

A Plan for Prayer

Practical Helps for Personal Worship

Sundays in July | Grace Community Church

Mike Riccardi



The Privilege of Prayer

- Communion with God



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 - **Calvin:** Prayer is “a **communion** between God and us whereby we expound to him our desires, our joys, our sighs, in a word, all the thoughts of our hearts” (*Instruction in Faith*, 57).



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- Seeking God’s Face



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- Seeking God’s Face
 - Psalm 105:4 – “Seek Yahweh and His strength; seek His **face continually.**”



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- Seeking God’s Face
 - Psalm 105:4 – “**Seek Yahweh and His strength; seek His face continually.**”
 - The face is the relational gate into a person’s mind and heart.



The Privilege of Prayer

- Communion with God
- Seeking God's Face
- Personal Worship
 - Psalm 27:4 – “One thing have I desired from Yahweh, that I shall seek: ... to behold the beauty of Yahweh and to meditate in His temple”



The Privilege of Prayer

- Communion with God
- Seeking God's Face
- Personal Worship
 - Psalm 27:4 – “...to behold the beauty of Yahweh...”
 - **Edwards:** “While [believers] are praying, [God] gives them **sweet views** of his glorious grace, purity, sufficiency, and sovereignty; and enables them with great quietness to **rest** in him, to leave themselves and their prayers with him, submitting to his will, and trusting in his grace and faithfulness” (2:114).



The Privilege of Prayer

- Communion with God
- Seeking God's Face
- Personal Worship
- Glorifying God



The Privilege of Prayer

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- Seeking God's Face
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 - John 14:13 – “Whatever you ask in My name, that will I do, so that the Father may be glorified in the Son.”



The Privilege of Prayer

- Communion with God
- Seeking God's Face
- Personal Worship
- Glorifying God
- Laying Hold of Joy
 - John 16:24 – “Ask and you will receive, so that **your joy** may be made full.”



The Privilege of Prayer

- Communion with God
- Seeking God's Face
- Personal Worship
- Glorifying God
- Laying Hold of Joy
- Casting Our Cares on Him
 - 1 Peter 5:7 – "...casting all your anxiety on Him, because He cares for you."



The Privilege of Prayer

- Casting Our Cares on Him
 - 1 Peter 5:7 – “...casting all your anxiety on Him, because He cares for you.”
 - **Calvin:** Believers may cast our “desires, sighs, anxieties, fears, hopes, and joys into the lap of God”—that we “pour into God’s bosom the difficulties which torment us, in order that he may loosen the knots which we cannot untie” (*Taking Hold of God*, 29).



The Privilege of Prayer

- Casting Our Cares on Him
 - 1 Peter 5:7 – “...**casting all your anxiety on Him, because He cares for you.**”
 - **Davenant:** “Nothing is more **pleasant** to a healthy soul than to pour forth its desires into the bosom of its heavenly Father” (*Colossians*, 2:230).



The Privilege of Prayer

- Communion with God
- Seeking God's Face
- Personal Worship
- Glorifying God
- Laying Hold of Joy
- Casting Our Cares on Him
- Battling Sin



The Privilege of Prayer

- Battling Sin
 - Mortification and Vivification
 - Colossians 3:5 – “**Put to death** therefore the members of your **earthly body...**”
 - Romans 13:14 – “**But put on the Lord Jesus Christ**, and make **no provision** for the flesh in regard to its lusts.”



The Privilege of Prayer

- Battling Sin
 - Mortification and Vivification
 - Examine ourselves and diagnose why sin attracts us



The Privilege of Prayer

- Battling Sin
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 - Psalm 73:3 – “For I was envious of the arrogant as I saw the prosperity of the wicked.”



The Privilege of Prayer

- Battling Sin
 - Mortification and Vivification
 - Examine ourselves and diagnose why sin attracts us
 - Discern when and how we're likely to yield to temptation



The Privilege of Prayer

- Battling Sin
 - Mortification and Vivification
 - Examine ourselves and diagnose why sin attracts us
 - Discern when and how we're likely to yield to temptation
 - Search our hearts for falsehoods
 - Psalm 139:23–24 – “**Search me**, O God, and know my heart; **try me** and know my anxious thoughts; and see if there be any hurtful way in me, and **lead me** in the everlasting way.”



The Privilege of Prayer

- Battling Sin
 - Mortification and Vivification
 - Examine ourselves and diagnose why sin attracts us
 - Discern when and how we're likely to yield to temptation
 - Search our hearts for falsehoods
 - Incline our hearts to Him
 - Psalm 119:36–37 – “**Incline my heart** to Your testimonies and not to dishonest gain. Turn away my eyes from looking at vanity, and revive me in Your ways.”



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- Casting Our Cares on Him
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- **Exercises the Soul in Humility**



The Privilege of Prayer

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- Casting Our Cares on Him
- Battling Sin
- Exercises the Soul in Humility
 - **Warfield**: Prayer is “the very adjustment of the heart for the **influx of grace**” (Zaspel, 503).



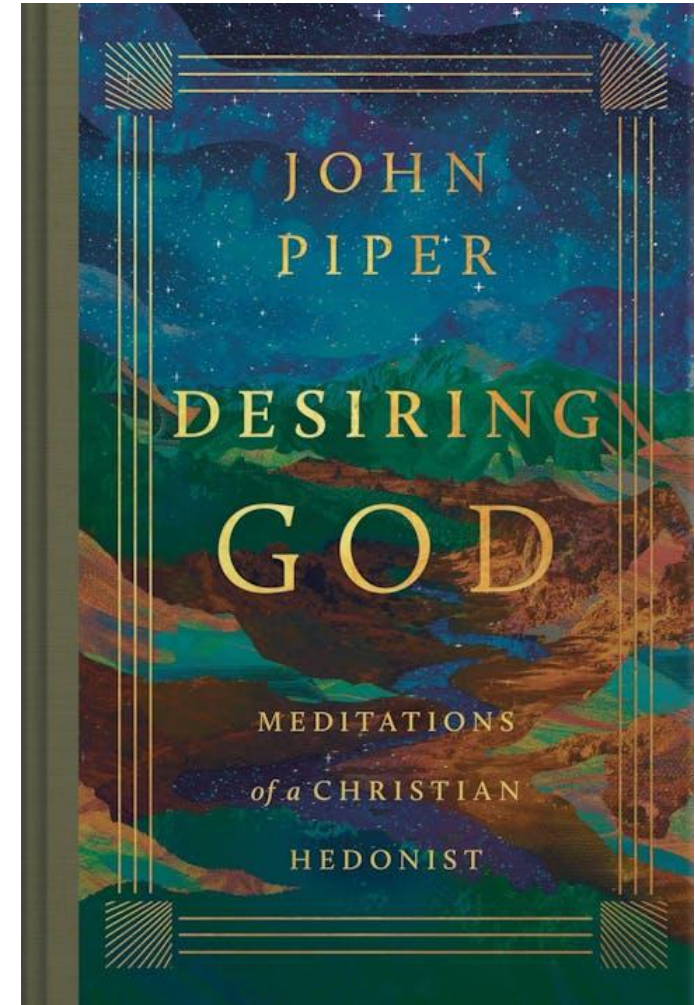
The Privilege of Prayer

- In loneliness, a **friend** to fellowship with
- In sorrows, a **comforter** to console us
- In doubts and confusion, a **counselor** to guide us
- In danger, a **refuge** to protect us
- A treasure chest of infinite **joy**
- A bottomless storehouse of **strength**
- **Grace** for every duty



The Importance of Planning

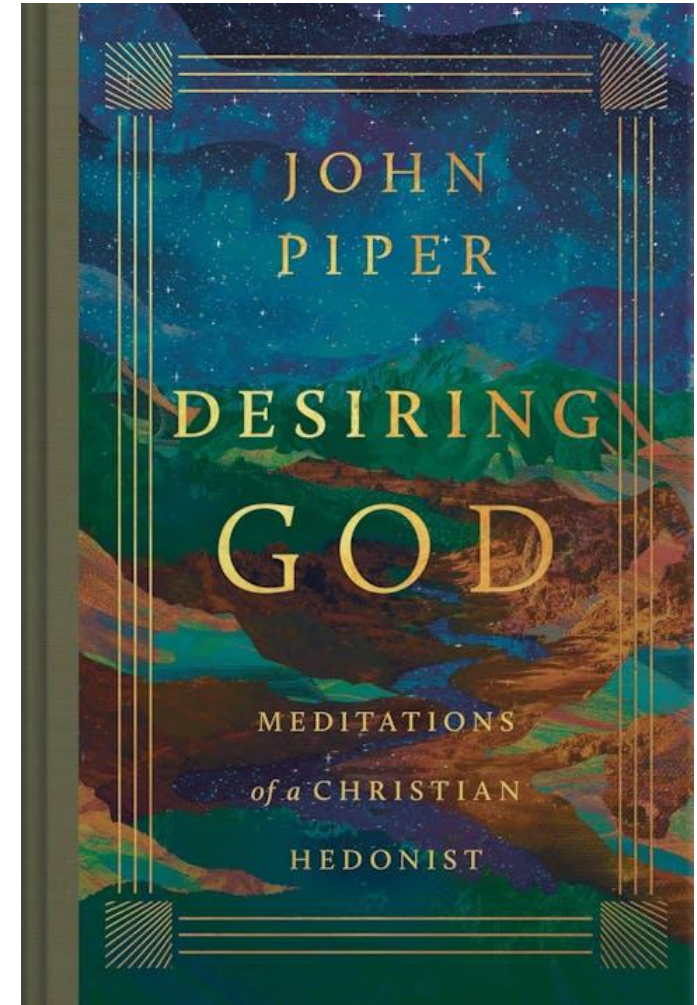
“Unless I’m badly mistaken, one of the main reasons so many of God’s children don’t have a significant life of prayer is **not** so much that we don’t **want** to, but that we don’t **plan** to. If you want to take a four-week vacation, you don’t just get up one summer morning and say, “Hey, let’s go today!” You won’t have anything ready. You won’t know where to go. **Nothing has been planned.** ...



The Importance of Planning

“But that is how many of us treat prayer. We get up day after day and realize that significant times of prayer should be a part of our life, but nothing’s ever ready. We don’t know where to go.

Nothing has been **planned**. No time. No place. No procedure. ...



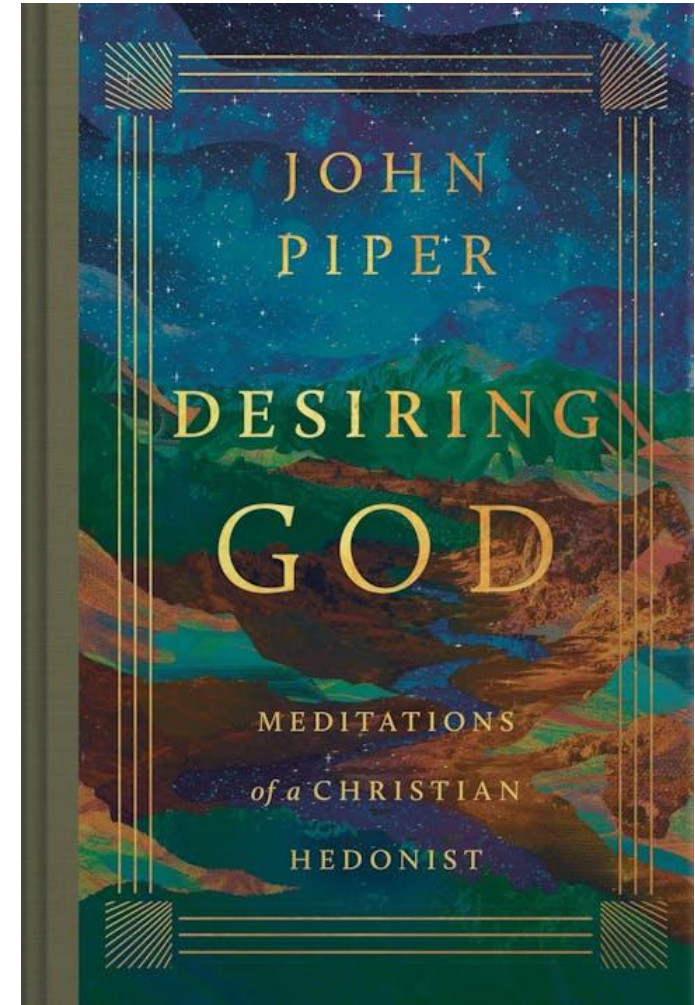
The Importance of Planning

“And we all know that the opposite of planning is not a wonderful flow of deep, spontaneous experiences in prayer.

The opposite of planning is the **rut**.

If you don't plan a vacation, you will probably stay home and watch TV.

The natural, **unplanned** flow of spiritual life sinks to **the lowest ebb of vitality**. ...

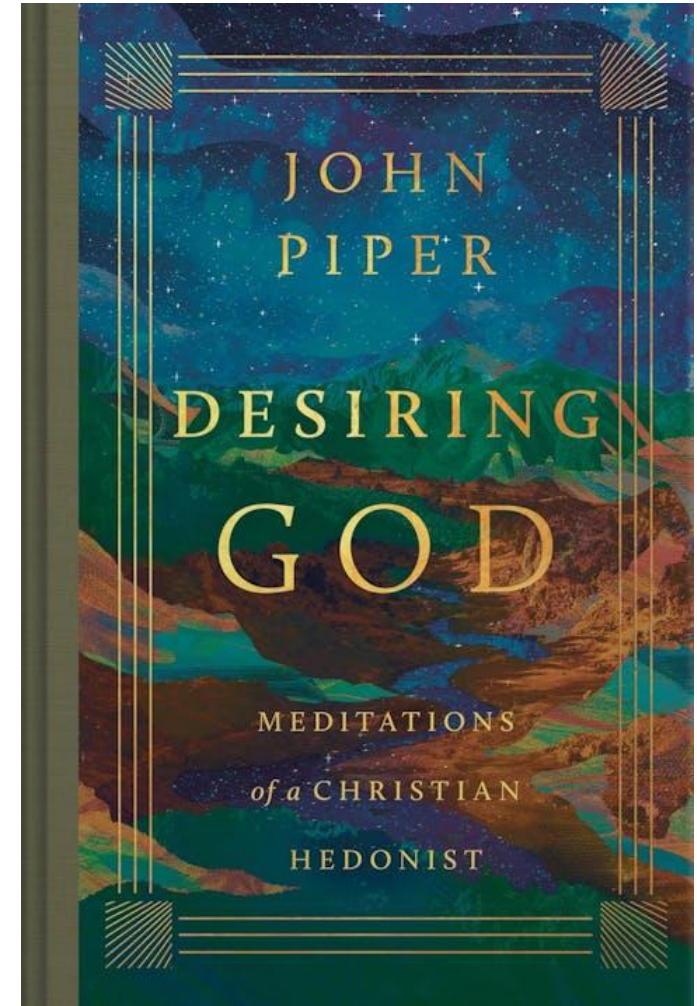


The Importance of Planning

“There is a **race** to be run
and a **fight** to be fought.

If you want **renewal** in your
life of prayer,
you must **plan** to see it.”

John Piper, *Desiring God*, 183.



Set a Time and Place

- **Wake up:** 5:30am
- **Prayer Time:** 6:00–7:00am
- **Location:** Kitchen Table



Set a Clear Path



- 6:00–6:05 – Drawing Near & Confession
- 6:05–6:10 – Praise & Thanksgiving
- 6:10–6:20 – God-Centered Petitions
- 6:20–6:30 – Personal Petitions
- 6:30–6:40 – Intercessory Prayer
- 6:40–6:55 – Meditation
- 6:55–7:00 – Summarize



6:00–6:05 – Drawing Near & Confession

- Come before your **Father** (Matt 6:9; 1 Pet 1:17), **in the name of Jesus Christ** (Heb 10:19–23; cf. 4:14–16), on the basis of the work He's done in the Gospel.



6:00–6:05 – Drawing Near & Confession

- Come before your **Father**
 - Matthew 6:9 – “Pray, then, in this way: ‘Our Father who is in heaven...’”
 - 1 Peter 1:17 – “...you call on Him as Father...”



6:00–6:05 – Drawing Near & Confession

- Come before your **Father**
 - **Lloyd-Jones:** “As the father **cares** for the child and looks at the child, and is **concerned** about the child, and anticipates the **needs** of the child, so is God with respect to all those who are in Christ Jesus. He desires **to bless us** very much more than we desire to be blessed. ... We must remember that ... the great, the holy, the almighty God is **our Father**” (*Studies in the Sermon on the Mount*, 308).



6:00–6:05 – Drawing Near & Confession

- Come before your **Father**
 - Matthew 7:9–11 – “Or what man is there among you who, when his son asks for a loaf, will give him a stone? Or if he asks for a fish, he will not give him a snake, will he? If you then, being evil, know how to give good gifts to your children, how much more will your **Father** who is in heaven give what is good to those who ask Him!”



6:00–6:05 – Drawing Near & Confession

- Come before your **Father**
 - **Sproul:** “This is not something to be taken lightly. ... Every time we open our mouths and say, ‘Our Father,’ we should be reminded of our **adoption**, that we have been **grafted into Christ** and have been placed in this intimate **relationship** with God, a relationship that we did not have by nature. It is a relationship that has been won for us by the perfect obedience of the Son.” (*The Prayer of Our Lord*, 20).



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- Hebrews 10:19–23 – “Therefore, brethren, since we have confidence to enter the holy place **by the blood of Jesus**, by a new and living way which He inaugurated for us through the veil, that is, His flesh, and since we have **a great priest** over the house of God, let us draw near with a sincere heart in full assurance of faith, having our **hearts sprinkled clean** from an evil conscience and our **bodies washed** with pure water. Let us hold fast the confession of our hope without wavering, for He who promised is faithful.”



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- Acknowledge your **dependence upon the Holy Spirit** even in your prayers (Rom 8:26–27). Ask for His help in the coming hour.



6:00–6:05 – Drawing Near & Confession

- Acknowledge your **dependence upon the Holy Spirit** even in your prayers. Ask for His help in the coming hour.
- Romans 8:26–27 – “The Spirit also helps our weakness; for we do not know how to pray as we should, but **the Spirit Himself intercedes for us** with groanings too deep for words; ... He intercedes for the saints according to the will of God.”



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- Pray that the Father would receive this time as **worship** (Ps 104:34; 141:2) from a **heart gladdened** by His glorious grace (Ps 4:7; 16:8–9; 92:4).



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 - Psalm 104:34 – “Let my meditation be **pleasing to Him**; as for me, I shall be glad in Yahweh.”
 - Psalm 141:2 – “May **my prayer** be counted **as incense** before You; the lifting up of my hands as the evening offering.”



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 - Psalm 4:7 – “You have put **gladness** in my heart, more than when their grain and new wine abound.”
 - Psalm 16:8–9 – “I have set Yahweh continually before me; ... Therefore my heart is **glad** and my glory rejoices.”
 - Psalm 92:4 – “For You, O Yahweh, have made me **glad** by what You have done; I will sing for joy at the works of Your hands.”



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- **Confess your sin** in light of God's holiness (Ps 66:18; cf. 1 Pet 3:7). Ask for forgiveness on the basis of Christ's shed blood (Matt 6:12; 1 John 1:7, 9).



6:00–6:05 – Drawing Near & Confession

- **Confess your sin** in light of God's holiness.
 - Psalm 66:18 – “If I regard wickedness in my heart, the Lord will not hear.”
 - 1 Peter 3:7 – “You husbands in the same way, live with your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, **so that your prayers will not be hindered.**”



6:00–6:05 – Drawing Near & Confession

- **Ask for forgiveness** on the basis of Christ's shed blood.
- Matthew 6:12 – “**And forgive us** our debts, as we also have forgiven our debtors.”
- 1 John 1:7, 9 – “...the blood of Jesus His Son cleanses us from all sin. ... If we confess our sins, He is faithful and righteous **to forgive us** our sins **and to cleanse us** from all unrighteousness.”



6:00–6:05 – Drawing Near & Confession

- **Ask for forgiveness** on the basis of Christ's shed blood.
- **Sproul:** “Yes, my sins have all been paid for, once and for all, on the cross. But **Jesus taught us to pray for forgiveness as part of our ongoing communion with God.** We need a fresh understanding, a fresh experience, of His grace and of His forgiveness every day. There is no greater state than to get up from your knees knowing that in God's sight you are clean, that He has forgiven every sin you've ever committed. Without that grace, without that forgiveness, I don't think I could live in this world for another sixty seconds. This is something we all desperately need, and we have but to ask for it” (*The Prayer of the Lord*, 84–85).



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6:05–6:10 – Praise & Thanksgiving

- Spend time **delighting** in all that God is for you in Christ (Ps 37:4; cf. 32:11; 40:16; 68:3; 90:14).



6:05–6:10 – Praise & Thanksgiving

- Spend time **delighting** in all that God is for you in Christ.
 - Psalm 37:4 – “**Delight yourself** in Yahweh...”
 - Psalm 32:11 – “**Be glad** in Yahweh and rejoice, you righteous ones.”
 - Psalm 40:16 – “Let all who seek You **rejoice and be glad** in You.”
 - Psalm 90:14 – “**O satisfy us** in the morning with Your lovingkindness, that we may sing for **joy** and **be glad** all our days.”



6:05–6:10 – Praise & Thanksgiving

- Spend time **delighting** in all that God is for you in Christ (Ps 37:4; cf. 32:11; 40:16; 68:3; 90:14).
- Meditate on the beauty of His manifold **perfections** (Ps 145:3–9) and His wondrous **deeds** throughout the ages (Ps 111:2; cf. Pss 105, 107).



6:05–6:10 – Praise & Thanksgiving

- Meditate on the beauty of His manifold **perfections**
 - Psalm 145:3–9 – “**Great** is Yahweh, and highly to be praised, And His **greatness** is unsearchable. ... On the glorious **splendor** of Your **majesty** And on Your **wonderful** works, I will meditate. Men shall speak of the **power** of Your awesome acts, And I will tell of Your **greatness**. They shall eagerly utter the memory of Your abundant **goodness** and will shout joyfully of Your **righteousness**. Yahweh is **gracious** and **merciful**; slow to anger and great in **lovingkindness**. Yahweh is **good** to all, And His **mercies** are over all His works.”



6:05–6:10 – Praise & Thanksgiving

- Meditate on the beauty of His manifold **perfections**
- Meditate on His wondrous **deeds** throughout the ages
 - Psalm 145:4–5 – “On the glorious splendor of Your majesty And on Your **wonderful works**, I will meditate. Men shall speak of the power of Your **awesome acts**, And I will tell of Your greatness.”
 - Psalm 111:2 – “Great are the **works** of Yahweh; they are **studied** by all who **delight** in them.”
 - See also Psalms 105, 107



6:05–6:10 – Praise & Thanksgiving

- Meditate on the beauty of His manifold **perfections** (Ps 145:3–9) and His wondrous **deeds** throughout the ages (Ps 111:2; cf. Pss 105, 107).
- **Watson:** “We glorify God when we are **God-admirers**; admire his **attributes**, which are the glistening beams by which the divine nature shines forth; his **promises**, which are the charter of free grace, and the spiritual cabinet where the pearl of price is hid; the noble **effects of his power** and wisdom in making the world, which is called ‘the work of his fingers’ (Ps 8:3). To glorify God is to have **God-admiring thoughts**; to **esteem him most excellent**, and search for diamonds in this rock only” (*A Body of Divinity*).



6:05–6:10 – Praise & Thanksgiving

- Spend time **delighting** in all that God is for you in Christ (Ps 37:4; cf. 32:11; 40:16; 68:3; 90:14).
- Meditate on the beauty of His manifold **perfections** (Ps 145:3–9) and His wondrous **deeds** throughout the ages (Ps 111:2; cf. Pss 105, 107).
- Ascribe to the Lord the **glory** due His name (Ps 29:1–2; 96:7–9).



6:05–6:10 – Praise & Thanksgiving

- Ascribe to the Lord the **glory** due His name
 - Psalm 29:1–2 – “**Ascribe** to Yahweh, O sons of the mighty, **Ascribe** to Yahweh **glory** and strength. **Ascribe** to Yahweh the **glory** due to His name; Worship Yahweh in holy array.”
 - Psalm 96:7–9 – “**Ascribe** to Yahweh, O families of the peoples, **Ascribe** to Yahweh **glory** and strength. **Ascribe** to Yahweh the **glory** of His name; Bring an offering and come into His courts. Worship Yahweh in holy attire; Tremble before Him, all the earth.”



6:05–6:10 – Praise & Thanksgiving

- Spend time **delighting** in all that God is for you in Christ (Ps 37:4; cf. 32:11; 40:16; 68:3; 90:14).
- Meditate on the beauty of His manifold **perfections** (Ps 145:3–9) and His wondrous **deeds** throughout the ages (Ps 111:2; cf. Pss 105, 107).
- Ascribe to the Lord the **glory** due His name (Ps 29:1–2; 96:7–9).
- Honor Him as God by **giving thanks** to Him (Rom 1:21; 1 Thess 5:17–18) for all His good and perfect gifts (Jas 1:17).



6:05–6:10 – Praise & Thanksgiving

- Honor Him as God by **giving thanks** to Him for all His good and perfect gifts.
 - Romans 1:21 – “...they did not **honor** Him as God or **give thanks...**”
 - 1 Thess 5:17–18 – “**Pray** without ceasing; in everything **give thanks**; for this is God’s will for you in Christ Jesus.”
 - James 1:17 – “**Every good thing** given and every perfect gift is from above, coming down **from the Father** of lights.”



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- Ascribe to the Lord the **glory** due His name (Ps 29:1–2; 96:7–9).
- Honor Him as God by **giving thanks** to Him (Rom 1:21; 1 Thess 5:17–18) for all His good and perfect gifts (Jas 1:17).



6:10–6:20 – God-Centered Petitions

- Pray for God's **name to be glorified** above all things by all peoples (Matt 6:9).



6:10–6:20 – God-Centered Petitions

- Pray for God's **name to be glorified** above all things by all peoples.
 - Matthew 6:9 – “Our Father in heaven, Hallowed be Your name...”
 - **Sproul:** “He is teaching us to ask that God’s name would be regarded as sacred, that it would be treated with reverence, and that it would be seen as holy. We must see this if we are to pray according to the pattern Jesus set for us” (*The Prayer of the Lord*, 31).



6:10–6:20 – God-Centered Petitions

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 - Matthew 6:9 – “Our Father in heaven, Hallowed be Your name...”
 - **Piper:** “We pray for ourselves and for other followers of Jesus and for the world that we would reverence and cherish the name of God above things. This is the first function of prayer – to pray that people would pursue the glory of God.” (*What Jesus Demands from the World*, 111).



6:10–6:20 – God-Centered Petitions

- Pray for God's **name to be glorified** above all things by all peoples.
 - Matthew 6:9 – “**Our Father in heaven, Hallowed be Your name...**”
 - **Lloyd-Jones:** “It means a **burning desire** that the whole world may bow down before God in adoration, in reverence, in praise, in worship, in honour and in thanksgiving. Is that our **supreme desire**? Is that the thing that is always **uppermost in our minds** whenever we pray to God? I would remind you again that it should be so whatever our circumstances.” (*Studies in the Sermon on the Mount*, 336).



6:10–6:20 – God-Centered Petitions

- Pray for God's **name to be glorified** above all things by all peoples (Matt 6:9).
- Pray for His **kingdom to increase** through the ministry of the Church (Matt 6:10a).



6:10–6:20 – God-Centered Petitions

- Pray for His **kingdom to increase** through the ministry of the Church.
 - Matthew 6:10 – “**Your kingdom come...**”
 - Pray that you would be an **increasingly submissive**, obedient subject of your King.
 - Pray the **same for other Christians**, both in your own church and throughout the world.
 - Pray that more **unbelievers would be converted** and added to Christ’s kingdom through the preaching of the Gospel.



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- Pray for God's **name to be glorified** above all things by all peoples (Matt 6:9).
- Pray for His **kingdom to increase** through the ministry of the Church (Matt 6:10a).
- Pray for His **kingdom to come** in its fullness (Matt 6:10a; 2 Tim 4:8; Rev 22:20). That is, pray for His second coming and the establishment of His consummated reign upon the earth.



6:10–6:20 – God-Centered Petitions

- Pray for His **kingdom to come** in its fullness
 - Matthew 6:10 – “Your kingdom come...”
 - 2 Timothy 4:8 – “...all who have loved His appearing.”
 - Revelation 22:20 – “Amen. Come, Lord Jesus.”
 - Pray for His second coming and the establishment of His consummated reign upon the earth.



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- Pray for His **will to be done** on earth as it is in heaven (Matt 6:10b); namely, without hesitation and full of joyful zeal.



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 - Matthew 6:10b – “Your will be done, on earth as it is in heaven.”



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- Pray for His **will to be done** on earth as it is in heaven (Matt 6:10b); namely, without hesitation and full of joyful zeal.



6:20–6:30 – Personal Petitions

- Pray for **growth** in grace and godliness (2 Pet 3:18). Be specific with your particular needs for growth.



6:20–6:30 – Personal Petitions

- Pray for **growth** in grace and godliness (2 Pet 3:18). Be specific with your particular needs for growth.
- Battle in prayer against specific sins. Engage in the work of **mortification** (Rom 8:12–13).



6:20–6:30 – Personal Petitions

- Battle in prayer against specific sins.
 - Mortification and Vivification
 - Examine ourselves and diagnose why sin attracts us
 - Discern when and how we're likely to yield to temptation
 - Search our hearts for falsehoods
 - Incline our hearts to Him



6:20–6:30 – Personal Petitions

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- Battle in prayer against specific sins. Engage in the work of **mortification** (Rom 8:12–13).
- Pray for opportunities of **personal ministry**, that your light would shine before men to the glory of your Father (Matt 5:16).



6:20–6:30 – Personal Petitions

- Growth in grace
- Mortification
- Ministry opportunities
- Pray for God to (continue to) **provide** for your daily necessities (Matt 6:11): for food, shelter, employment, etc.



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- Pray for **freedom from temptation** (Matt 6:13), and, when temptation comes, strength to endure it without falling (1 Cor 10:12–13).
- Pray for the **strength to persevere** and endure in trials (Jas 1:2–4), whether they be present or future, or both.



6:30–6:40 – Intercessory Prayer

Pray for the **requests** of particular circles of friends and family. This may involve keeping a prayer list and referring to it as you're praying. Pray for different circles on different days.



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- | | | |
|-------------|---|-------------------------------|
| ■ Monday | – | Immediate and Extended Family |
| ■ Tuesday | – | Small group Bible Study |
| ■ Wednesday | – | Pastors, elders, missionaries |
| ■ Thursday | – | Co-workers |
| ■ Friday | – | Other friends; unbelievers |



6:40–6:55 – Meditation

Choose a passage of Scripture to **meditate on** and **pray through**.

- Not a random passage each day
- Maybe the main texts and supplemental texts from your pastor's sermon, along with a review of your sermon notes
- Maybe a psalm per day
- Devotional Guides (e.g., Gibson, *Be Thou My Vision*)



6:40–6:55 – Meditation

Choose a passage of Scripture to **meditate on** and **pray through**.

- | | | |
|-------------|---|-----------------|
| ■ Monday | – | Psalm 119:1–8 |
| ■ Tuesday | – | Psalm 119:9–16 |
| ■ Wednesday | – | Psalm 119:17–24 |
| ■ Thursday | – | Psalm 119:25–32 |
| ■ Friday | – | Psalm 119:33–40 |



6:40–6:55 – Meditation

Choose a passage of Scripture to **meditate on** and **pray through**.

- | | | |
|-------------|---|--------------|
| ■ Monday | – | Luke 4:1–13 |
| ■ Tuesday | – | Luke 4:14–21 |
| ■ Wednesday | – | Luke 4:22–30 |
| ■ Thursday | – | Luke 4:31–37 |
| ■ Friday | – | Luke 4:38–44 |



6:40–6:55 – Meditation

Choose a passage of Scripture to **meditate on** and **pray through**.

- | | | |
|-------------|---|--------------|
| ▪ Monday | – | John 1:1–2 |
| ▪ Tuesday | – | John 1:3–5 |
| ▪ Wednesday | – | John 1:6–8 |
| ▪ Thursday | – | John 1:9–11 |
| ▪ Friday | – | John 1:12–13 |



6:40–6:55 – Meditation

Choose a passage of Scripture to **meditate on** and **pray through**.

- | | | |
|-------------|---|-------------------|
| ■ Monday | – | Ephesians 1:3–14 |
| ■ Tuesday | – | Ephesians 1:15–23 |
| ■ Wednesday | – | Ephesians 2:1–10 |
| ■ Thursday | – | Ephesians 2:11–22 |
| ■ Friday | – | Ephesians 3:1–13 |



6:40–6:55 – Meditation

Choose a passage of Scripture to **meditate on** and **pray through**.

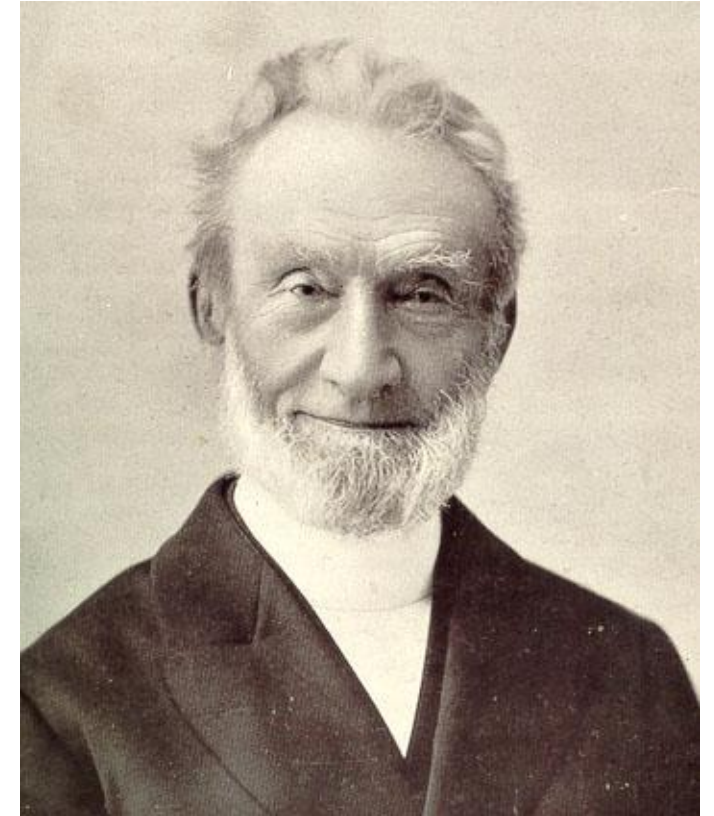
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- Maybe the main texts and supplemental texts from your pastor's sermon, along with a review of your sermon notes
- Maybe a psalm per day
- Devotional Guides (e.g., Gibson, *Be Thou My Vision*)
- **Get your soul happy in Jesus!**



Happy in Jesus

“While I was staying at Nailsworth, it pleased the Lord to teach me a truth, irrespective of human instrumentality, as far as I know, the benefit of which I have not lost, though now...more than forty years have since passed away.

“The point is this: I saw more clearly than ever, that **the first great and primary business** to which I ought to attend every day **was to have my soul happy** in the Lord.



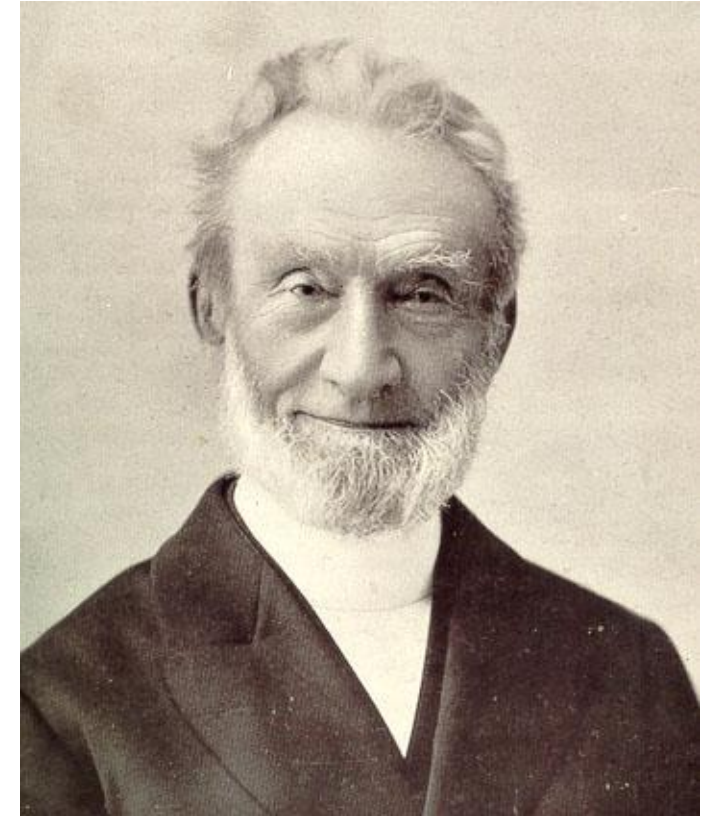
George Müller



Happy in Jesus

“The first thing to be concerned about was **not**, how much I might **serve** the Lord, how I might **glorify** the Lord; **but** how I might **get my soul into a happy state**, and how my inner man might be nourished. ...

“Now I saw, that the most important thing I had to do was **to give myself to the reading of the Word of God** and to meditation on it, that thus my heart might be comforted, encouraged, warned, reproved, instructed; ...

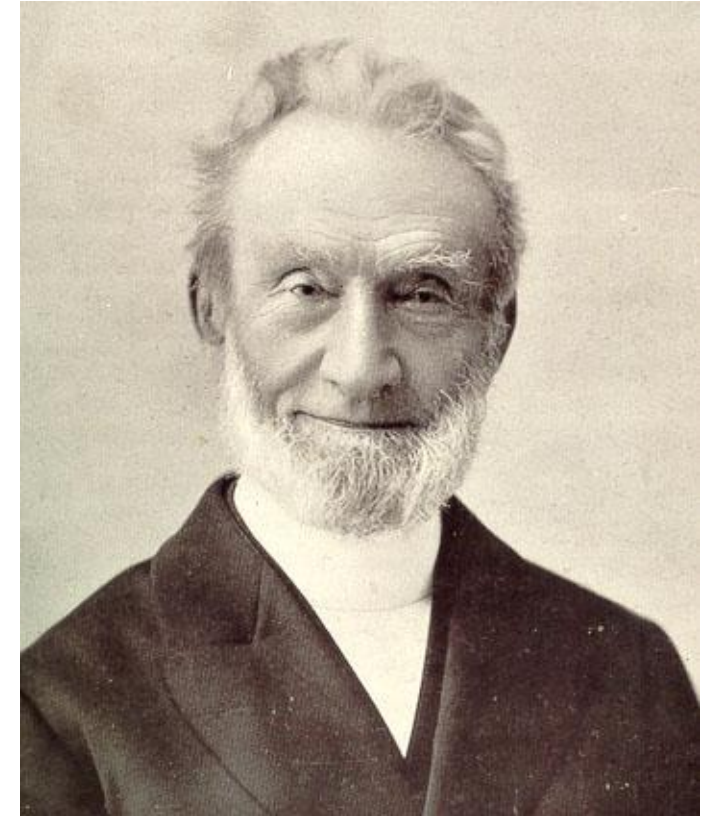


George Müller



Happy in Jesus

“...and that thus, whilst
meditating, my heart might
be brought into
experimental communion
with the Lord.”

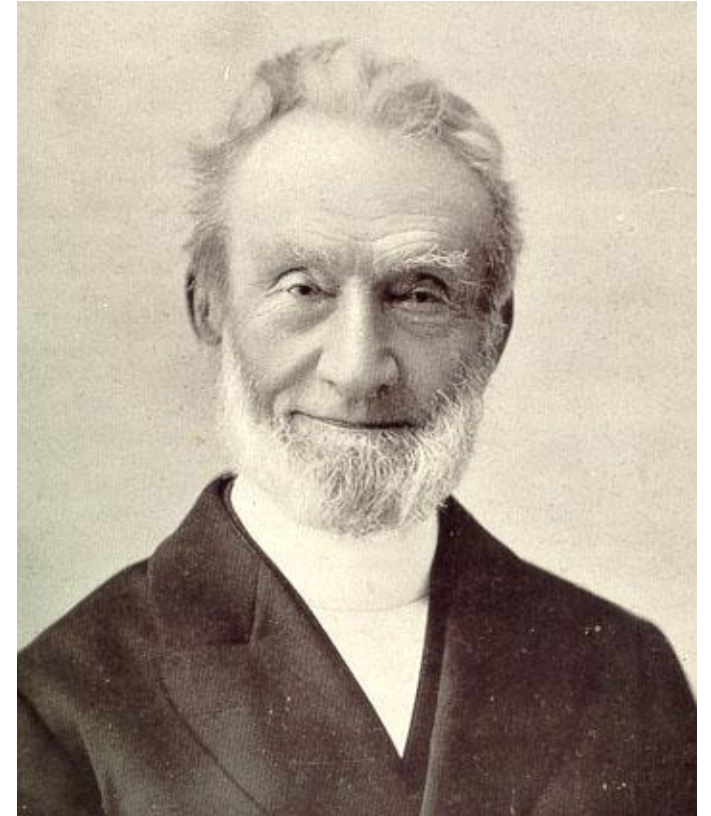


George Müller



Happy in Jesus

“The first thing I did, after having asked in a few words the Lord’s blessing upon His precious Word, was to begin to **meditate** on the Word of God; searching, as it were, into every verse, **to get blessing out of it**; not for the sake of the public ministry of the Word; not for the sake or preaching on what I had meditated upon; but **for the sake of obtaining food for my own soul. ...**

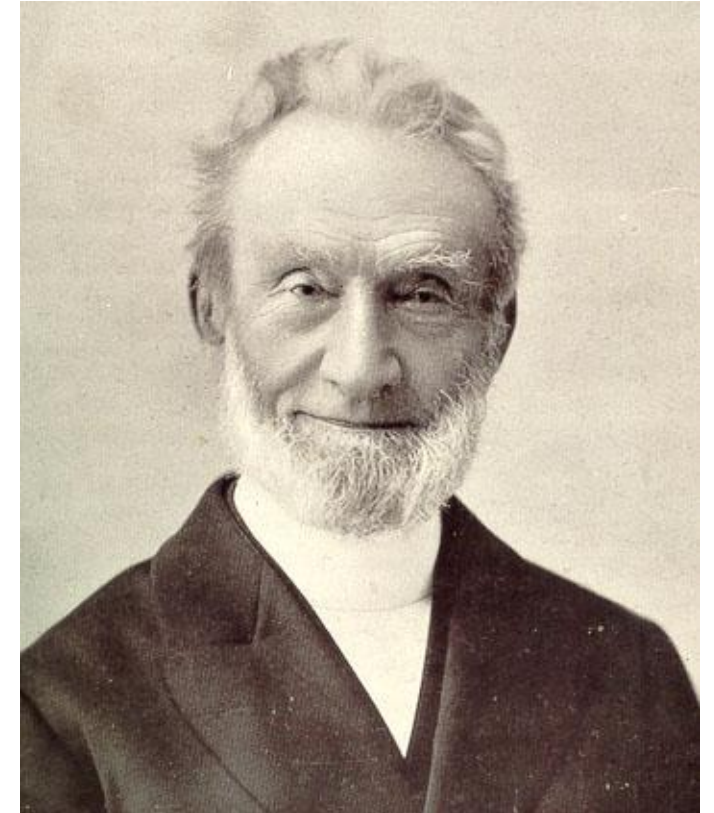


George Müller



Happy in Jesus

“The result I have found to be almost invariably this,
that after a very few minutes
my soul has been led to **confession**,
or to **thanksgiving**, or to **intercession**,
or to **supplication**;
so that though I did not, as it were, give
myself to prayer, but to **meditation**,
yet it turned almost immediately more
or less into **prayer**.”



George Müller



6:40–6:55 – Meditation

Choose a passage of Scripture to **meditate on** and **pray through**.

- Get your soul happy in Jesus!
- Genesis 32:24–30 – “Then Jacob was left alone, and **a man wrestled with him until daybreak**. When he saw that he had not prevailed against him, he touched the socket of his thigh; so the socket of Jacob’s thigh was dislocated while he wrestled with him. Then he said, ‘Let me go, for the dawn is breaking.’ But he said, ‘**I will not let you go unless you bless me.**’ ... He said, ‘Your name shall no longer be Jacob, but Israel; for **you have striven with God** and with men and have prevailed.’ ... And he blessed him there. So Jacob named the place Peniel, for he said, ‘**I have seen God face to face**, yet my life has been preserved.’”



6:55–7:00 – Summarize

- Thank God for the time spent with Him and for His gracious revelation of Himself in His Word.



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- Thank God for the time spent with Him and for His gracious revelation of Himself in His Word.
- Express your trust in Him to grant the things you've prayed for according to His sovereign, wise, and good will, and according to the glory of His name.



6:55–7:00 – Summarize

- Thank God for the time spent with Him and for His gracious revelation of Himself in His Word.
- Express your trust in Him to grant the things you've prayed for according to His sovereign, wise, and good will, and according to the glory of His name.
- Pray again for strength and grace to glorify Him and serve people in His name throughout your day.



Psalm 27:4

One thing I have desired of
the LORD, that will I seek:
That I may dwell in the
house of the LORD all the
days of my life, To behold
the beauty of the LORD
And to meditate in His
temple.

(NAS1995)



Resources on Prayer

- D. A. Carson, *A Call to Spiritual Reformation: Priorities from Paul and His Prayers*. Grand Rapids: Baker Academic, 1992.
- Jonathan Edwards, “The Pleasantness of Religion,” and “True Love to God,” sermons available at <http://edwards.yale.edu>.
- Matthew Henry, *A Method for Prayer: Freedom in the Face of God*, ed. J. Ligon Duncan. Ross-shire, Scotland: Christian Focus, 2007.
- Martyn Lloyd-Jones, *Studies in the Sermon on the Mount*. Grand Rapids: Eerdmans, 1960. Especially Volume Two, Chapters 2, 4, 5, 6.
- John MacArthur, *Alone with God: Rediscovering the Power and Passion of Prayer*. Colorado Springs, CO: David C. Cook, 2011.



Resources on Prayer

- J. I. Packer, *Knowing God*. Downers Grove, IL: InterVarsity Press, 1993.
- John Piper, *Desiring God: Meditations of a Christian Hedonist*. Revised edition. Wheaton, IL: Crossway, 2025.
- J. C. Ryle, *A Call to Prayer*. Available free on Monergism.com.
- R. C. Sproul, *The Prayer of the Lord*. Orlando, FL: Reformation Trust, 2009.
- Charles Spurgeon, *The Power of Prayer in a Believer's Life*. Louisville, KY: GLH Publishing, 2017.
- *The Valley of Vision: A Collection of Puritan Prayers & Devotions*. Carlisle, PA: Banner of Truth, 2003.



A Plan for Prayer

Practical Helps for Personal Worship

Sundays in July | Grace Community Church

Mike Riccardi

