

Journey Course Three: How to Pray #3 – Inward & Outward Prayer

Remember, what's key about Christian prayer is that it is indeed *Christian*...meaning that we always relate to our Father God through a relationship built on the work of Jesus and enabled by the Holy Spirit.

Life Truth: The best way to learn how to pray is to pray.

(You learn to do by doing.)

Inward & Outward (Pretty Much a Mix of Both) Prayer

_____ , **on your own or with the church.**

Ephesians 5:18-20, "Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. And give thanks for everything to God the Father in the name of our Lord Jesus Christ." If our songs are directed to the Lord, then they're prayer.

The _____ Watch.

Psalm 130:5-6, "I am counting on the Lord; yes, I am counting on him. I have put my hope in his word. I long for the Lord more than sentries long for the dawn, yes, more than sentries long for the dawn." It is a profound experience to spend time with God in the night hours, the time when everyone, including you, would normally be asleep. It's different. It's reverent. It's holy in a unique way. Jesus urged in Matthew 26:41, "Keep watch and pray, so that you will not give in to temptation. For the spirit is willing but the body is weak!"

James 5:16, "Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results." No secrets, No enemies, No lies. Give confession to a Christian brother or sister a try. Look for someone you can trust, someone who knows Jesus and is stable in him and pray together to be healed.

_____ and Prayers of Faith.

To intercede for someone means to step in and represent them. Romans 1:9, "God knows how often I pray for you. Day and night I bring you and your needs in prayer to God, whom I serve with all my heart by spreading the Good News about his Son." In prayers of faith, we are exercising our trust in God for something. Matthew 7:7-8, "Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened."

Spiritual _____.

Ephesians 6:10-12, "A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places." This passage uses the metaphor of body armor to describe a spiritual, prayerful activity of fighting our enemy the devil.

The _____ Prayer.

Matthew 6:9-13

"Pray like this:

Our Father in heaven, may your name be kept holy.

May your Kingdom come soon.

May your will be done on earth, as it is in heaven.

Give us today the food we need, and forgive us our sins,

as we have forgiven those who sin against us.

And don't let us yield to temptation, but rescue us from the evil one."

Matthew's variant of this prayer (there are others, slightly different) has six parts. The first three have to do with our relationship with God, the following three have to do with our requests. Meditating through one of three ways to engage this prayer this works great. A first way is the "Follow the Spirit's Leading" way, where you ask God to point out the phrase on which he would have you to linger for that day. A second way is to "seek the sticky spot" between God's prompting and your awareness of need and stay there. A third way to pray your need or desire through every phrase.