

## **How to Pray—3**

### **When You Don't Feel Like Praying**

*“... ‘Our Father in heaven, hallowed be your name, <sup>10</sup>your kingdom come, your will be done, on earth as it is in heaven. <sup>11</sup>Give us today our daily bread. <sup>12</sup>And forgive us our debts, as we also have forgiven our debtors. <sup>13</sup>And lead us not into temptation, but deliver us from the evil one.’” Matthew 6:9-13 NIV*

**Prayer is how we live in complete dependence on our heavenly Father.**

*Rejoice always, <sup>17</sup>pray continually, <sup>18</sup>give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

1 Thessalonians 5:16-18 NIV

***petitionary prayer: asking for ourselves***

***intercessory prayer: asking for others***

**“Sometimes prayer doesn't appeal to us. Prayer can be neatly placed in the ‘boring, but important’ category of life, alongside Leviticus, algebra, and flossing.”**

**—Pete Greig, Founder 24-7 Prayer**

*“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.” Matthew 7:7 NIV*

**In what areas are you prayerless?**

**We don't need self-discipline to pray more; we simply need to learn greater dependence on God.**

## **Powerful Prayer Principles**

**Be specific.**

**Be persistent.**

**Be expectant.**

**Be yourself.**

*Then one of the synagogue leaders, named Jairus, came, and when he saw Jesus, he fell at his feet.<sup>23</sup> He pleaded earnestly with him, “My little daughter is dying. Please come and put your hands on her so that she will be healed and live.”<sup>24</sup> So Jesus went with him. ...*

Mark 5:22-24 NIV

*<sup>27</sup>When she heard about Jesus, she came up behind him in the crowd and touched his cloak,<sup>28</sup> because she thought, “If I just touch his clothes, I will be healed.”<sup>29</sup> Immediately her bleeding stopped and she felt in her body that she was freed from her suffering.*

Mark 5:27-29 NIV

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.<sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 NIV*

*... If God is for us, who can be against us?<sup>32</sup> He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?<sup>33</sup> Who will bring any charge against those whom God has chosen? It is God who justifies.<sup>34</sup> Who*

*then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. <sup>35</sup>Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? ...*

*<sup>37</sup>No, in all these things we are more than conquerors through him who loved us. <sup>38</sup>For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, <sup>39</sup>neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:31-35, 37-39 NIV*

## **TALK IT OVER**

Read **Matthew 6:9-13**. How might these verses influence your view of petitionary prayer (asking for yourself) and intercessory prayer (asking for others)?

Share about a time when your prayers reflected a genuine dependence on God. What was that situation like?

In what areas of your life have you become prayerless? How will you reengage by being specific, persistent, and expectant in the weeks and months to come?

Start the Bible Plan 7 Biblical Prayers and How to Pray Them Today using Plans With Friends: [www.go2.lc/prayers](http://www.go2.lc/prayers)