



SPIRITUAL DISCIPLINES

The Spiritual Discipline of Prayer
SESSION #3

FOUNDATIONAL REALITIES ABOUT PRAYER

What is Prayer?

Prayer is personal _____ with
the God of the universe, _____ by the
Son, and _____ by the Spirit.

Enabled by the Son

Heb. 4:14-16

2 Cor. 5:21

John 11:41-42

Empowered by the Spirit

John 3:5-6

Rom. 8:16; Eph. 1:13-14

Rom. 8:26-27

Why don't we pray?

*Our prayer habits are shaped more by our own thoughts
about prayer rather than what God's Word says about it.*

The Spiritual Discipline of Prayer should be marked by two things:

**1. Prayer that is _____ not just
Reactive**

1 Peter 4:7

Daniel 6:10

**2. Prayer that is _____ by God's
Word**

Without it, we don't know how to pray properly.

It makes us God-Centered

It helps us pray according to His will.

Biography of God.

1) **Read** one Psalm a day.

- Look for anything that would describe God's attributes.
- Look for descriptions regarding the works of God.
- Look of titles or names of God.

2) **Record** who God is and what He has done?

- Record your observations in a notebook.
- Writing these observations down will help you to meditate.
- Use the Scripture and your own words in your own biography of God.

3) **Rejoice** in Who God is and what He has done.

- When finished recording your meditations - pray through list.
- Vocalize a meditative prayer to God based on the truth of the Psalm.
- Be intimate and allow the truths to touch your affections.
- Think about what you are saying and enjoy the Lord.

Example: Psalm 103:13–22

Possible Mediations to Record:

vs. 13 - The LORD looks on His children with compassion. He is compassionate to those that submit to Him.

vs 14- The LORD knows our frame he knows that we are human dust.

vs 17- God's Mercy is from everlasting to everlasting. His Loving kindness continues forever.

Vs. 19- God Has a throne in heaven and His kingdom rules over all.

vs 20-22- God is worthy of praise from the angels, the hosts, all His creation and all his Works. Therefore, I as His creation ought to praise Him as well.

Prayer of Thanksgiving and Praise:

Lord of all, creator and Father, I praise you for your kindness to me. Your compassion and mercy toward me are great. I am humbled when I think of your greatness in your attributes and creation that you have made around me. I am so glad that you know how weak I am. I love you and want to know you more.

Course Outline

Week 1: Meeting with God through Spiritual Disciplines

Week 2: The Spiritual Discipline of Bible Intake

Week 3: The Spiritual Discipline of Prayer

Week 4: The Spiritual Discipline of Biblical Meditation

Week 5: The Spiritual Disciplines and Community

Questions?

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Suggested Reading

Spiritual Disciplines for the Christian Life (Donald Whitney)

Habits of Grace (David Mathis)

Handbook to Prayer (Kenneth Boa)