

Bible Study Series: I Found Strength

Spiritual Disciplines

- Prayer
- Worship
- Fasting
- Solitude
- Study
- Service
- Soul Care

What is Prayer?

Prayer is mental or oral communication with God the Father, offered in the name Jesus the Son, with the assistance of the Holy Spirit – Tony Evans

Why Pray?

- Prayer increases our intimacy with God.
- Prayer expresses our dependence on God.
- Prayer is an invitation for divine involvement.

4 Keys to praying effectively include:

I. Pray **Sincerely**. The purpose of prayer is to reach the ear of the Father, not to impress Him. Matthew 6:5; Psalm 17:1-5

II. Pray **Simply**. The strength is not in the length of your prayers. Matthew 6:7

III. Pray **Consistently**. Nothing grows or works properly without consistency.

IV. Pray **Persistently** Luke 11:8 (NIV)

Connection Between the Father, Son, and the Holy Spirit

- God, The Father is the source of prayer....When you pray, say 'Our Father' Matthew 6
- Jesus, the Son (High Priest) is the connection of prayer....Ephesians 2:18
- The Holy Spirit intercedes for us during prayer Romans 8:26-27
 - The Holy Spirit burdens our heart for something

The A.C.T.S. Prayer Model

- Adoration- Adore who God is to you
- Confession- Confess your sins and how you feel
- Thanksgiving- Thank God for the Past, Present, and Future
- Supplication- Ask God to Supply whatever you need