



THE  
HABIT  
\* \*  
OF *Prayer*

## Romans 12:12 (PHILLIPS)

Base your happiness on your hope in Christ. When trials come endure them patiently, steadfastly maintain the habit of prayer.

## Matthew 6:5-8 (p. 761)

"And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. <sup>6</sup> But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

## Matthew 6:5-8 (p. 761)

<sup>7</sup> "And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. <sup>8</sup> Do not be like them, for your Father knows what you need before you ask Him."

Approach prayer with the RIGHT ATTITUDE.

Be REAL.

## Matthew 6:5 (p. 761)

"And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others.?"

Don't try to impress GOD.



Don't try to impress OTHERS.

Be RELAXED.

## Matthew 6:6 (p. 761)

But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

Be REVEALING.

## Matthew 6:7-8 (TLB)

“Don’t recite the same prayer over and over as the heathen do, who think prayers are answered only by repeating them again and again. Remember, your Father knows exactly what you need even before you ask him!”

## Matthew 6:7-8 (TLB)

“This, then, is **how** you should pray . . .”

1. Praise: I begin by EXPRESSING MY LOVE FOR GOD.

**Matthew 6:9** (NIV)

“Our Father in heaven, hallowed be Your name.”



## TWO KINDS OF PRAISE

**ADORATION**

Praising God for *who* He is.

**THANKSGIVING**

Praising God for *what He has* done.

## Psalm 100:4 (p.469)

Enter His gates with thanksgiving, and His courts  
with praise! Give thanks to Him; bless His name!

## HOW TO PRAISE GOD

As you read your Bible, make a list of God's character qualities that you discover and then review them when you pray. (See Prayer Guide 1, on page 60.)

### EXAMPLES

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God is *patient*. Numbers 14:18

God is *merciful*. Numbers 14:18

God is *forgiving*. Numbers 14:18

God *knows everything*. 2 Samuel 14:20

God is *loving*. 2 Samuel 14:20

## Hebrews 4:16 (NLT)

So let us come boldly to the throne of our gracious God. There we will receive His mercy, and we will find grace to help us when we need it most.

**Key: God's character is the basis for our boldness in making requests in prayer. We ask with faith when we ask according to God's character. God answers the prayers that acknowledge who He is!**

- Remind yourself and affirm the promises God has made that are contained in the meaning of His names. (See Prayer Guide 2)
- Make a list of all that you are thankful for and review it when you pray. (See Prayer Guide 3)

2. Purpose: I commit myself TO DOING GOD'S WILL.

**Matthew 6:10** (NIV)

“Your kingdom come, Your will be done, on earth as it is in heaven.”



## Romans 12:1 (GNT)

Offer yourselves as a living sacrifice to God, dedicated to His service and pleasing to Him. This is the true worship that you should offer.

3. Provision: I ask God to MEET MY DAILY NEEDS.

**Matthew 6:11** (NIV)

“Give us today our daily bread.”

What needs can I pray about? **ALL OF THEM!**

## Philippians 4:19 (TLB)

And it is He who will supply **ALL** your needs from His riches in glory because of what Christ Jesus has done for us.

## Romans 8:32 (TLB)

Since He did not spare even His own Son for us but gave Him up for us all, won't He also surely give us everything else?

## James 4:2 (NIV)

You do not have because you do not ask God.

KEY: BE SPECIFIC



## Philippians 4:6 (NLT)

Don't worry about anything; instead, pray about everything.  
Tell God what you need, and thank Him for all He has done.

**Write down your requests, with a promise you are claiming from the Bible, and expect an answer! (See Prayer Guide 4)**

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**BIBLE  
PROMISES**  
*for*  
**YOU**

—∞—  
*from the*  
NEW INTERNATIONAL VERSION

4. Pardon: I ask God to FORGIVE MY SINS.

**Matthew 6:12** (NIV)

“Forgive us our debts.”

# STEPS TO FORGIVENESS

Step 1: Ask the Holy Spirit to REVEAL every sin.

## Psalm 139:23–24 (NIV)

Search me, O God, and know my heart; test me and know my anxious thoughts.

<sup>24</sup> See if there is any offensive way in me, and lead me in the way everlasting.

# STEPS TO FORGIVENESS

Step 2: Confess each sin SPECIFICALLY.



## Proverbs 28:15 (GNT)

You will never succeed in life if you try to hide your sins.  
Confess them and give them up; then God will show mercy to you.

# STEPS TO FORGIVENESS

Step 3: Make RESTITUTION to others when necessary.

## Matthew 5:23-24 (p. 760)

So if you are offering your gift at the altar and there remember that your brother has something against you, <sup>24</sup> leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.

# STEPS TO FORGIVENESS

Step 4: By faith, ACCEPT God's forgiveness.

## 1 John 1:9 (p. 959)

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

5. People: I pray for OTHER PEOPLE.

**Matthew 6:12** (NIV)

“As we also have forgiven our debtors.”

## 1 Timothy 2:1 (TLB)

Pray much for others; plead for God's mercy upon them;  
give thanks for all He is going to do for them.



## Scriptures to help you pray for others:

- Ephesians 1:15–19
- Colossians 1:3-12
- Thessalonians 1:2-3
- Thessalonians 1:11-12

6. Protection: I ask for PROTECTION and DIRECTION .

**Matthew 6:13** (NIV)

“And lead us not into temptation, but deliver us from the evil one.”

## 1 John 4:4 (p. 960)

Little children, you are from God and have overcome them,  
for He who is in you is greater than he who is in the world.



## PRAYER GUIDE 2: THE NAMES OF GOD

Did you know that God has several names? They are all in the Bible and each name describes a facet of his character. You can take each of these eight names and focus individually on what God is really like! Pray the names of God as affirmations of praise!

### EIGHT HEBREW NAMES OF GOD DECLARE WHO GOD IS

<b>Jehovah-Shammah</b>	God is present with me. Ezekiel 48:35 You are here! I am never alone!
<b>Jehovah-Rohi</b>	God is my shepherd. Psalm 23:1 You lead me and feed me and protect me!
<b>Jehovah-Jireh</b>	God is my provider. Genesis 22:14 You see what I need before I even ask!
<b>Jehovah-Rophe</b>	God is my healer. Exodus 15:26 You can heal my body, emotions, and relationships!
<b>Jehovah-Tsidkenu</b>	God is my righteousness. Jeremiah 23:6 You accept me and forgive me because of Jesus!
<b>Jehovah-M'Kiddish</b>	God is my sanctification. Leviticus 20:8 You make me holy and like Jesus!
<b>Jehovah-Shalom</b>	God is my peace. Judges 6:24 You give me peace in spite of circumstances!
<b>Jehovah-Nissi</b>	God is my banner. Exodus 17:15 You are my victory in conflict and confrontation!

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Think on the implications of these names and you'll have plenty to praise God for!







**PRAYER GUIDE 5: PRAYER LIST**

Make a prayer list of people you want to pray for. You might pray for different people on different days of the week.

**FAMILY**

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**CHRISTIAN FRIENDS**

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**FRIENDS I'D LIKE TO SEE BECOME CHRISTIANS**

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**SPIRITUAL LEADERS**

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**GOVERNMENT LEADERS**

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**OTHERS**

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