

## “Teach Me To Pray: 5 Steps to Effective Prayer”

Greg Wendschlag March 1, 2020

*"This, then, is how you should pray: "Our Father in heaven, hallowed be Your name, Your kingdom come, Your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for Yours is the kingdom and the power and the glory forever. Amen." Matt 6:9-13*

### Good practices when developing your prayer time

1. Develop a plan.
  - When will I pray?
  - Where will I pray?
  - How long will I pray?
2. Prepare to listen when you pray.
3. Read the Bible along with prayer.
4. How can I “pray without ceasing?”

### Developing a Pattern of Prayer

#### 1. Adoration

*“Our Father in heaven, hallowed be your name...”*

- Adoration **sets the tone** for the rest of your prayer.
- Adoration reminds us of God’s **identity and purpose**.
- Adoration puts you in the **right perspective** before God.

#### 2. Submission

*“Your kingdom come, your will be done on earth as it is in heaven.”*

- Submission acknowledges **God as Lord**.
- Submission places **God’s will above your will**.

#### 3. Ask for what you need.

*“Give us today our daily bread... And lead us not into temptation, but deliver us from the evil one”*

*“With thanksgiving make your requests known to God.” Phil. 4:6*

*“We have not because we ask not.” James 4:2*

#### 4. Confession

*“Forgive us our debts, as we also have forgiven our debtors.”*

- Be **specific** when you confess.
- Admit that **God alone** has the power to help you overcome.
- Be determined and plan your efforts to **repent**.
- Confess to **one another** for accountability..

## **5. Thanksgiving**

*“Yours is the kingdom and the power and the glory forever.”*

*“Give thanks always.” 1 Thess. 5:18*

- Thank Him for **answered prayer**.
- Thank Him for **His presence**.
- Thank Him for **the people** in your life.
- Thank Him for **material** blessing.
- Thank Him for the **hard times**.