

BUILDING AN EFFECTIVE PRAYER LIFE Prt 3

This morning I want to continue with the subject matter “BUILDING AN EFFECTIVE PRAYER LIFE”

In the last 2 weeks we covered the following

- 1. Your attitude towards prayer determines its effectiveness**
- 2. Make prayers of faith.**
- 3. Prayers founded on the revelation of the father heart of God**

Matthew 6:9 "In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. 10 Your kingdom come. Your will be done On earth as it is in heaven.

11 Give us this day our daily bread. 12 And forgive us our debts, As we forgive our debtors.

13 And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

Did you know that in the same way that we all have different shapes physically, we also have different shapes spiritually. When you go to the gym and you only exercise one part of your body muscles, you will realize that you will be effective as long as its only those muscles you will need. In other words your strength will be out of balance.

A lot of people have unbalanced prayer lives, as a result their lives are unbalanced – unless you are aware of the different types of prayers, you will only exercise the ones you are aware of.

This morning I want to take you through the different types of prayers. When you go through the Lord’s Prayer, you will realize that there are different types of prayers that Jesus alluded to. The Lord’s Prayer is meant to be a model of those prayers.

Let’s get into them

4. Embrace all types of prayers

*Ephesians 6:18 Pray in the Spirit **at all times**, with every kind of prayer and petition. To this end, **stay alert** with all perseverance in your prayers for all the saints.*

1 Timothy 2:1 “First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people.”

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4.1 Prayers of worship

- Many times we are not aware that we idolize ourselves – but God called us to worship Him.
- Prayers of worship rightly places worship where worship belongs. A prayer of worship focuses on who God is – the nature and character of God.
- When we worship, we are saying that God has worth, that he is worthy. Worship means to declare worth, to attribute worth. We speak, or sing, about how good and powerful God is.
- Worship attracts the presence of God into your prayer life – God comes where He is welcome, where He is revered and where He is acknowledged,
- In the Lord's prayer, right on the onset Jesus says start by worshiping the Father – "...*Hallowed be Your name*"
- That term hallowed simply means to render or pronounce holy - "Let thy name be celebrated, and venerated, and esteemed as holy everywhere, and receive of all men proper honours"
- When God is present, it becomes easy to present your requests
- The bible has so many examples of words we can use in our prayers of worship

1 Samuel 2:2 There is no one holy like the Lord; there is no one besides you; there is no Rock like our God.

Psalm 111: Praise of Works and Deeds

Praise the LORD. I will extol the LORD with all my heart in the council of the upright and in the assembly. Great are the works of the LORD; they are pondered by all who delight in them. Glorious and majestic are his deeds, and his righteousness endures forever. He has caused his wonders to be remembered; the LORD is gracious and compassionate. He provides food for those who fear him; he remembers his covenant forever.

Ephesians 3:20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Psalm 63:3-4 Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands.

- Sometime we fail to worship during our times of prayer because our vocabulary is limited – consider the following ways of addressing God in worship
 - You are the great I am, the Lion of the tribe of Judah
 - The lily of the valley, the bright morning star
 - The ancient of days, the unchanging God

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- The creator of the heavens and the earth
- Your love endures forever, your mercies are new every morning
- You are quick to forgive and slow to get angry, full of mercy and grace
- Worship opens wide the windows of heaven and the king of glory comes into your space.
- Worship is a weapon that attracts the heavenly hosts to come and fight for you

4.2 Prayers of confession

- So many times we fall off the boat, we experience sins of commission and sins of omission. We are human beings who are prone to sin – what happens when we miss the mark (sin). Does it mean we lose our place in God or what.
- That is why prayers of confession are very important - God has called us to come to Him, seeking His forgiveness.
- In the Lord's prayer Jesus taught to us pray in this manner "...12 *And forgive us our debts, As we forgive our debtors*"

- Sin separates us from God; He is perfect and cannot tolerate the presence of sin.

1 John 1:8 If we say that we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 10 If we say that we have not sinned, we make Him a liar, and His word is not in us.

- Because sin separates us from God, sin becomes the stumbling block to an effective prayer.
- Sin empowers the enemy by bringing accusations against us

Zechariah 3:1 Then he showed me Joshua the high priest standing before the Angel of the LORD, and Satan standing at his right hand to oppose him. 2 And the LORD said to Satan, "The LORD rebuke you, Satan! The LORD who has chosen Jerusalem rebuke you! Is this not a brand plucked from the fire?" 3 Now Joshua was clothed with filthy garments, and was standing before the Angel. 4 Then He answered and spoke to those who stood before Him, saying, "Take away the filthy garments from him." And to him He said, "See, I have removed your iniquity from you, and I will clothe you with rich robes." 5 And I said, "Let them put a clean turban on his head." So they put a clean turban on his head, and they put the clothes on him. And the Angel of the LORD stood by.

- Consider the following issues -
 - Arrogance (pride, haughtiness, controlling)
 - Hatred, (racism, jealousy, evil acts)
 - Idolatry, (Anything that is more important than God to you.)
 - Adultery/lust (pornography is included)
- The primary Greek word for “confess” is *homologeō* which basically means “to say the same thing” and then “agree, admit, acknowledge.”

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- When the spirit of God comes and convicts you of sin – when you choose to confess, you are simply saying the same as the spirit is saying, you are in agreement with the conviction.

How do you make effective prayers of confession?

- It is important for you to know that God loves you so much and wants a healthy relationship with you.
- From His place of love, God affords us every opportunity to confess our sins and to be instantly forgiven
- Effective prayers of confession result from:

- A heart of humility and brokenness – God wants to see true and meaningful repentance

James 4:6 But He gives more grace. Therefore He says: "God resists the proud, But gives grace to the humble."

- Be specific about the issue - not generic forms of confessions. Tell God what you did.

Proverbs 28:13 He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.

- Acknowledge that you have sinned

*Psalms 51: 1 Have mercy upon me, O God, According to Your lovingkindness; According to the multitude of Your tender mercies, Blot out my transgressions. 2 Wash me thoroughly from my iniquity, And cleanse me from my sin. 3 **For I acknowledge my transgressions,** And my sin is always before me. 4 Against You, You only, have I sinned, And done this evil in Your sight-That You may be found just when You speak, And blameless when You judge.*

- Be willing to forgive others

Matthew 6:12 And forgive us our debts, As we forgive our debtors.

Mark 11:25 "And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. 26 "But if you do not forgive, neither will your Father in heaven forgive your trespasses."

- Believe and receive God's forgiveness – many times we fail to move forward because we fail to receive God's forgiveness

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Isaiah 43:25 “I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more. 26 Review the past for me, let us argue the matter together; state the case for your innocence.

Isaiah 1:18 “Come now, let us settle the matter,” says the LORD. “Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.

Ephesians 1:7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace