

Practice of Prayer

Almighty and everlasting God, you are always more ready to hear than we are to pray and you constantly give more than we desire or deserve: pour down upon us the abundance of your mercy by forgiving us those things of which our consciences are afraid and by giving us those good things for which we are not worthy to ask except through the merits and mediation of Jesus Christ, your Son, our Lord. Amen.

(Collect for the 12th Sunday after Trinity)

What Prayer is shows us what Prayer Includes

1. Last time we looked at theology of prayer
 - a. Prayer and the Trinity
 - b. Prayer and the Gospel
2. So that means prayer can't just be petition
 - a. Relationship involves much more than asking for things.
3. 1 Kings 18:20-40 – Elijah and the Prophets of Baal

Lord, Teach Us To Pray

'When you pray, say: Our Father...' (Luke 11:2)

Jesus Himself has taught us how to pray.

1. The Friend At Midnight (*Lk 11:5-8*)
 - a. Shamelessness in Prayer
 - b. Relying on the One who rises from 'sleep'
2. Ask, Seek and Knock (*Lk 11:9-10*)
 - a. Asking, seeking and knocking aren't all the same!
 - b. Prayer is growing in communion with the Triune God.
3. Pray like little children (*Lk 11:11-13*)
4. Pray for the Holy Spirit (*Lk 11:13*)
5. The Lord's Prayer (*Lk 11:1-4; Mt 6:9-13*)
 - a. A Model for Prayer
 - i. ACTS
 - b. Words to Pray

Praying the Bible

Open the Bible, start reading it, and pause at every verse and turn it into prayer. (John Piper)

1. Prayer is delighting in our relationship with the Triune God.
2. Jesus leads us in prayer and the Spirit helps us pray.

- a. So our prayer involves both the Word and the Spirit.
 - b. One of the reasons the Scriptures have been given to us is to lead us in prayer.
 - i. The Spirit works through the Word!
 - c. E.g. The prayers of the early church – Acts 4:23-31
3. How?

Psalms of the Day Chart (NB Day 31 = Ps 119)

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 |
| 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 |
| 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 101 | 102 | 103 | 104 | 105 |
| 121 | 122 | 123 | 124 | 125 | 126 | 127 | 128 | 129 | 130 | 131 | 132 | 133 | 134 | 135 |

| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 |
| 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 |
| 106 | 107 | 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | 116 | 117 | 118 | 119 | 120 |
| 136 | 137 | 138 | 139 | 140 | 141 | 142 | 143 | 144 | 145 | 146 | 147 | 148 | 149 | 150 |

Some Recommended Resources

- Martin Luther, *A Simple Way to Pray*
The Great Reformer’s advice for his barber.
Available online: http://www.se.lcms.org/uploads/simple_way_pray_luther.pdf
- Donald S. Whitney, *Praying the Bible*
A short guide to praying the Bible.
- Matthew Henry, *A Way to Pray* (also known as *A Method for Prayer*)
How to use the Scriptures to pray, taught by example.
Online version (in which you can choose your preferred Bible translation):
<http://www.matthewhenry.org/>
- *The Valley of Vision*
A collection of Puritan Prayers published by the Banner of Truth.
- John W. Kleinig, *Grace Upon Grace: Spirituality for Today*
A fantastic book that looks at meditation as well as prayer. The author is a Lutheran so occasionally he says things that might sound odd to Pentecostal ears: some of that’s because we disagree on a few things, some of that’s because Lutherans sometimes say the same things as us in quite different ways, but all in all this is a great book presenting a spirituality firmly and deeply rooted in the grace of God in Christ Jesus.