

Let Us Pray – Principles of Prayer

Introduction: The Importance of Prayer

- “Let Us Pray” is an invitation into the **practice and privilege of prayer**.
- Prayer is often misunderstood—seen as a **gift for the spiritual elite**—but it is for *everyone* and can be developed.
- Prayer is **foundational** to a real, authentic relationship with God.

Prayer Is the Lifeblood of Our Faith

- **Prayer connects us to God** and is essential for knowing and inviting God into everyday life.
 - *Romans 12:12* – “Keep on praying.”
 - *1 Thessalonians 5:17* – “Never stop praying.”
- It’s a **daily conversation** that sustains faith and fights spiritual battles.

Prayer Overcomes Fear and Anxiety

- **Philippians 4:6-7** – Pray about everything, and God’s peace will guard your heart.
- Prayer is where we **offload fear** and receive **truth and peace** in return.

Prayer Reveals God’s Purpose

- God gives us the **desires of our hearts**—not just what we want, but what we’re made for.
- Prayer helps us discover our **true identity and divine purpose**.

Prayer Empowers Us to Live Supernaturally

- **Prayer invites the power of the Holy Spirit.**
- Jesus Himself regularly **retreated to pray**—if He needed prayer, so do we.
- Prayer brings **power, direction, and strength**.

Key Principles of Prayer

Make Prayer a Priority

- Like exercise or relationships—when you prioritise prayer, you **see results**.
- Don’t rely on others to pray for you. Make prayer **personal and regular**.
- Embed prayer in daily activities:
 - Wake up – thank God
 - Bedtime – reflect with gratitude
 - On the go – seek God’s wisdom and protection

Make Prayer Your First Responder

- Don’t let prayer be your last resort.
- When challenges arise, **pray first**.
- Prayer helps relieve pressure and brings **clarity and peace**.
- Seek support from others, but first go to **God**.

The Place of Prayer

- *Matthew 6:6* – Find a private place to meet with God.
- Create a **distraction-free space** that suits your life (e.g., car, walk, bedroom).
- Make your space **inviting and intentional**, but change it up if needed.

Plan Your Prayer

- Structure your prayer time for **focus and connection**.
- Talk with God about different areas of life (finances, relationships, goals).
- Use resources: Scripture-based plans, outlines like the Lord's Prayer.
- Don't pray from ritual or performance, but from the heart.

Understand the Power of Prayer

- A.T. Pierson: No spiritual awakening begins without **united prayer**.
- **Prayer brings transformation**—personal and communal.
- *Acts 3:6, Acts 4:29–31* – Unified prayer leads to healing, boldness, and miracles.
- God loves when we **pray His promises** back to Him.

Scripture Promises for Specific Needs:

- **Challenges** – 1 John 4:4; Romans 8:37; Luke 10:19
- **Finances** – Psalm 1:1–3; Philippians 4:19
- **Emotions** – Psalm 27:1
- **Health** – Psalm 103:2–5
- **Confidence** – 2 Corinthians 3:4
- **Safety** – Psalm 121:8
- *James 5:16* – Earnest prayer has **great power and produces results**.

The Persons of Prayer: The Trinity

Prayer Through the Son – Jesus Christ

- *2 Corinthians 13:14* – Grace of Jesus comes first.
- Jesus is our **Mediator and High Priest** (*Hebrews 4:14–16*).
- Because of Jesus, we can **come boldly** before God.
- We pray **in Jesus' name**.

Prayer to Our Heavenly Parent – God the Father

- “*Our Father (Heavenly Parent) in Heaven...*” — deeply personal and loving.
- God is our **provider, protector, and guide**.
- We are **not orphans**—we are children of a loving Parent.
- Prayer acknowledges our **need and dependence** on God.

Prayer with the Holy Spirit

- *Romans 8:26* – Holy Spirit helps us when we don't know what to pray.
- Greek: **Parakletos** = “one called to be by your side”
- The Holy Spirit is our **Counsellor, Advocate, and Companion**.
- He prays *with us and for us*, making God's presence real



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Closing Encouragement

- Prayer isn't about perfection or performance—it's about **presence and relationship**.
- We pray *to God, through Jesus, with the help of the Holy Spirit*.
- Let your prayer life be **authentic, relational, and consistent**.
- Don't miss out on God's promises—be present in prayer.

Let us not only pray—let us become **a people of prayer**.

