



# A HEART of Prayer

Week 13 | August 26, 2024

When you realize the importance of conversing with God to the believer's walk with Christ and the amazing impact it can have on **every aspect of existence**, it makes sense to seek an improved prayer life. However, one cannot simply *will themselves* to pray more or *work hard* at praying effectively. You can try, but like all prideful attempts at spiritual discipline, it is destined to fail as God himself has promised *to humble you*. Like everything in the Christian life, God is the one who gives us the **desire** and **power** to do what pleases Him. Only by living out of *the heart of Christ* given to us at salvation can we hope to pray in a way that warrants a consistent answer. ([Philippians 2:13](#))

So what does this look and sound like? Thankfully, God gave us *the perfect model* to emulate in our prayer lives through His Son. As we pray this week, ask God to give us Jesus' **heart of prayer** that is comprised of:

## 1. His **BURDEN** ([Ecclesiastes 3:10](#))

- a. **NOTE:** One major component of the biblical "*heart of prayer*" is a **burden** that causes you to do so. A burden is an emotional compulsion to see something happen that *leads to action*. This **weight** is something that cannot be easily *shaken* or *ignored* and therefore compels you to **seek God** in prayer even when the Enemy tries his hardest to stop you. Ask God for the *blessing of a burden* and watch as He answers the prayers He then leads you to ask. ([Galatians 6:2](#))
  - i. **For Ex.** "Father God, I thank You for the ability to pray. It truly is a **gift** to be able to *speak freely* with You. I ask that You grant me a burden for prayer, both over specific things in this life and in general. **I want to care** about what You care about. Father, *break my heart* over what breaks Yours and give me a love for You that makes it painful to not speak to You regularly. Please do this for me and all of Your children in my life."
    1. **REMEMBER:** God's burden is "*light*" because He is carrying it with you. If you try to do it *on your own* you **will** fail. ([Matthew 11:30](#))

## 2. His **WORD** ([Proverbs 10:11](#))

- a. **NOTE:** Words matter. They contain the power of **life** and **death** and can make the difference between an *answered* and *unanswered* prayer. This is **not** to say that God wants everyone to spend hours each day in a thesaurus developing an extensive vocabulary in order to be an effective prayer warrior. What this does mean though is that only God can and will give us *the words to pray* as we speak to Him. Ask Him to give you His "*graphe*" (the scriptural text), "*logos*" (the message), and "*rhema*" (a specific and personal word) for your prayer and allow the Holy Spirit to pray through you. ([Romans 8:26](#))

- i. **For Ex.** “Lord God, please let the *words of our mouths* and the meditations of our hearts be **pleasing to You**. Please guide and direct every syllable that we speak and may nothing be said that is not from You. Oh Holy Spirit, please give us a specific *graphe*, *logos*, and *rhema* to pray today and **intercede on our behalf** when words fall short. Direct us in scripture and in thought to what You desire to hear from us so that our prayers and petitions might be answered.”

1. **REMEMBER:** A word of prayer *directly from God* Himself will **never fail** to come to pass. (**Luke 1:37**)

### 3. His **MIND** (**1 Corinthians 2:16**)

- a. **NOTE:** In order to pray effectively and consistently we must look at things the way God does. Seeing life from His perspective requires *wisdom*, *discernment*, and *understanding* that are only available as **grace gifts** from our Father. Thankfully, He loves to pour these out in abundance! Ask Him to teach us to look at things His way and then pray according to what He reveals. (**James 1:5**)

- i. **For Ex.** “Dear God, I know that we are surrounded by nothing but *darkness*. But I also know that You are **the Light** of the world. Please shine that light into our prayer lives and *illuminate anything* and everything that you wish to be revealed. Please bless us with the capacity to see things from Your **heavenly perspective** as You fill us with Your *wisdom*, *discernment*, and *understanding* to effectively fight our Enemy in prayer.”

1. **REMEMBER:** The Bible’s prescription for a *lack of knowledge* is an increased amount of **LOVE**. (**Philippians 1:9**)

### Questions for Reflection:

- Do you find it **difficult to care** about other people or things?
  - God can cure you of this *apathy*. Ask Him to heal your capacity for feeling, but be prepared for the torrent of emotions that will follow.
- Do you ever feel like you just **don’t know** what to pray and so you *pray nothing* at all?
  - Start with praying through scripture. God has given and protected His written word for us *intentionally*.
- Is your **earthly perspective** hindering your prayers?
  - Stop trying to understand things from your point of view. Only *through God’s eyes* can you see the whole picture.