



**SEMESTER 2 - WEEK 4**

## **PERSONAL HEART SHEPHERDING: PRAYER**

### **Introduction:**

“What a man is on his knees before God, that he is, and nothing more.”

*Robert Murray M'Cheyne*

“Prayer is beyond any question the highest activity of the human soul, and therefore it is at the same time the ultimate test of one’s true spiritual condition. There is nothing that tells the truth about us as Christian people so much as our prayer life... ultimately, therefore, one discovers the real condition of his spiritual life when he examines himself in private, when he is alone with God. And have we not all known what it is to find that, somehow, we have less to say to God when we are alone than when we are in the presence of others? It should not be so; but it often is. So that it is when we have left the realm of activities and outward dealings with other people, and are alone with God, that we really know where we stand in a spiritual sense.”

*Martyn Lloyd-Jones*

"Prayer does not fit us for the greater work; prayer is the greater work."

*Oswald Chambers*

“One of the great uses of Twitter and Facebook will be to prove at the Last Day that prayerlessness was not from lack of time.”

*John Piper*

## Prayer and Its Purpose

“Prayer is a sincere, sensible, affectionate pouring out of the heart or soul to God, through Christ, in the strength and assistance of the Holy Spirit, for such things as God has promised, or according to his Word, for the good of the church, with submission in faith to the will of God.”

*John Bunyan*

## A Model of Prayer

Observations from Paul’s prayer for the Colossians:

### [Colossians 1:3-14]

- Paul’s Thanksgiving [Colossians 1:3-8]
  - Faith in \_\_\_\_\_ (4a)
  - Love for the \_\_\_\_\_ (4b)
  - Hope in \_\_\_\_\_ (5)
  - Growth in \_\_\_\_\_ (6)
  - Authentication from \_\_\_\_\_ (7-8)
  
- Paul’s Petitions [Colossians 1:9-14]
  - Thinking (9)
  - Decisions (10)
  - Steadfastness (11)
  - World view (12-14)



## Hindrances To a Life of Dependent Prayer

- Lack of \_\_\_\_\_ [Prayer is an act of faith]
  - Must believe that God is a rewarder of those who diligently seek Him [**Hebrews 11:6**]
  - Must believe that God is there and interested in your prayers [**James 4:8a**]
  - Must understand that His answer may not be what, when or how you expect it, but His ways are best [**Psalm 18:30**]
  
- Lack of \_\_\_\_\_
  - We are used to immediate responses in day-to-day life. [post something on Facebook]
  - Not receiving immediate responses gives us long-term needs to be prayerful over.
    - God draws us to Himself in regular communion through our needs over which we pray continually.
    - At times God does not give us what we ask for because we will spend it on ourselves. [**James 4:3**]
  
- Lack of \_\_\_\_\_
  - Distractions abound
    - New dynamics are thrown at you every day.
    - The struggle now is more difficult than in years past.
    - Technology, hobbies, etc. are not the problem—our hearts are.
    - We neglect the discipline of biblical meditation. [**Psalm 1:2**]



## Aids To a Life Dependent Upon Prayer

- Readiness
  - “Pray at all times in the Spirit” [**Ephesians 6:18**]
    - There is a great readiness implied.
  
- Devotion and \_\_\_\_\_ in prayer [**Colossians 4:2**]
  - We are too often self-reliant.
  
  - We must be spiritually desperate. [**Psalm 42:1**]
  
  - We need God’s power, grace, and strength every day. [**Colossians 1:9**]
  
  - We need God’s wisdom to walk worthy. [**Colossians 1:9-10**]
  
- Submissiveness and \_\_\_\_\_
  - Prayer that is consistent with what you know about God and His will [**Matthew 6:10**]
  
  - Prayer that seeks to be obedient to what God says
    - This is a yieldedness to the Lord; particularly a yieldedness to the Holy Spirit. [**Ephesians 6:18, Jude 20**]
  
    - You cannot be selfish in prayer.



- You cannot pray in the Spirit and be submissive if you have become stubborn against truth. [**James 5:16, I John 5:14**]
  - God wants our pride crushed. [**Proverbs 3:34**]
- Spiritual \_\_\_\_\_
  - We must cultivate a concern for what really matters: spiritual growth and maturity.
    - Pray with a concern for others to stand complete. [**Colossians 1:28, Colossians 4:12-13**]
    - Pray with the same intensity as Paul demonstrated. [**Colossians 2:1-1**]
    - Don't always pray for relief from the trial, but how you can grow through it. [**James 1:2-4**]
  - We must cultivate a concern for discernment. [**Philippians 1:9**]

### Prayer and the Disciplines

- Prayer and my heart
- Prayer and my home
- Prayer and ministry [**Ephesians 6:18, James 5:16**]



## **PRAYING SCRIPTURE EXAMPLE**

**Passage** | I Corinthians 10:13

“No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.”

### **What is the promise/truth in this text?**

God is faithful; God will not allow believers to be tempted beyond what they are able; God will provide a way of escape from temptation

### **For whom is the promise/truth applicable?**

Written to the Corinthians as a truth for believers.

### **How might this promise/truth inform my prayers?**

Reflect on the reality of God’s faithfulness.

Pray that God would not allow me to be tempted beyond that which I can endure.

Pray that God would provide and that I would take the way of escape when tempted.

### **Prayer:**

God I am being tempted. I know You are faithful. Would You please allow Your faithfulness to abound in my life right now? I know You do not allow believers to be tempted beyond what they are able. And I plead with You now to help me withstand this temptation. I know there is a way of escape from this temptation and I pray that You would help me to take it. Help me to endure this temptation that I might be pleasing to You and not sin.

**Additional Passages** | Romans 8:35-39, II Peter 1:3, Titus 2:11-14, Ephesians 2:8-10

### **What is the promise/truth in this text?**

### **For whom is the promise/truth applicable?**

### **How might this promise/truth inform my prayers?**

### **Prayer:**



## PERSONAL HEART SHEPHERDING: PRAYER

### DISCIPLINE 1, 2, 3 [THE HEART, HOME, MINISTRY]

#### Colossians 1:3-14 — A MODEL OF PRAYER

3        *We give thanks to God, the Father of our Lord Jesus Christ, praying always for you,*  
4        *since we heard of your faith in Christ Jesus and the love which you have for all the saints;*  
5        *because of the hope reserved for you in heaven, of which you previously heard in the word of*  
          *truth, the gospel*  
6        *which has come to you, just as in all the world also it is bearing fruit and increasing, even as it*  
          *has been doing in you also since the day you heard it and understood the grace of God in truth;*  
7        *just as you learned it from Epaphras, our beloved fellow bond-servant, who is a faithful*  
          *servant of Christ on our behalf,*  
8        *and he also informed us of your love in the Spirit.*  
9        *For this reason we also, since the day we heard about it, have not ceased praying for you and*  
          *asking that you may be filled with the knowledge of His will in all spiritual wisdom and*  
          *understanding,*  
10       *so that you will walk in a manner worthy of the Lord, to please Him in all respects, bearing*  
          *fruit in every good work and increasing in the knowledge of God;*  
11       *strengthened with all power, according to His glorious might, for the attaining of all*  
          *perseverance and patience; joyously*  
12       *giving thanks to the Father, who has qualified us to share in the inheritance of the saints in*  
          *light.*  
13       *For He rescued us from the domain of darkness, and transferred us to the kingdom of His*  
          *beloved Son,*  
14       *in whom we have redemption, the forgiveness of sins.*

#### Colossians 4:2 — DEVOTE YOURSELVES TO PRAYER

2        *Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving;*



## **PERSONAL HEART SHEPHERDING: PRAYER**

### **QUESTIONS FOR CONSIDERATION**

1. What hindrances to your prayer life do you most struggle with? What are some practical ways you can guard against those hindrances?

2. Which aids to a life dependent upon prayer are you strongest in? Which aids do you need to grow most in? What are some ways to pursue growth in those areas?

