

Prayer – Tapping into God’s Power

What Happens to You When You Pray

Grace Fellowship Church / Pastor Brad Bigney / January 18, 2026

I. So Why Should You Pray?

A. Your Prayer Life Will Keep Things in Perspective

Stopping to pray is one way that you let God be God! Every time you pray you’re acknowledging, “You’re God – I’m not.”

Read **Acts 2:24-29**.

Prayer keeps us humble, hopeful, and dependent as we refocus on who is in control of who is in control in our world.

B. Your Prayer Life Can Deliver You from the Tyranny of the Urgent

It can be a buffer between you and this world’s frantic pace!

“I want to do the original work of being in deepening conversation with the God who reveals Himself to me and addresses me by name. I don’t want to dispense mimeographed hand-outs that describe God’s business; I want to witness out of my own experience. I don’t want to live as a parasite on the first-hand spiritual life of others, but to be personally involved with all my senses, tasting and seeing that the Lord is good. I know it takes time to develop a life of prayer: set-aside, disciplined, deliberate time. It isn’t accomplished on the run... In order to pray I have to be paying more attention to God than to what people are saying to me; to God than to my clamoring ego. Usually, for that to happen there must be a deliberate withdrawal from the noise of the day, a disciplined detachment from the insatiable self.”

- Eugene H. Peterson, *The Contemplative Pastor*

C. Your Prayer Life Can Lead to Intimacy with God

“Learning to pray doesn’t offer us a less busy life. It offers us a less busy heart. In the midst of our outer busy-ness, we can develop an inner quiet.”

- Paul Miller, *A Praying Life*

The Bible commands us to be devoted to prayer, not just for what we can get from God, but for what God can do in us.

Colossians 4:2 “Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving.”

Unhurried time in prayer shapes you to think more like Jesus and to even become more like Jesus.

2 Corinthians 3:18 “And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another.”

Over time, a consistent prayer life can make you more like Jesus and can settle you as a child of God.

Psalm 131:1-2 “O Lord, my heart is not proud, nor my eyes haughty; nor do I involve myself in great matters, or in things too difficult for me. ² Surely I have composed and quieted my soul; like a weaned child rests against his mother, my soul is like a weaned child within me.”

II. So How Would You Get Started?

A. Get Ready to Cut Something Out of Your Life

- Sleep, phone, TV, etc.

B. Pick a Specific Time to Do It – Start with 15 minutes!

Prayer will not just happen. Nobody just drifts into an effective prayer life. You fight your way there. You carve out a spot in your schedule and work to keep all hell from crowding into that spot.

C. Stick with It for 6 Weeks

That’s how long it takes to form a new habit.

D. Don’t Get Stuck in a Rut and Give Up

1. Pray Out Loud

2. Pray While You Drive

3. Pray While You Exercise

4. Make a Prayer List or Keep a Prayer Journal

A prayer journal can remind you of what God has done!

5. Pray the Bible

a. Pray a Prayer from the Bible

1 Chronicles 4:10 “And Jabez called on the God of Israel saying, ‘Oh, that You would bless me indeed, and enlarge my territory, that Your hand would be with me, and that You would keep me from evil, that I may not cause pain!’ So God granted him what he requested.”

b. Pray a Verse or Passage from the Bible

2 Timothy 1:7 “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

c. Pray a Psalm

The Psalms give vent to emotions that we sometimes think we need to hold back, but that's not what we see in the Psalms.

In fact, 53 of the 150 Psalms are not happy Psalms but are actually Psalms of lamentation or complaint.

Psalms of Personal Lament: Psalm 3, 4, 5, 7, 9-10, 13, 14, 17, 22, 25, 26, 27, 28, 31, 36, 39, 40:12-17, 41, 42-43, 52, 53, 54, 55, 56, 57, 59, 61, 64, 69, 70, 71, 73, 77, 86, 88, 89, 120, 139, 141, 142.

God wants a relationship with you, not well-prepared speeches that are spoken with perfect motives. When it comes to prayer, God isn't grading your prayer like an essay. He's listening to you like a Father listens to a child.

d. Get **"Praying the Bible"** by Donald Whitney

6. Pray What Others Have Prayed

Use a book of written prayers like the **"The Valley of Vision,"** which is a collection of Puritan prayers.