

# HOW TO PRAY

1 John 5:14; Is 62:6



## SYNOPSIS

P. Richard doesn't like to do purposeless things. When he prays, he wants God to answer his prayers. He wants prayer to transform him and to activate God's blessings in his life. Worship is the primary avenue that God provides for intimacy with him and, thus, is the most important aspect of prayer. How else should prayer be so that it is effective and transformative?



## OUTLINE

1

### PRAYER ALIGNS OUR WILL TO GOD'S

John boldly claims that we can have confidence that, if we ask anything according to God's will, he hears us and that we have what we asked for. (1 John 5:14) This is a guarantee. Jesus modeled the importance of aligning ourselves to God's will in prayer. (Matt 6:10) For those who have wondered why God delays in answering prayer, one reason is that he is conforming our will to his. What we want will never compare to what he wants for us. Do we know that hearing God is more important than talking to God in prayer? God is a good Father who loves us more than we love ourselves. He wants to give us the best thing, so he wants us to ask according to his good, pleasing, and perfect will. Tell God your desires; honesty and vulnerability are important for relationships. But stay open to how the Holy Spirit speaks and forms your heart. Don't give up; keep conforming your will to his.

2

### BIBLICAL PRAYER

More often than not, prayer in the Bible was done in faith, fervently, imploringly, persistently, determinedly, passionately, and with endurance. The "watchmen" (i.e. prayer warriors) described in Isaiah 62:6 never kept silent. All day and night, they took no rest and gave God no rest. They exhausted themselves. Have we ever seen prayer the way we see CrossFit? SoCal prayers are timid, unfocused, and lack determination. We either don't show up to pray or hope it ends quickly. The Korean prayer style of "tong song", crying out to God, is one reflection of refusing to stop until God answers or changes us. Another pastor termed this as "attack prayer". The Bible teaches a prayer attitude of asking/seeking/knocking with shameless audacity.

3

### WHY CAN'T WE PRAY WITH FERVENCY?

P. Richard likened some people's prayer lives to an iceberg. The visible part is an anemic prayer life, but the invisible mountain underneath represents unaddressed doubt, anger, cynicism, disappointment, etc. Mark 11:22 teaches that we move mountains by speaking to them. Faith requires engagement; it must be fought for. If you can't pray, don't ask God; speak to the mountain. Declare the truths of scripture to your own soul. (Ps 42:5,11) Don't let circumstances influence faith, but rather let your faith influence your circumstances as you align with God's will and perspective. Destroy the structures of the enemy. Don't let him claim any territory in your life. Speak to the mountain in Jesus's name.



kairos  
church

?

## DISCUSSION QUESTIONS

1

When you pray, do you expect results? Why/why not?

2

When was the last time you heard from God in prayer? What did He say?

3

Have you experienced realigning/conforming your will to God's will in prayer? Please share.

4

What are the components of the mountain that keep you from having a passionate prayer life? What do you need to declare?

5

Is there something God is inviting you to truly pray about? If yes, what is the next right thing to do in response?



## BIG IDEA

A passionate prayer life begins in worship and develops in intensity and endurance. Prayer aligns our will with God's will so that the things we ask for come closer to the good and perfect gifts he wants to give. Mountains of unaddressed doubt, anger, cynicism, etc. keep us from having have a passionate prayer life and can be destroyed through faith-filled declarations.

Let us pray.

