

Prayer – Lesson 2

Three Foundations of a Powerful, Biblically Balanced, God-Focused Prayer Life

In the title of this lesson we see three important adjectives...

Powerful – God intends every believer to have a dynamic prayer life with awesome, supernatural results.

Biblically Balanced – No prayer life is powerful unless it is Scripture centered and balanced in the various prayer types.

God-Focused – Our prayer life is not powerful if it is selfishly focused.

FOUNDATION ONE

PRAYER TIME MUST BE VIEWED AS THE ESSENCE OF OUR RELATIONSHIP WITH GOD... NOT JUST DUTY OR RITUAL

We must view prayer as a daily love relationship. From God's perspective, prayer is the expression of what He desires most...your personal relationship of love, surrender and trust.

- Prayer must be viewed as your commitment to spend meaningful time in personal relationship with the living God.
- Above all He wants our heartfelt personal love.
- Sacrifice and service are meaningless if they do not come from a genuine love relationship.
- If you truly love God, time with Him is your greatest joy. Remember actions speak louder than words.
- We need to spend much time with God before we attempt work for God.
- This genuine love relationship must be two-way...requiring talking and listening. It requires far more than merely bringing our lists of wants and desires to God.

In many ways, prayer IS your relationship with God.

Prayer is the primary way we...

- express our praise and worship.
- experience cleansing, repentance and sanctification.
- share needs and desires.
- intercede and perform ministry.
- hear God through meditative listening.

Is your prayer time a chore or legalistic requirement or is it a relationship with God?

**FOUNDATION TWO
YOU MUST MAKE A COMMITMENT TO CONSISTENTLY SPEND SIGNIFICANT
TIME ALONE WITH GOD IN PRAYER**

Why is this foundation so crucial? Until you make the serious commitment to a significant daily prayer time, you will never become powerful in prayer.

When you study the prayer practices of Jesus and New Testament believers, it is clear they regularly spent much time alone in serious prayer. If Jesus and the early church spent so much time in prayer, what makes us think we can or should do less? God's requirements have not changed and they never will. Until you settle this issue and commit to consistent time with God, you will never go to the fullest depths spiritual maturity.

What can you do to make your prayer life more powerful?

Let's break down foundation two phrase by phrase...

YOU MUST MAKE A COMMITMENT...

There are five reasons why your commitment must be absolute.

1. Prayer is an essential piece of your arsenal of spiritual warfare. It is through prayer that all other weapons are used.
2. Prayer is crucial to putting on the whole armor of God.
3. Prayer is the primary way we exert spiritual authority and wage effective spiritual warfare.
4. Prayer is crucial to true evangelism.
5. Prayer is the central element of all great revivals and spiritual awakenings.

CONSISTENTLY SPEND SIGNIFICANT TIME...

A general suggestion is to spend at least 30 to 45 minutes every day alone with God in prayer. That is certainly enough time to experience all major types of prayer that will lead you to new growth and ministry.

ALONE WITH GOD IN PRAYER...

There are four reasons to spend uninterrupted time alone with God.

1. To hear the still small voice of the Holy Spirit
2. To follow the example of Jesus
3. To obey God's instructions

4. To give Him what He both deserves and requires

A truly powerful prayer life REQUIRES consistent time alone with God. We only learn to pray by praying. We must consistently show up for prayer practice in our prayer closet alone with God.

FOUNDATION THREE
A POWERFUL PRAYER LIFE REQUIRES THE CONSISTENT BALANCED PRACTICE OF
ALL MAJOR TYPES OF PRAYER

God gave us different types of prayer. Each type of prayer has a unique role in developing and maintaining your relationship with Christ. To be weak and inconsistent in any one of the basic prayer types is to be weak in your relationship with God.

There are five basic types of prayer. These will be discussed in detail in our next lesson.

1. Adoration, Praise, Thanksgiving and Worship
2. Confession and Repentance
3. Petition or Supplication
4. Intercession
5. Meditative Listening

If you fail to eat a balanced diet, you will be physically weak. If you fail to have a balanced prayer life, you will be spiritually weak. If you consistently neglect any of the five types of prayer, your relationship with God will be limited.

“The prayer offered to God in the morning during your quiet time is the key that unlocks the door of the day. If you find a reluctance to go into the presence of God, there may be unconfessed, unrepented sin in your life.”

Adrian Rogers