



CELL GUIDE 2015

Theme	Build a Strong Prayer-Life
Topic	Keys to Always Pray
Speaker	SP Daniel Foo
Date	15 th and 16 st August 2015

Message Summary

How to Always Pray

Before jumping into the Biblical and practical handles of how to Pray, SP exhorted the church to **ALWAYS** pray. Ephesians 6:18 was called to mind, where we are to be in prayer and petition at all times with the Spirit. The sermon would then consist of keys to always praying as evident through the Word of God.

Keys to Always Pray

1. Always come into God's presence by the Blood of the Lamb and through Jesus, our High Priest (Hebrews 10:19-22)

2 key components to note: First, the Blood of the Lamb. It is because Jesus' blood that has washed away all our sins that we may come boldly before God. Secondly, Jesus as our High Priest serves to intercede on behalf of us before the Lord God. Thus it is we must note the redemptive and intercessory role of Jesus as to how our prayers access God.

2. Casting all stress, anxieties, and fears to the Lord (1 Peter 5:7)

The Bible is clear – we are to cast all our burdens unto the Lord, for He cares for us. Prayer is our way of intentionally releasing our burdens unto the Lord. And the Bible is clear on the consequences that such prayer results in. The peace of God, which surpasses all understanding, will guard our hearts and minds through Christ Jesus (Phil 4:6-7).

3. Give thanks from a grateful heart.

Ephesians 5:20 reminds us to give thanks always for all things to God the Father in the name of our Lord Jesus Christ. Biblical truth is being realized more and more: secular studies surrounding well-being have identified that "Gratefulness" is the #1 trait that people possess who are "well" in their lives. SP exhorted us to develop our capacity for gratefulness, as it is not something that comes so naturally.



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4. Pray with Praise.

The Bible calls us to bless the Lord at all times and praise Him continually (Psalm 34:1) Praise is defined in the Bible as “the fruit of our lips, confessing to His name.” To that end, we need to be familiar with the names, attributes, and character of God.

5. Prayer is also a form of worshipping in surrender.

Romans 12:1-2 calls all of us to present our bodies as living sacrifices, to not be conformed to the world, but be transformed by the renewing of our minds. Prayer should be a time where we once again cry out to the Lord that His ways and not the world’s, will be our ways.

6. Pray with your whole heart, soul, strength, and mind.

Language is a medium in which but a range of meanings can be captured. Thus beyond our words, let us cry out to the Lord from our very being – and the Spirit will make known to the Lord even that which cannot utter (Romans 8:26-28). Practically, this means that while we may use language to begin our prayers, let us also sing, declare, groan, sigh, pray in tongues, etc... and the Holy Spirit will intercede for us.

7. Praying regularly for A) others & B) the salvation of pre-believers.

Praying regularly for others in our super-hyper-connected social-and-beyond world can seem daunting. Being intentional and setting aside the necessary time is important. Ephesians 1:16 offers some practical advice that one “mentions” others in his/her prayers. God works in ways we cannot, and as we treasure the souls and lives of others, a mention is non-negotiable when it comes to prayer.

2 Corinthians 4:4,6 reminds of the enemy. The “god of this age” has blinded those who do not believe. Let us thus pray for “our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ” that all those around us may no longer be blinded, but experience the joy of knowing the Lord Jesus Christ personally.

8. Prayer for the Word of God to... A) know God better in our lives, B) fill our lives with the Power of God’s Love, C) feed spiritual life and growth.

Ephesians 1:17 calls us to keep asking that God will give us the Spirit of wisdom and revelation so that we may know Him better. This is echoed in 2 Peter 1:2-4 where it is clear that grace and peace are multiplied to us in the knowledge of God and Jesus Christ. Having



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experienced God as such (Ephesians 3:16-20), we then from the overflow share experientially with others. Let us in all this remember that it is a life and growth of the Spirit we are cultivating, such that we may be fully pleasing to the Lord (Colossians 1:9-11).

9. Pray for bodily healing.

The Bible says that the Word is “health to your flesh, and strength to your bones.” (Proverbs 3:8) and Isaiah 53:4-5 tells us that “by His stripes we are healed.” Hence in prayer we should claim by the Word bodily healing.

10. Pray to not fall or stumble.

2 Peter 1-10: Is an exhortation of things we must do such that we will never stumble. It is a comprehensive list, not so much as to become task-oriented about our faith, but an intentional prayer and crying out to the Lord to hold to such things.

11. Pray for Soul-Spirit-Hurts.

Psalms 147:3 is a promise to us of God’s healing nature. We know that by Jesus’ blood we are cleansed, we know also that God can bind up even our deep soul wounds for complete healing.

12. Pray for wisdom.

James 1:5 is a promise to us that God will give liberally and without reproach if we are lacking wisdom and ask of it of God. Prayer is our way of asking.

13. Pray for favour.

SP related a testimony of a certain fellow who prayed and asked God to activate his faith over a Staghorn Fern. SP has pictures confirming indeed that “no good thing does the Lord withhold from those whose walk is blameless” (Psalm 84:11).

14. Pray for protection – Blood of Christ, Name of Jesus, Sword of the Spirit.

Ephesians 4:26-27 reminds us to not give any place to the devil. It is an active exhortation, and we have the tools at our disposal.



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Conclusion

This is an extremely lengthy list of keys as to how to pray, but a simple bottom-line. Luke 18:1 speaks of how Jesus spoke a parable, in which it says that “men always ought to pray and not lose heart”. Indeed, the simple truth is that through an active, rigorous prayer life, therein lies a guilt-free, no condemnation relationship with God.

Questions

Which of the keys/handles to praying resonates the most with your understanding of prayer?

(Fill In Answer Here)

Which of the keys/handles to praying do you find most difficult understand or practise yourself?

(Fill In Answer Here)

What is a practical and measurable step you will take to incorporate these keys to further build up your prayer life?

(Fill In Answer Here)



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