

# Why and How Do I Pray?

## 1. What is Christian Prayer?

Prayer is **the** most important activity of our lives.



**The Father**

To the Father  
 - '... to your father'  
 (Matthew 6:6)  
 - '... in heaven'  
 (v.9)



**The Son  
(Jesus)**

Through the Son  
 - 'I have called you  
 friends'  
 (John 15:15)



**The Holy  
Spirit**

'... the Spirit helps  
 us'  
 (Romans 8:26)

## 2. Why Pray?

We must not only trust our feelings, which can be changeable and may even be deceptive at times, but instead rely on God's promises.

- Develops a relationship with God
- Rewards of prayer (**Matthew 6:6**)
  - Peace (**Philippians 4:6-7**)
  - Perspective
  - Power
- Results of prayer (**Matthew 7:7-11**)

*'For through [Jesus] we both have access to the Father by one Spirit.'*

**Ephesians 2:18**

*'I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life'*

**1 Jonh 5:13**

**"When I pray, coincidences happen, and when I don't, they don't."**

**William Temple:6 (ESV)**

### SET YOUR QUESTIONS FREE

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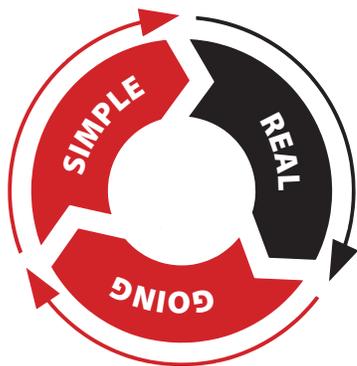


“When a train goes through a tunnel and it gets dark, you don’t throw away the ticket and jump off. You sit still and trust the driver.”

**Corrie Ten Boom**

**Three Simple Tips:**

1. Keep it simple
2. Keep it real
3. Keep it going



**3. Does God always answer prayer?**



**NO**  
sometimes an obvious reason why not; other times we may not understand straight away why the answer is no.

**WAIT**  
for the right timing.

**YES**  
you receive what you prayed for, sometimes immediately.

**4. How do we pray?**

- **Thank you** – count your blessings, not your problems
- **Sorry** – confess your sins (*John 13:6–10*)
- **Please** – ‘Give us today our daily bread’ (*Matthew 6:11*): ask for anything you need.

**5. When should we pray?**

- Anywhere, anytime - (*Ephesians 6:18*)
- Alone (*Matthew 6:6*)
- - Regular pattern
- - Best part of the day (*Mark 1:35*)
- With others
- - There’s power in praying together
- - ‘Where two or three are gathered in my name, there I am in their midst.’ (*Matthew 18:20*)

**SET YOUR QUESTIONS FREE**

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