

**Title: "Prayer 101"**

**Text: John 17**

"It is the highest activity of the human soul, and therefore it is at the same time the ultimate test of a man's true spiritual condition. There is nothing that tells the truth about us as Christian people so much as our prayer life." (Martin Lloyd-Jones)

**Psalm 5:3** "My voice You shall hear in the morning, O Lord; in the morning I will direct it to You, and I will look up."

**Ps. 55:17** "Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice."

**Psalm 88:13** "But to You I have cried out, O Lord, and in the morning my prayer comes before You."

**Ephesians 6:18** – 5 key guidelines for powerful prayer

1. Pray all the time

**Luke 18:1** "...men always ought to pray and not lose heart."

**Colossians 4:2** "Continue earnestly in prayer, being vigilant in it with thanksgiving."

**1 Thessalonians 5:17** "Pray without ceasing."

Is unceasing prayer even possible?

"I think of praying at all times as living in continual God-consciousness, where everything we see and experience becomes a kind of prayer, lived in deep awareness of and surrender to our Heavenly Father." (Charles Spurgeon)

"The time of business does not differ with me from the time of prayer; and in the noise and clatter of my kitchen, while several persons are at the same time calling for different things, I possess God in as great tranquility as if I were on my knees." (Brother Lawrence, *The Practice of the Presence of God*)

2. Pray in all kinds of ways

3. Pray in the Spirit

4. Pray persistently

**Luke 18:7-8** "And shall God not avenge His own elect who cry out day and night to Him, though He bears long with them? I tell you that He will avenge them speedily."

**Luke 11:9-13** "Ask, and it will be given to you; seek, and you will find, knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. If a son asks for bread from any father among you, will he give him a stone? Or if he asks for a fish, will he give him a serpent instead of a fish? Or if he asks for an egg, will he offer him a scorpion? If you then, being evil, 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!"

5. Pray about things that really matter

**Colossians 3:1-3** "If then you were raised with Christ, seek those things which are above, where Christ is sitting at the right hand of God. Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God."

What will you do with what you have heard today?