

Session 5



pray



**Why and
how do I**

1. WHAT IS CHRISTIAN PRAYER?

Prayer is the most important activity of our lives.

“For through [Jesus] we both have access to the Father by one Spirit.”
(Ephesians 2:18)

- **To the Father**
 - “... to your father” (Matthew 6:6)
 - “... in heaven” (v.9)
- **Through the Son**
 - “I have called you friends” (John 15:15)
- **By the Spirit**
 - “... the Spirit helps us” (Romans 8:26)

2. WHY PRAY?

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

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**“When I pray,
coincidences happen,
and when I don’t,
they don’t.”**

**WILLIAM TEMPLE,
THE FORMER ARCHBISHOP OF CANTERBURY**

3. DOES GOD ALWAYS ANSWER PRAYER?

- Yes—you receive what you prayed for, sometimes immediately.
- 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.

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.

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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
 - “Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven.” (Matthew 18:19)

Three simple tips:

- Keep it real
- Keep it simple
- Keep it going

RECOMMENDED READING

God on Mute
Pete Greig

What About Other Religions?
Nicky Gumbel

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