

CBC BIBLE STUDY

SEPTEMBER 27, 2023

PRAYER

THEME "TWELVE ACTION STEPS TO PRAYER"

"Prayer expresses our submission to and dependence upon God. the things you pray about are the things you trust God to handle."

(Rev. Dr. H. B. Charles, Jr.)

"Be constant in prayer. Do whatever it takes to maintain and sustain your prayer life. Keep your heart in a posture of prayer before God."

(Rev. Dr. H. B. Charles, Jr.)

"You should pray because the Word of God commands you to pray. This should be all the reasoning we need to govern our attitude and actions toward prayer. "

(Rev. Dr. H. B. Charles, Jr.)

TWELVE ACTION STEPS TO PRAYER DR. MYLES MUNROE

1. BECOME SILENT

First prayer should begin with silence. To be silent means to gather oneself to be still. In (Matthew 6:6) , Jesus said, "When you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you." Jesus is teaching us in this passage, is why we pray and the attitude of our heart, our motivation, behind the prayers.

It is necessary to establish a close relationship with God in private, before engaging in public prayer with others. The body of Christ should always come together in unity and cry out to God.

Praying together as a congregation, encourages Christians--- " And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much for the more as you see the Day approaching." (Hebrews 10:24-25)

Praying together as a congregation, is fuel to advance the Kingdom of God and draw all people to Christ--- " Ask of Me, and I will give you the nations for Your inheritance, and the ends of the earth for Your possession. (Psalms 2:8)

Praying together as a congregation, the world will know that God exists--- "that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world believe you sent me. " (John 17:21)

Praying together as a congregation, we can pray God's will, God's purpose, and God's desires with faith, concerning the church's issues and ministry. Become open to what God wants to do and not what I want to do.

We should take time alone with God. Get quiet and eliminate distractions. You can't pray effectively when all around you the children are playing, the television is on, people are asking you questions. We are usually distracted by many things when we come to prayer. Get quiet before the Lord that He may calm your heart. We often try to rush the process. The Bible says "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!

2. GIVE ADORATION

Adoration means worshipping God. When you adore someone, you express how precious that person is to you. In prayer always mindful of who we are praying to. It does not matter if you are praying alone or praying in a group setting, through out the day, we are to worship God for who He is: King of all the earth, our creator, our savior, our All in All. Start adoring Him. Start blessing Him. Start describing Him. Tell Him how you see Him.

"Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song. For the Lord is the great God, the great King above all gods. In his hand are the depths of the earth, and the mountain, peaks belong to him. The sea is his, for he made it, and his hands formed the dry land. Come, let us bow down in worship, let us kneel before the Lord our Maker; for he is our God and we are the people of his pasture, the flock under his care." (Psalm 95: 1-7)

3. MAKE CONFESSION

Most of us have been taught that confession means bringing up our past sins, feeling remorse, getting emotional, and so on. That's not the heart of confession. Confession is a very different concept. It means agreeing with God about what He says to you and about you. This brings us back to adoration.

When we enter into God's presence thorough adoration, he is not going to start dealing with other people first. He's going to start shining His light on places you thought He never knew anything about. He's going to bring things into the open.

**"Live by the Spirit, and you will not gratify the desires of the sinful nature."
(Galatians 5: 16)**

When the Holy Spirit shows you and I something in our life that is not right, then we are to agree with Him. If we disagree with Him, we are not confessing. When we agree that God is right, that is confessing.

**This scripture was written to believers: " If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us."
(1 John 1: 9-10)**

When God forgives us, He also cleanse us from all unrighteousness. He repositions us to be in right standing with Him. He aligns us with His perfect will, so that He can bless us. We have to do something. We have to admit our sin and turn away from it. God is faithful and just. When

we agree with what God has pointed out, God will forgive us because of the atonement of Jesus'.

God may even prompt you to call someone, say you're sorry for something you did, and ask for forgiveness. He will say, "Are we going to do business or not? You are holding iniquity in your heart, and I want to do something about it now." "But, God, You want me to call him? "Look, you don't understand. This thing is blocking your prayer life."

"Have mercy on me, O God, according to your unfailing love: according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you only have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge." (Psalm 51:1-4)

David was one of the worst sinners in the world. Yet God said, "This is a man after My own heart" (See 1 Samuel 13:14.) David was completely honest about his sin. He didn't make excuses; he admitted he had sinned against God. This amazing thing made his prayer life powerful.

If you ever find that you are wrong, just confess it, agree, ask for forgiveness, and go on with your life. Whatever you justify, you cannot repent of. Maybe you're justifying why you fell back into a certain sin. Instead, just say, " God, forgive me. I was wrong, I'm back home. Don't go into a long, drawn out explanation about why you sinned and all the ramifications. God asks you, "Is it sin?" "Yes." "Good. You agree with Me that it's sin; now, I will forgive you. I will cleanse you from all unrighteousness. Let Me clean you up." God is faithful. Once God cleanses you, there isn't anyone who can condemn you.

"Who shall bring a charge against God's elect? It is God who justifies. Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us." (Romans 8: 33-34)

4. GIVE THANKS

After you've confessed start giving thanks. Thanksgiving is God's will for us. Of course, now that you have confessed, you can give thanks abundantly because your heart is free. God not only gives you freedom, but He also gives you something to be thankful for. He just forgave you of your sin. You have enough to be thankful for to last hours.

**"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."
(1 Thessalonians 5:16-18)**

A unstoppable commune with our Heavenly Father. The very mark of a Christian is joy, rejoicing in all thing. Having an attitude of prayerfulness. Being in God's presence with praise and thanksgiving, throughout each day.

**More than anything, God wants our heartfelt praise and worship. when we get our praise right, God is even quicker to answer prayer! A balanced biblical prayer life absolutely requires consistent time in deep praise and thanksgiving to God. We should daily ask God to grow us in effective praise and worship. We must make adequate space in our prayer time to experience genuine praise and thanksgiving.
(Dr Gregory R. Frizzell)**

**"Make a joyful noise to the Lord, all the earth! Serve the Lord with gladness! Come into his presence with singing! Know that the Lord, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations."
(Psalm 50:1-5)**

**"The one who offers thanksgiving as his sacrifice glorifies me; to one who orders his way rightly I will show the salvation of God!"
(Psalm 50:23)**

"Yet you are holy, enthroned on the praises of Israel."

(Psalm 22:3)

"Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name."

(Hebrews 13:15)

"Therefore let us be grateful for receiving a kingdom that cannot be shaken thus let us offer to God acceptable worship, with reverence and awe, for our God is a consuming fire."

(Hebrews 12:28-29)

5. MAKE SUPPLICATION

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; "

(Philippians 4:6)

"Supplication" is a word that implies three things. It means to intercede , to petition, and to brood. By brooding, I mean a deep passion. When you offer supplication, it means you feel the heart of God. You desire His will so much until it becomes an emotional experience. Pray more fervently. God shows you some of what He's feeling, and you become unified with His purpose and desires. Supplication is a natural outgrowth of thanksgiving. When you give thanks, you usually move into supplication because thanksgiving pleases God, and He reveals to you what is in His heart.

Petition is the type of prayer in which we present our individual needs and desires to God. Beyond question, God wants us to come to him with every need and concern. There is certainly nothing selfish about presenting our needs to God. However, it is critical that we learn to focus our personal petitions on God's greatest priorities for our lives.

(Dr. Gregory R. Frizzell)

The more time you spend with the Father, the more you will learn to ask petitions that bring the most eternal good. As you learn to let God guide your petitions, you will see more and more miraculous answers. A balanced prayer life is built on personal petitions that are biblically based and born from the heart of God Himself.

(Dr. Gregory R. Frizzell)

"Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full." (John 16:24)

"For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. (Hebrews 4:15-16)

"If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you." (John 15:7)

Intercession is the type of prayer that focuses on the needs of others. To intercede for someone is to spiritually stand in the gap as mentioned in Ezekiel 22:30, "And I sought for a man among them, that should make up the hedge, and stand in the gap before me for the land, that I should not destroy it: but I found none." The Ezekiel passage describes intercession for a whole nation in rebellion against God. Intercession is also type used for a backslidden Christian or the salvation of a lost person. (Dr Gregory R. Frizzell)

However, intercession is not just for people who are backslidden or lost. It is also vital to intercede for those in significant service to God. (such as evangelists, missionaries, pastors and teachers.) Praying for those with physical needs represents yet another type of intercession. Intercession is a broad category of prayer that covers anything from praying for the lost to praying for God's blessing on a great evangelist or pastor. God has ordained intercession as the primary way He works to save the lost and empower the church. (Dr. Gregory R. Frizzell)

It is important to note the God called all believers to intercession. Though some are called to far greater levels, no believer can say "Intercession is not for me." All believers are to practice at least basic levels of intercession on a regular basis. 1 Timothy 2: 1-2 " First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way."

(Dr. Gregory R. Frizzell)

**"Moreover, as for me, far be it from me that I should sin against the Lord by ceasing to pray for you, and I will instruct you in the good and the right way."
(1 Samuel 12:23)**

**"You then, my child, be strengthened by the grace that is in Christ Jesus,"
(2 Timothy 2:1)**

6. SPECIFY PETITIONS AND REQUESTS

Prayer is not just mumbo jumbo. It is very articulate, intentional communication. It is an art. When you come before God to petition for things you want Him to do, you have to be sure the evidence you bring is relevant to the case. This is why God has so many names. You need to address Him specifically for your particular petitions.

Specify your petitions by acknowledging God's name and Word. Prayer needs to be intentional and practical. It's not something you throw together. When you for each request, you are praying according to God's Word, and God will send help for each request.

**"Now this is the confidence that we have in Him, if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.
(1 John 5: 14-15)**

Developing a powerful prayer life definitely requires a daily commitment and Spirit-led discipline. If only time you praise and thank God is when you happen to "feel" like it, then praise life will be weak and inconsistent. If the only time you practice thorough confession is when you "feel" like it, then you will seldom walk in the fullness of God's Spirit. A balanced biblical prayer life requires making the choice and commitment to allow God to lead you in a full rich relationship with Himself. But believer, do not be discouraged. Your loving Father is more than ready to help you develop a balanced, biblical prayer life.

(Dr. Gregory R. Frizzell)

Feeling a bit overwhelmed. Please do not be discouraged! God's grace is more than sufficient and you can develop a powerful prayer life. Our God is so wonderfully patient and gracious. He will take you right where you are and lovingly guide you to ever deeper levels of prayer. (Dr. Gregory R. Frizzell)

A balanced prayer life is not becoming so regimented and programmed that you always spend exactly the same amount of time in each prayer type. Prayer must not become some legalistic formula that is used in a mechanical manner. Remember, your prayer life is a personal relationship with a living God. (Dr. Gregory R. Frizzell)

God intends for all His children to have a dynamic relationship with Himself. He describes the Church as His bride, and He longs to have a personal, loving relationship with all His children. the very heart of that love relationship is your prayer life! (Dr Gregory R. Frizzell)

God further intends for all His children to be powerful in their prayers. No child of God should feel that miraculous answers are beyond reach. If you are saved, you are not only able but responsible to develop a powerful prayer relationship with Christ. It requires a daily choice! (Dr. Gregory R. Frizzell)

