Groups

Exhortation to pray

In the **first** place, pray—for prayer **glorifies** God: “Who so offereth praise glorifieth Me” (Ps. 50:23). A believer is desirous to glorify God. Therefore, even if he were in need of nothing, he would nevertheless desire to worship God, being desirous to render unto God what is His due. He desires to acknowledge God as the One who is worthy of being worshiped, for in prayer we acknowledge all the attributes of God as they are revealed in Christ: His **righteousness and holiness**, because we cannot approach unto Him except through Christ; His **goodness**, because He has made available such a way of approach and is willing to hear those, and grant their desire, who go to God through Christ; His **majesty**, before which we bow ourselves with delight and reverence; His **omniscience**, in that He knows the heart and its intent; His **omnipotence**, in that

He is able to give everything; and His **faithfulness** in that He will fulfill all His promises—also those made to supplicants. It renders joy to the supplicant to behold these perfections. The acknowledgment of them renders him more joy than many other blessings received from God. Who is able to refrain himself from prayer? Who, being acquainted with this, does not become desirous to pray?

The Christian's Reasonable Service. Volume 3. aBrakel, p 470

Reasons for Prayer

- God's repeated command to do so: 1 Sam. 12:23 Rom. 12:12; Col. 4:2: 1 Thess. 5:17; 1 Tim. 2:8
- The example of Christ: Heb. 5:7
- The example of the early church: Acts 1:14; 2:42; 6:4; 2:5
- The example of Paul: Acts 9:10-11; 16:25; 20:36; 21:5; Rom. 10:1
- Prayer defeats the Devil: Luke 22:32; 1 Pet. 4:7
- Prayer saves the sinner: Luke 18:13
- Prayer restores the backslider: James 5:16
- Prayer strengthens the saint: Jude 20
- Prayer sends forth laborers.: Matt. 9:38; Acts 3:2-3
- Prayer heals the sick:

- James 5:13-15
- Prayer glorifies God's name: Rev. 5:8; 8:2-4
- Prayer accomplishes the impossible: Matt. 21:22; Mark 9:29; Acts 12:5-7; James 5:17-18
- Prayer gives good things: Ps. 102:17; Matt. 7:7-11
- Prayer imparts wisdom: James 1:5
- Prayer bestows peace: Phil. 4:5-7
- Prayer keeps one from sin: Matt. 26:41
- Prayer reveals the will of God: Luke 11:9-10

Willmington, H. (1987). Willmington's book of Bible lists (251). Wheaton, IL: Tyndale.

Prayer for His Disciples

John 17:1-2 | When Jesus had spoken these words, he lifted up his eyes to heaven, and said, "Father, the hour has come; glorify your Son that the Son may glorify you, since you have given him authority over all flesh, to give eternal life to all whom you have given him.

Here the Divine Intercessor turns from himself, and from the approaching glory of his own mediatorial Person and position, to meditate, for the advantage of his disciples, on what had already been done *for* them, *in* them, *to* them. He clothes these meditations in the form of a direct address to the eternal God, and makes

the series of facts on which he dwells the groundwork of the prayer which follows for his disciples, as representative of all who, like them, have come into relations with the Father through him.

The Pulpit Commentary: St. John Vol. II. 2004 (H. D. M. Spence-Jones, Ed.) (p 344). Bellingham, WA: Logos Research Systems, Inc.

Encouragement and Exhortation

James 5:13 | Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise.

Pray, sing, be anointed and healed! Christians should be bold in expressing their emotions before the Lord, whether that involves sorrow expressed in prayer, or joy expressed in worship (5:13). Those who are ill should not hesitate to ask for prayer. The prayer of faith will heal, and if sin is involved and confessed, God will forgive (5:14-16; see 1 John 1:9). Elijah is our model: Though he was human just like us, his prayers had amazing results (5:17-18; see 1 Kings 17:1; 18:41-46). However, it is not always God's will to heal the sick (see exposition on 1 Tim. 5:21-25). Suffering, if rightly understood and endured by the believer, can bring glory to God (see Exod. 4:11; John

9:1-3; see exposition on 2 Cor. 12:7-10). Note that healing is promised not through so-called faith healers but through elders of local churches. James also urged concern for the spiritually sick (5:19-20).

Willmington, H. L. (1997). *Willmington's Bible handbook* (p 766, p 767). Wheaton, Ill.: Tyndale House Publishers.

Elements in the Lord's Prayer

1. A personal relationship with God—"Our Father"
2. Faith—"which art in heaven"
3. Worship—"hallowed be thy name"
4. Expectation—"thy kingdom come"
5. Submission—"thy will be done in earth, as it is in heaven"
6. Petition—"give us this day our daily bread"
7. Confession—"and forgive us our debts"
8. Compassion—"as we forgive our debtors"
9. Dependence—"and lead us not into temptation, but deliver us from evil"
10. Acknowledgment—"for thine is the kingdom, and the power, and the glory forever"

Willmington, H. (1987). Willmington's book of Bible lists (250). Wheaton, IL: Tyndale.

Qualifications for prayer

- Prayer should be humble. Ps. 10:17; Luke 18:13-14
- Prayer should be bold. 1 John 5:13-15
- Prayer should be in faith. Heb. 11:6
- Prayer should be sincere. Ps. 145:18
- Prayer should be simple. Matt. 6:7
- Prayer should be persistent. Luke 18:7; Col. 4:2