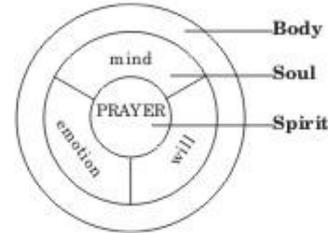


WEEK 2

**PRAYER**

To God, prayer is the channel through which God accomplishes His work on the earth. To a Christian, it is the means by which he contacts and absorbs God.

The purpose of this lesson is to help you to become a person of prayer.



**I. THE MEANING OF PRAYER**

**1) PRAYER IS THE CHARACTERISTIC OF THE CHURCH LIFE**

**“And they were continuing steadfastly in the teaching and the fellowship of the apostles, in the breaking of bread and the prayers.” Acts 2:42**

After the early believers received the gospel and were baptized, they began to practice a life of prayer.

**2) PRAYER IS THE CHARACTERISTIC AND INNATE ABILITY OF THE LIFE OF A CHRISTIAN**

The life of a Christian bears a characteristic that it wants to pray and is able to pray. Prayer is the natural function of this life, just as **breathing and speaking** are natural functions of the human life.

**3) PRAYER IS THE MEANS BY WHICH MAN CONTACTS GOD AND ABSORBS GOD**

**II. THE KEY TO PRAYER**

**“God is Spirit; and those who worship Him must worship in spirit and reality.” John 4:24**

If the meaning of prayer is to contact God, breathe in God, and obtain God, and if God Himself is Spirit, then our prayer should not be in the mind, emotion, or will; rather, it should be in the **spirit**.

**“But you, beloved, building up yourselves in your most holy faith, praying in the Holy Spirit.” Jude 20**

We can learn to pray all the time in our spirit for the church, for our friends and relatives, and for our community and our nation.

The whole world is drifting away from God, and we are living in the midst of it. The only thing that will join us continually to God is **prayer**. Only this will make us **those who stand against the tide** of this perverted world.

**III. THE PRACTICE OF PRAYER**

**1) THE TIME OF PRAYER**

The practical way to pray is to set aside a definite time (morning, afternoon, or evening) for prayer. After you have made this decision, you should keep that time every day, and each time should last at least ten minutes.

**2) THE VOICE IN PRAYER**

Private prayer should always be audible; you should be able to hear your own prayer. Silent prayers will not last long; your mind will tend to drift away.

**3) THE POSTURE IN PRAYER**

Should you be standing, sitting, or kneeling? Should your eyes be open or closed? Should you lift up your head or bow down your head? Should your hands be folded together or otherwise? There is no set posture for prayer. The main thing is to be concentrated, sincere, and with the proper exercise of the spirit.

**4) FAITH IN PRAYER**

The most important thing with respect to faith is that one must be simple. Do not analyze; rather, believe the Word of God in a simple way, and believe that God hears our prayers and accepts them.

**“Without faith it is impossible to be well-pleasing to Him; for he who comes forward to God must believe that He is, and that He is a rewarder of those who seek Him out.”** Hebrews 11:6

## 5) HELP FOR PRAYER

### (a) Pray-reading

**“And receive...the sword of the Spirit which is the word of God, by means of all prayer and petition.”** Ephesians 6:17-18a

To take a verse or two and pray over them will help us very much to return to our spirit and will uplift our spirit of prayer. At the same time, when our prayers are based upon the Word of God and we pray with the Word of God, we will have full assurance concerning the will of God and will have the confidence that God hears our prayers.

### (b) Singing

Hymns contain many delicate spiritual feelings. They can help us very much to turn to our spirit and to touch the feeling of the Lord. They will develop our burden for prayer and will deliver us from the entanglement of the thoughts.

## 6) PARTNERS IN PRAYER

**“If two of you agree on earth concerning anything, whatever they may ask, it shall come to them from My Father who is in the heavens.”** Matthew 18:19

To have a prayer partner not only will help us to pray better, but also will sustain our prayer life.

## IV. THE BASIS OF PRAYER

Prayer is not based upon our condition, behavior, or anything of ourselves, but upon:

### 1) THE BLOOD OF THE LORD

**“Having therefore, brothers, boldness for entering the Holy of Holies by the blood of Jesus.”** Hebrews 10:19

Only the **blood of the Lord** can satisfy God's righteous demands and can **cleanse us** that we may draw near to God with boldness.

## 2) THE NAME OF THE LORD

**“If you ask Me anything in My [the Lord's] name, I will do it.”** John 14:14

Our prayer must be in **the Lord's name**; this means that we must pray by depending on the Lord and by being **joined to the Lord**. Only then will we gain God Himself.

When we rely on the Lord's blood and are joined to the Lord's holy name, we will have a conscience void of offense. In this way our prayers will be unhindered.

**“Let us come forward to the Holy of Holies with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience.”** Hebrews 10:22

## V. THE SIMPLEST WAY TO PRAY — CALLING ON THE NAME OF THE LORD

To call on the name of the Lord is:

### 1) TO CALL “O LORD JESUS!”

**“The same Lord of all is rich to all who call upon Him. For, Whoever calls upon the name of the Lord shall be saved.”** Romans 10:12-13

### 2) SPIRITUAL BREATHING

**“I called upon thy name, O Lord, out of the low dungeon. Thou hast heard my voice: hide not thine ear at my breathing, at my cry.”** Lamentations 3:55-56

We breathe out our burdens, sorrows, and sins, and we breathe in the Lord's strength, comfort, salvation, and rest.

## \* HOW TO CALL

### (1) Call out of a pure heart

“If I regard iniquity in my heart, the Lord will not hear me.” Psalm 66:18

### (2) Call with the saints

“But flee youthful lusts, and pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.” 2 Timothy 2:22

## VI. THE BLESSINGS OF PRAYER

There are many blessings from God to the person who prays:

### 1) PRAYERS BEING ANSWERED

“Ask and it shall be given to you; seek and you shall find; knock and it shall be opened to you.” Matthew 7:7

### 2) RECEIVING THE GRACE OF GOD

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

### 3) RECEIVING THE REVELATION OF GOD

“That the God of our Lord Jesus Christ, the Father of glory, may give to you a spirit of wisdom and revelation in the full knowledge of Him.” Ephesians 1:17

### 4) ENJOYING THE PEACE OF GOD

“But in everything, by prayer...and the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.” Philippians 4:6-7

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After reading through this lesson, does not your heart long to build up your own prayer life?

You may start by practicing this:

I will pray every day from \_\_\_\_ to \_\_\_\_.

I will pray together with \_\_\_\_\_ as my prayer partner.