

Prayer – Tapping into God’s Power

How Would You Get Started in Prayer?

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If you want your spiritual life to thrive, you have to get a hold of the basics of spiritual breathing by inhaling the Bible and exhaling prayer.

As you form this habit of spiritual breathing, you will grow.

- How do you get started in learning how to exhale prayer back to God?

I. Get Ready to Cut Something Out of Your Life

- Sleep, phone, TV, video games, etc.

II. 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.

III. Stick with It for 6 Weeks

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

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

A. Pray Out Loud

B. Pray While You Drive

C. Pray While You Exercise

D. Make a Prayer List or Keep a Prayer Journal

You could have a record of God’s faithfulness to combat your latest fear or crisis because our enemy and our flesh love to shrink our world down to the size of our latest crisis.

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

E. Pray the Bible

1. 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.”

2. 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.”

3. 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.

4. Get “**Praying the Bible**” by Donald Whitney

F. Pray What Others Have Prayed

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

Conclusion –

Make some specific plans for how you’re going to pray this year.

1. Decide when you’re going to pray.
2. Decide where you’re going to pray.
3. Decide what you’re going to pray for. Get organized. Make a list. Buy a prayer journal.
4. And then don’t be surprised if all hell breaks loose and you feel more resistance than you’ve felt about anything you’ve tried to do!