*January 8, 2023*

**Pray**

**6 Habits That Will Change Your Life: Part 1**

* This is God’s Word.
* It is a perfect treasure of divine instruction.
* It has God for its author,
* salvation for its end,
* and truth, without any mixture of error, for its matter.
* It is the supreme source of truth
* for what we believe
* and how we live.

**Habit - An acquired mode of behavior that has become nearly or completely involuntary.**

**Our daily habits will make us or break us depending on what they are!**

**“Base your happiness on your hope in Christ. When trials come, endure them patiently; steadfastly maintain the habit of prayer.” Romans 12:12 (Ph)**

**Prayer is so important that Jesus made it His habit to pray!**

**“After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone.” Matthew 14:23**

**“One day soon afterward Jesus went up on a mountain to pray, and he prayed to God all night.” Luke 6:12**

**“Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.” Mark 1:35**

**“But Jesus often withdrew to the wilderness for prayer.” Luke 5:16**

* **We should have specific times of prayer.**

**“But when you pray, go away by yourself, shut the door behind you, and pray to your Father…” Matthew 6:6**

* **We should maintain a spirit of prayer.**

**“Never stop praying.” 1 Thessalonians 5:17**

**When Jesus’ disciples asked Him to teach them one thing, it was to pray!**

**Once Jesus was in a certain place praying. As he finished, one of his disciples came to him and said, “Lord, teach us to pray…” Luke 11:1**

**“Pray like this: Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don’t let us yield to temptation, but rescue us from the evil one.” Matthew 6:9-13**

**Prayer is a conversation with our heavenly Father.**

**Prayer ushers us into the presence of God and unleashes the power of God.**

**A Pattern to Use as You Pray**

**1. Praise – I begin by expressing my love to God.**

**“Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name.” Psalm 100:4**

* **Praise God for who He is**
* **Praise God for what He’s done**

**2. Repent – I ask God to forgive my sins.**

**The Bible makes it clear that our sins separate us from God and unconfessed sin can keep God from hearing our prayers.**

* **Ask God to reveal any sin in your life.**

**“Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.” Psalm 139:23-24**

* **Admit my sin to God.**

**Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the LORD.” And you forgave me! All my guilt is gone. Interlude Psalm 32:5**

* **Altar my conduct**

**“Now repent of your sins and turn to God, so that your sins may be wiped away.” Acts 3:19**

* **Accept God’s forgiveness**

**“But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.” 1 John 1:9**

**Repentance removes the barriers that hinder God from hearing me.**

**3. Ask – I ask God to do specific things or meet specific needs.**

**“Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you.” Matthew 7:7**

**What kind of things can I ask for? Anything!**

**The key is we must pray according to God’s will.**

**“And we are confident that he hears us whenever we ask for anything that pleases him. And since we know he hears us when we make our requests, we also know that he will give us what we ask for.” 1 John 5:14-15**

**4. Yield – I submit myself to God’s purpose and will for my life.**

**Prayer is not about getting God to do what I want but rather discovering and wanting what God wants.**

**If prayer is so important, why is it so difficult to maintain the habit?**

**Because prayer is spiritual warfare!**

**Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. Ephesians 6:18**

**Sometimes we pray and wait.**

**Sometimes we pray and do.**

**Sometimes we pray and see.**