

## How Can We Almighty God?

### Ephesians 6:18

<sup>18</sup> And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

It is impossible to progress in the Christian life unless you develop a deep prayer life.. This does not come automatically. You will have to work at developing and maintaining your prayer life.

Just as you practice the important aspects of any activity in which you hoped to achieve a level of competence, so you must practice the art of praying in order to develop a good habit of prayer.

- Jesus taught us to pray and not to lose heart  
(**Luke 18:1**) **The Parable of the Persistent Widow.**

*Then Jesus told his disciples a parable to show them that they should always pray and not give up.*

- Paul told us always to maintain an attitude of prayer  
(**1 Thessalonians 5:17-18**).  
*<sup>17</sup> pray continually, <sup>18</sup> give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

1. Matthew 7:7-12
2. Matthew 18:19
3. Matthew 21:22
4. Mark 11:24
5. John 14:13

6. John 15:7, 16
7. James 1:5
8. 1 John 3:21-22
9. 1 John 5:14-15
10. Psalm 37:4-5

Prayer, as these 10 examples show, is nothing more than approaching God Reverently and asking him for what we feel is important.

Prayer, next to the study of God's Word, is probably the greatest means whereby we glorify, have fellowship with Him, and gain strength and direction for everyday living.

**There are three main types of prayers:**

1. Petition or Supplication
2. Intercession.
3. Praise.

**1. Petition or Supplication** –Simply addressing God on your own behalf and asking for some personal need.

**2. Intercession**—Asking God to bless or assist another person.

**3. Praise**—Giving forth your love in adoration and worship.

(A healthy prayer life is one that maintains a good balance of all these areas.

**A personal prayer list is extremely helpful to your prayer life.** It affords you some organization and direction in praying. This prayer list, bearing the names of family, friends, and events can be a great way to follow-up and remove prayer when God answers them.

As you become more consistent and adamant about prayer, you should begin to see and feel God's power being reflected in your life. A prayer list, however, should never be considered as a report card on God in relation to your requests and His answers.

- **Why do we put our hands together to Pray ???.**

Some people have found the "**Praying Hand**" method quite rewarding to their prayer life. This is simply using our hand to remind you of the specific area of need. The following suggestions might prove helpful:

1. The open hand reminds us to praise and acknowledge God for all his blessings and goodness to us. At this point you would want to name your blessings one by one and thank God for them.
2. The index finger reminds us to pray for teachers and pastors since it is the "pointing" finger.
3. The large finger reminds us pray for our leaders in government.
4. The ring finger reminds us to pray for those who are ill since it is the weakest finger on our hand.
5. The small finger reminds us to pray for ourselves.
6. The thumb reminds us to pray for those closest to us since it is closest to us when we extend our hand.

➤ **Even though** this is a simple reminder method, it has proved to be quite successful for those who use it consistently. You will find that names and faces will flash across your mind as you mentally move from finger to finger.

If you are to have a fruitful prayer life, there are several fundamental attitudes necessary for the establishment of power in prayer:

1. We must develop a sincere Hatred for sin.
2. We must call sin by name and not try to rationalize its presence in your life.
3. We will need to separate our-self from the things of the world by establishing biblical priorities for your time, talents, resources, and energy.
4. We must cut loose from your old habits and put on the new man (2 Corinthians 5:17) *<sup>17</sup> Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!*

5. We must be consistent in our Christian life-style regardless of where we might be and with whom you might be associating with.
6. We must, have confession of sin and maintain a clean heart and mind  
**(1 John 1: 9)** *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

Here are some time-tested suggestions to help you develop your prayer habit:

1. Learn to acknowledge God immediately upon waking each morning. It has been proved that the first thought usually sets the emotional tone of the day.
2. Set a specific time aside each day to approach God. It is most helpful if your prayer time accompanies your Bible study.
  - It has been said Fifteen minutes of prayer daily will change your life while an hour of prayer each day will revolutionize your life.
3. Spend enough time in prayer to really meet God and have fellowship.
4. Be sure to spend time listening to God. Give him an opportunity to respond to your prayers. (Listening is a big part of communication)
5. Pray out loud if possible. This helps to hold your attention and diminishes the possibility of your mind wandering.
6. Use "arrow" prayers throughout the day. This type of prayer is intercessory prayer.

Arrow Prayer is simply asking God to help the stranded motorist on the freeway or the tired mother on the bus or the person being rushed to the hospital in the ambulance.

7. Find a special place to go for those times of huge importance when asking God your most consuming demand at the moment. Perhaps this place will be in a city park, in your backyard on the patio, or in a garden. Wherever it is, make it your spot for heavy praying.

As we develop our daily habit of prayer, like the study of God's word, we will find several things taking place.

**First**, we become more like Jesus in our thoughts and actions.

**Second**, we will gain glimpses of God's glory and power in our own life. We will also experience spiritual nourishment from the moments we spend with God. We will find yourself being a blessing to those around us. This will be evidenced from their own words to us.

**Finally**, we will receive more direction and purpose in everyday matters.

**Before we leave this subject of prayer**, there are several bad habits to avoid if our prayer life is to become effective:

1. When we don't feel like praying, that's probably the time we need to pray most.
2. We need to be very careful off substituting some "Fun " activity for our prayer time. If we ever become too busy to pray, something is seriously wrong in our spiritual life
3. We need to be careful not to allow well-meaning friends to impose their methods of prayer, length and type of prayers, or prayer attitudes upon us. We must develop our own type of prayer life, one with which we are comfortable and one which brings forth spiritual fruit.