

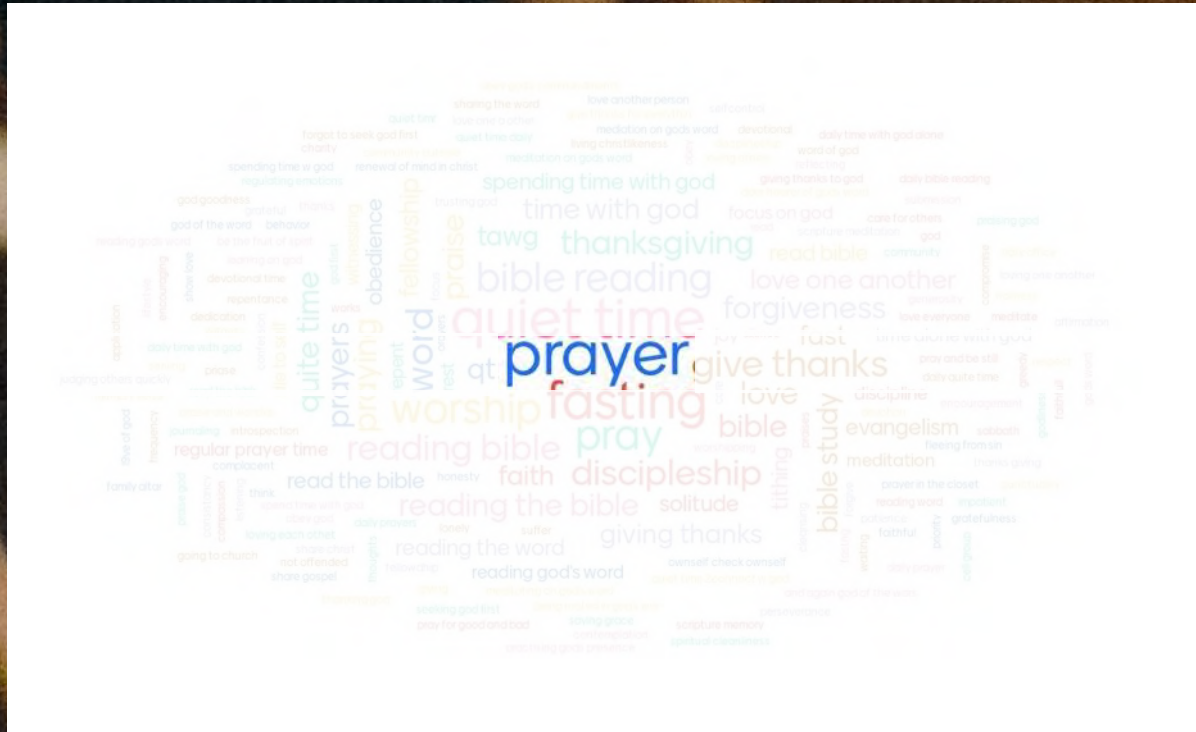




The prayers of many

1. The Prerequisite of Prayer

“What important spiritual discipline do we tend to overlook?”



Jan 15 @ 8.30am – 278 respondents



Jan 15 @ 11am – 310 respondents

1. *Prerequisite of Prayer*

Prayer is needful – a must-do – a commandment!

“My house will be called a house of prayer for all nations.”

ISAIAH 56:7

1. The Prerequisite of Prayer

Prayer is needful – a must-do – a commandment!

- “He told them a parable (of the persistent widow) to the effect that they ought always to pray and not lose heart.” **LUKE 18:1**
- “Devote yourselves to prayer, being watchful and thankful.” **COL 4:2**
- “In everything by prayer and supplication with thanksgiving let your requests be made known to God.” **PHIL 4:6**
- “Pray at all times in the Spirit, with all prayer and supplication.” **EPH 4:18**

1. **The Prerequisite of Prayer**

Prayer is needful – a must-do – a commandment!

Prayer is never the popular choice (*we are fallen!*)

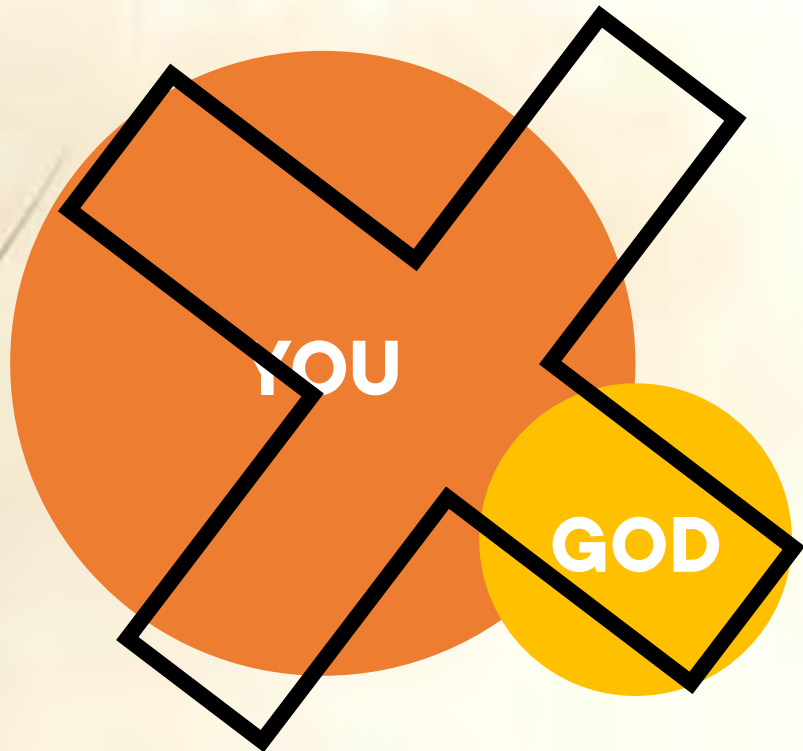
But Prayer should be more than a possibility
(*optional, up to you*) **for a Christian and a Church.**

Indeed, Prayer is a prerequisite of a healthy Church.
It is our privilege – can we make it our preference?

2. *The Posture of Prayer*

Embrace a healthy perspective/understanding of prayer

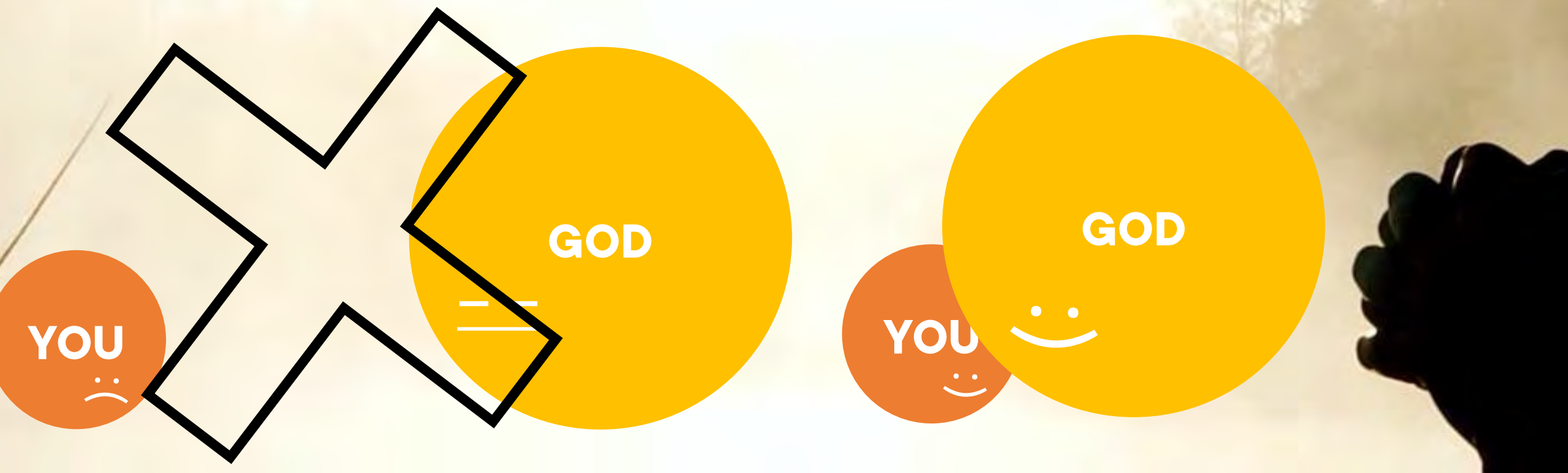
1. Prayer is NOT ... about us, it's about Him.



2. *The Posture of Prayer*

Embrace a healthy perspective/understanding of prayer

2. Prayer is NOT ... a rite/chore, it's a relationship/conversation.



2. *Posture of Prayer*

Embrace a healthy perspective/understanding of prayer

3. Prayer is NOT ... a monologue, it's a dialogue.



2. ***The Posture of Prayer***

Embrace a healthy perspective/understanding of prayer

1. As we pray, we connect with God.

2. As we pray, we concentrate on God.

3. As we pray, we cry out to God (for us & for others).

- “Call upon me, come and pray to me, and I will hear you.” JER 29:12
- “Seek the Lord ... seek his presence continually!” 1 CHRON 16:11
- “The Lord is near to all who call on him.” PSALM 145:18



**LET'S TAKE A MOMENT TO
POSTURE RIGHT BEFORE GOD ...**

Connect, concentrate, cry out ...

GOD

YOU



JEHOVAH JIREH

VINE

ALMIGHTY

ADONAI

SHEPHERD

LIVING WATERS

HIDING PL

SAVIOUR

EVERLASTING

LOVING

JEHOVAH ROHI

GRACIOUS

GOD

LORD

FO

ACE

RIGHTEOUS

REFUGE

JEHOVA

PHA

D

OD

A person wearing a dark blue long-sleeved shirt is shown from the chest down, with their hands clasped together in a prayer position. The background is dark and out of focus, suggesting an indoor setting. The text is overlaid on the left side of the image.

1. The Prerequisite of Prayer

2. The Posture of Prayer

3. The Practice of Prayer

4. The Power of Prayer



3. The Practice of Prayer

We know we need to pray ... yet why do we struggle to pray?

MARK 14:37 ... He returned to his disciples and found them sleeping. “Simon, are you asleep? Couldn’t you keep watch for one hour? **38** Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

40 ... When he came back, he again found them sleeping, because their eyes were heavy. They did not know what to say to him.

41 Returning the third time, he said to them, “Are you still sleeping and resting? Enough! The hour has come. Look, the Son of Man is delivered into the hands of sinners. **42** Rise! Let us go! Here comes my betrayer!”

3. The Practice of Prayer

We know we need to pray ... yet why do we struggle to pray?

1. We feel indifferent – we don't feel like praying

“Abstain from the passions of the flesh,
which wage war against your soul.” 1 PETER 2:11

HOW TO OVERCOME THIS STUMBLING BLOCK

- A. Inform yourself, Scripturally, of WHY we pray ... intentional obedience
- B. If you don't feel like praying, the moment you decide to pray, the issue is immediately nullified. You just need to deal with the guilt (see #4) ...

3. The Practice of Prayer

We know we need to pray ... yet why do we struggle to pray?

2. We feel inadequate – we don't know how to pray

“One day Jesus was praying in a certain place.

When he finished, one of his disciples said to him,

‘Lord, teach us to pray, just as John taught his disciples.’ ” LUKE 11:1

3. We feel inertia – if we rarely pray, it's hard to start

Think of prayer as a muscle – if never used, it starts to atrophy.

3. The Practice of Prayer

2. We feel inadequate – 3. We feel inertia

HOW TO OVERCOME THESE STUMBLING BLOCKS

A. If something has stopped ... the only solution is to start!

- If prayer is a muscle – and you haven't exercised in a long time ...

B. Prayer takes practice – the more you do it, the easier it comes

- Growing your prayer vocabulary, comfort/confidence levels ...

C. God Himself will help us!

“The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us” **ROMANS 8:26**

3. The Practice of Prayer

We know we need to pray ... yet why do we struggle to pray?

- 1. We feel indifferent – we don't feel like praying**
- 2. We feel inadequate – we don't know how to pray**
- 3. We feel inertia – if we rarely pray, it's hard to start**
- 4. We feel indicted – SHAME :(GUILT :(CONDEMNATION :(**

“The Lord God called to the man, ‘Where are you?’
(Adam) answered, ‘I heard you in the garden,
and I was afraid because I was naked; so I hid.’ ” GEN 3:9-10

3. The Practice of Prayer

4. We feel indicted – SHAME :(GUILT :(CONDEMNATION :(

HOW TO OVERCOME THIS STUMBLING BLOCK

A. God is NOT a condemning God always waiting to catch us out!

“Therefore, there is now no condemnation for those who are in Christ Jesus. ... the Spirit you received brought about your adoption to sonship. And by him we cry, ‘Abba, Father.’ **ROM 8:1 & 15**

3. The Practice of Prayer

4. We feel indicted – SHAME :(GUILT :(CONDEMNATION :(

HOW TO OVERCOME THIS STUMBLING BLOCK

B. Rather, He's a loving Father who's always waiting to welcome you back with open arms! Don't give in to self-condemnation!

“ ‘Father, I have sinned against heaven and against you. I am no longer worthy to be called your son; make me like one of your hired servants.’

“But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.” **LUKE 15:18-20**

3. The Practice of Prayer

We know we need to pray ... we just need to do it!

From navigators.org/lord-teach-us-to-pray/

“The Bible is full of exhortations to pray. Yet those who follow Jesus often confess that the spiritual discipline they struggle with most is prayer.

“A leader spoke to a group of pastors about the importance of prayer, and told them, ‘We already know enough about prayer. **We just need to pray.**’

“That’s probably true for most of us today. We don’t need more information about prayer—**we need a new perspective on it, and we need to do it.**”

3. The Practice of Prayer

We know we need to pray ... we just need to do it!

Prayer is already a big part of BBTC life.

- Core values: Pray before, during and after – A&C, P&C
- Weekly Congregational prayer, monthly W&I, CG-level, HOPs, DOHP ...

In 2023, we will create even more opportunities for BBTCians to pray at the congregational level.

- Every last weekend will be services majoring on PRAYER
- All encouraged to embrace this season of levelling up in our prayer-life!

4. The Power of Prayer



4. The Power of Prayer

1. PRAYER IS POWERFUL ... when there is alignment between the person praying, the prayer request and the heart/will of God

“This is the confidence that we have toward Him, that if we ask anything **according to His will** he hears us.” 1 JOHN 5:14

“And whatever you ask in prayer, you will receive, **if you have faith.**” MATT 21:22

“**The prayer of a righteous person** is powerful and effective.” JAMES 5:16

4. The Power of Prayer

2. PRAYER IS POWERFUL ... as answered prayers glorify God.

“Call upon me in the day of trouble; I will deliver you, **and you shall glorify me.**”

PSALM 50:15

“He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us, as you help us by your prayers. **Then many will give thanks** on our behalf for the gracious favour granted us **in answer to the prayers of many.**” 2 COR 1:10-11

4. The Power of Prayer

3. PRAYER IS POWERFUL ...

... To cast out demons

“Why could we not cast it out?” And He said to the disciples, “This kind (of unclean spirit) cannot be driven out by anything but prayer.” **MARK 9:28-29**

... To bring healing

“Confess your sins to each other and pray for each other **that you may be healed.**” **JAMES 5:16**

... To set free/forgive

“The prayer of faith will **save the one who is sick**, and the Lord will raise him up. And if he has committed sins, **he will be forgiven.**” **JAMES 5:15**

A large crowd of people is shown from behind, with their hands raised in the air, suggesting a religious or spiritual gathering. The scene is dimly lit, with a blueish-grey color palette. The text "Let us pray" is overlaid in the center in a bold, white, sans-serif font.

Let us pray