



Prayer...

Session 1: Why is Praying so Hard?

INTRODUCTION:

- Many Christians struggle to pray ...
- Needing to “discipline” ourselves to pray indicates a lack of passion for prayer ...

WHY IS PRAYING SO HARD?

1. PRAYER IS INTRINSICALLY HARD WORK

- Colossians 4:12 *“Epaphras, who is one of you and a servant of Christ Jesus, sends greetings. He is always struggling in prayer for you ...”*

2. THE PROBLEM OF COMFORT AND COMPLACENCY

Revelation 3:14-17. *“To the angel of the church in Laodicea write: These are the words of the Amen, the faithful and true witness, the ruler of God’s creation. I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! So, because you are lukewarm—neither hot nor cold—I am about to spit you out of my mouth. You say, ‘I am rich; I have acquired wealth and do not need a thing.’ But you do not realize that you are wretched, pitiful, poor, blind and naked.”*

3. THE DECLINE OF PUBLIC PRAYER

- Average time spent in intercessory prayer in church: 1.5 minutes

4. COMMUNICATION & ENTERTAINMENT BOMBARDMENT

5. WESTERN PRAGMATISM

- Our 1st response to challenges is not to pray - but to fix them with strategies and committees

6. WESTERN SCEPTICISM

- Tendency to regard miracles and the supernatural with scepticism

7. SPIRITUAL WARFARE

Ephesians 6:12-18. "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ... With this in mind, be alert and always keep on praying for all the Lord's people."

- The devil - an evil spiritual being - is messing with our mind and heart, doing all he can to stop us from praying!

HOW CAN I DEVELOP A STRONGER DESIRE TO PRAY?

1. READ GOD'S WORD

2. KEEP A PRAYER JOURNAL

3. SHARE ANSWERS TO PRAYER WITH EACH OTHER

4. PRAY WITH OTHERS

5. DARE TO PRAY BIG / BOLD PRAYERS

A PRACTICAL PRAYER TOOL:

The 5 Minute Prayer Challenge

Adoration: Praising God for who he is (Matt 6:9)

Confession: Confessing your sin and asking for forgiveness (Matt 6:12)

Thanksgiving: Thanking God for what he has done (Phil 4:6)

Supplication: - **Intercession:** Praying for others (Matt 6:10)

- **Petition:** Praying for yourself (Matt 6:11)