

Lesson #7

## Prayer

*Unceasingly pray.—1 Thes. 5:17*

### 1. The significance: to contact God in our spirit and to absorb God

#### **Lamentations 3:55-56**

I called upon Your name, O Jehovah, From the lowest pit. You have heard my voice; do not hide Your ear at my breathing, at my cry.

#### **Ephesians 6:18**

By means of all prayer and petition, praying at every time in spirit and watching unto this in all perseverance and petition concerning all the saints,

### 2. The basis: the blood of Jesus

#### **Hebrews 10:19**

Having therefore, brothers, boldness for entering the *Holy of Holies* in the blood of Jesus.

### 3. The blessings

#### (a) Keeping us from entering into temptation

##### **Matthew 26:41a**

Watch and pray that you may not enter into temptation...

#### (b) Receiving mercy and finding grace

##### **Hebrews 4:16**

Let us therefore come forward with boldness to the throne of grace that we may receive mercy and find grace for timely help.

#### (c) Enjoying peace

##### **Philippians 4:6-7**

In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses every *man's* understanding, will guard your hearts and your thoughts in Christ Jesus.

# Prayer

As believers in Christ, we know that prayer is an important part of our daily living. But beyond this our understanding of the purpose of prayer and the results may be vague. This lesson is designed to make our prayer definite and purposeful.

## The significance: to contact God in our spirit and to absorb God

The significance of prayer is to contact God in our spirit and to absorb God Himself. Prayer is the human spirit contacting the Spirit of God, through which man absorbs God. Therefore, the significance of prayer lies not in asking God for things but in contacting and absorbing God.<sup>1</sup>

We should all be clear that prayer is to breathe in God. It is to breathe out everything that belongs to us and to breathe in God and everything of Him. Prayer is a kind of breathing. Although we mention many things in prayer, our goal is to breathe. We breathe out everything that is within us through prayer. At the same time, we breathe in everything of God through prayer. This is prayer. If we grasp this meaning of prayer, we will be able to pray anywhere and any time. No matter how noisy the environment is or how busy we are, we can breathe in God. Nevertheless, there is still the need for us to set aside some time during the day for prayer. We need such a time for spiritual deep breathing so that we can absorb and enjoy God in an intensified way.<sup>2</sup>

## The basis: the blood of Jesus

The means of prayer is the blood of the Lord and His name. It is by means of the Lord's blood and the Lord's name that we can contact and absorb God.

The Lord's blood is versus our behavior, and His name is versus our person. As far as our behavior is concerned, we are filthy and altogether evil. Even our righteous deeds are like a soiled garment in God's eyes (Isa. 64:6). Therefore, we can never rely on our good works and our virtues in order to draw near to God. If we rely on our good works and virtues when we pray, there will be problems in our fellowship

with God, and our petition will seldom be heard. We can rely only on the Lord's blood when we come before God in prayer. The Lord's blood redeemed us from our sins before God, satisfied the righteous requirement of God, and speaks something better for us. Hebrews 10:19 says that we have boldness to enter the Holy of Holies in the blood of Jesus. We must rely on the Lord's blood when we pray.<sup>3</sup>

## The Blessings

### Keeping us from entering into temptation

Matthew 26:41 says, "Watch and pray that you may not enter into temptation; the spirit indeed is ready, but the flesh is weak." In spiritual things our spirit is often ready, but our flesh is weak.

We need to watch and pray so that we may not enter into temptation. If we would avoid entering into temptation, we need to watch and pray all

the time. The Lord's word indicates that it is possible for us to be tempted in anything, at any place, and at any time. Because it is easy for us to enter into temptation, we must watch and pray.<sup>8</sup>

### Receiving mercy and finding grace

When we pray, we enter into the Holy of Holies and approach the throne of grace. Hebrews 4:16 says, "Let us therefore come forward with boldness to the throne of grace, that we may receive mercy and may find grace for timely help." Prayer is the way to come forward to the throne of grace. Coming forward to the throne of grace, we receive mercy and grace to meet our timely need. When we pray, approaching the throne of grace, mercy and grace will become a river flowing in us and supplying us. How rewarding this is! Receiving the flow of grace in prayer is actually more important than having our prayers answered. Whether or not our prayer is answered is secondary. The primary thing is that grace flows like a river from the throne and into our being.<sup>4</sup>

## Key Verses

*Lamentations 3:55-56* I called upon Your name, O Jehovah, From the lowest pit. You have heard my voice; do not hide Your ear at my breathing, at my cry.

*Hebrews 10:19* Having therefore, brothers, boldness for entering the Holy of Holies in the blood of Jesus,

*Hebrews 4:16* Let us therefore come forward with boldness to the throne of grace, that we may receive mercy and may find grace for timely help.

*Philippians 4:6-7* In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses every man's understanding, will guard your hearts and your thoughts in Christ Jesus.

**Receiving the flow of grace is more important than having our prayers answered**



## Additional Daily Verses

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Lam. 3:55-56	Hebrews 10:19-20	Hebrews 4:16	Philippians 4:6-7	Ephesians 1:17-18	Ephesians 3:14-19	Ephesians 6:17-18

## Weekly Memorization Verses

### **Hebrews 10:19**

Having therefore, brothers, boldness for entering the Holy of Holies in the blood of Jesus,

### **Hebrews 4:16**

Let us therefore come forward with boldness to the throne of grace, that we may receive mercy and may find grace for timely help.