

Fresh Fire #3

“What is Personal Prayer?”

March 14, 2009

Review: Did you **memorize** Isaiah 41.10 – can you say it?

“If it’s so easy, why is it so hard?” – nature of God, us, Satan, culture, faulty core beliefs, confused expectations, etc.

“God’s Silence” – how to grow through it...

Simple steps for developing a life of prayer

1. **Choose to believe** God’s truth claims – don’t rely on your senses for truth.
2. By God’s grace **choose to commit** to:
 - a. A certain time of day for prayer
 - b. A certain amount of time for prayer
 - c. Praying for a hunger for God (Matt 5.6; Ps 42.1-2)
3. **Journal** to God (hand out tablets)
 - a. Be honest about your soul struggles
 - b. Keep track of Scriptures that help you
 - c. Try to discover what helps you most
 - d. Look for God’s footprints throughout your day
4. **Support** one another through prayer (Eph 6.18)

How did it work for you? What helped? What hindered? Make adjustments as needed!

- A. God’s promise to memorize: **Ezekiel 36.26-27**...a new heart
- B. Have you experienced any progress in your prayer journey?
How is your journaling going? Is it helping at all?
What have you learned about prayer in your own experience?
- C. Personal prayer brings us into the presence of God Himself – this is by faith – not by feeling...
Psalm 46.10...be _____ and _____
וַאֲדֹמָי יָדָא – Strong’s # H03359 “to know” – Adam “knew”
Eve and they had children – this is very personal knowledge
What is God saying to you personally in this text?
Hebrew 4.14-16... come boldly to the throne of _____
based on what? _____
- D. The truth-claims of God vs. the lies and doubts of the enemy...
Satan loves to play the “doubt game” with our mind
(Gen 3 & Matt 4)
How can we stop playing this game with him?

- E. One secret of personal prayer: choosing to believe that God hears and answers our prayers because He says so:
Matthew 6.6-7...the Father sees in secret, and ...
Matthew 11.28-30...come to Me for rest and I ...
John 16.23-27...the Father Himself will ...
James 1.6-8...don’t be a double minded person ...
- F. 7 Steps for experiencing meaningful, personal prayer (ACTS)
 1. **A**-Focus on God – mediate on stories, texts, commands, Psalms.
Journal what you see, hear, any insights. Compare to other stories, texts, and commands – try to summarize in a sentence. Allow this truth claim about God to inter into your mind. Focus on this attribute of God as you begin your session of prayer.
 2. **C**-Confess your faults, struggles, sins – even the sin of neglect – as they come to you – allow the Holy Spirit time to bring these things to the surface so you can confess, be forgiven, and cleansed.
 3. **T**-Thank God for what He has done and is doing – take time to notice the goodness of God in your life. Become more aware of God’s footprints in your life and express appreciation for His divine activity in your world.
 4. **S**-Express to God your needs, wants, pain, confusion. Be honest with your struggles, joys, and needs.
 5. Take time to listen for anything else that God may want to say to you (Isaiah 30.21).
 6. End your prayer time by focusing on God – use a doxology or phrase of your own creation that expresses for you the wonder, praise, and blessing that God (and being His child) brings to your mind (Jude 24-25).
 7. As you arise to go, be sure to drink in the atmosphere of heaven – God’s presence – and take it with you throughout your day (Hebrew 13.5-6).
- G. Pray and Ponder in your journal: Jeremiah 29.11-14...
God made this promise to the Israelites while they were in captivity in Babylon. What is holding you captive? What would you like God to deliver you from? What does this text say about His attitude toward you? What is His deep desire for you?
- H. Homework Question...
What are my false assumptions about God and prayer?
How do they limit my experience with God?

Are God's truth-claims stronger than my false assumptions?
What role does doubt play in my journey? How can I stop?
What role should Scripture play in your prayer experience?