

Week 3: How to Pray

Recap

A working definition of prayer:

Prayer is:

1.

2.

3.

We can pray because:

1.

2.

3.

4.

1. How to Pray

1.1 To the Father

Matthew 7:7-11

Philippians 4:4-7

1.1.1 John Calvin's rules for prayer:-

1.1.1.1 Joyful fear

1.1.1.2 Spiritual Insufficiency

1.1.1.3 Restful Trust and Confident hope

1.1.1.4 There are no rules!

1.2 In the name of the Son

John 14:5-14

- What is the disciples' problem? (see v1-4 for context)
- How do we come to the Father?
- How has Jesus shown us what the Father is like?
- How do we ask the Father for things?
- What will happen when we do?

1.3 By the work of the Spirit

2. Patterns for Prayer

2.1 Adore

1. The address – a name of God
2. The doctrine – a truth about God that forms the prayer's basis
3. The petition – what is being asked for
4. The aspiration – what good result will come if the request is granted
5. In Jesus name – remember His role – the shape of the prayer.¹

Prayer of Preparation

1. Almighty God
2. Unto whom all hearts are open, all desires known, and from whom no secrets are hid
3. Cleans the thoughts of our hearts by the inspiration of thy Holy Spirit
4. That we may perfectly love thee, and worthily magnify thy holy name
5. Through Jesus Christ our Lord, Amen.

2.2 Apologise

2.3 Ask

¹ See Tim Keller, *Prayer: Experiencing Awe and Intimacy with God* (Hodder and Stoughton: London, 2014)
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