

Lord, Teach Us To Pray

Prayer is such an intimidating thing to many of us. For many, we might as well suggest that you learn to speak Urdu. Learning a foreign language would be fun. Or it could be very useful and even necessary, if you chose to live in a foreign country. If you retire in Costa Rica, everything will be better if you speak Spanish. I want us to think of prayer as useful and even necessary. So, learning to be more fluent in the "language" of prayer should be of highest priority. You can learn to pray. You can learn to pray effectively.

In *Disciplines of a Godly Man* by Kent Hughes, "...there are two great human reasons we ought to pray. First, we pray for what it does to our character. Prayer is like time exposure to God. His image is burned into our character. Second, prayer bonds our will to God's will to the will of God."

Luke 11:1-4

Jesus' Prayer Life

- Beginning of ministry—**Luke 5:16**
- Before choosing Apostles—**Luke 6:12-13**
- Customary practice—**Luke 9:28; 22:39**

Desire, Discipline & Delight

Desire

- Who has a strong desire to develop a stronger prayer life? Who wants to have a closer relationship with the Lord? The two go hand-in-hand.
- And I looked, and arose and said to the nobles, to the leaders, and to the rest of the people, "Do not be afraid of them. Remember the Lord, great and awesome, and fight for your brethren, your sons, your daughters, your wives, and your houses." - Nehemiah 4:14

Discipline

- **1 Corinthians 9:24-27**
- Do you notice that "discipline" comes from the word "disciple?"
- You cannot be a disciple of Christ without practicing certain disciplines.
- How many of you brush your teeth at least daily? Twice? More?
- Washing our hands, getting oil changed in vehicles regularly, saying, "please" and "thank you," and tithing are all disciplines that make our lives better.
- Most disciplines we do almost automatically once they are developed.
- **Pray can become an automatic practice in our lives.**
 - Jesus' custom was prayer.
 - To become an automatic practice you need a time and place to pray.
 - How often do we say, "let's get together", to our friends? It never happens without a commitment to a time and place. Developing a stronger prayer life works the same.
 - Commit to short segments of 2-10 minutes (before work, drive times, lunch hour, bed time, etc.)
 - I pray best outside. My pastor likes driving and praying. I pray and read www.dailychapel.com while I wait for the coffee to brew in the morning. This is usually the first thing I do every day (and I write DC).

Delight

- Last Sunday was damp cold and windy. We felt like staying in under a comforter and veg'ing in front of the TV. But, we had made a commitment to hiking out at Poosey near Indian Creek Lake. While hiking and after we all had a feeling of satisfaction. The discipline of walking resulting in a feeling of delight.
- Turn your desire for prayer into a discipline, and it will become a delight.

Demarcations (Prayer Outline)

- Our Father in heaven (praise and worship)
- Thy Kingdom come (dedication and consecration)
- Give us this day (supplication)
- Forgive us (confession)
- Lead us (Holy Spirit leadership and victory)
- Yours is the kingdom (praise and worship)