Session 5

Why and how do I

| Prayer is the most important activity of our lives. | |
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| "For through [Jesus] we both have access to the Father by c (Ephesians 2:18) | ne Spirit." |

• To the Father

- "... to your father" (Matthew 6:6)
- "... in heaven" (v.9)

• Through the Son

- "I have called you friends" (John 15:15)

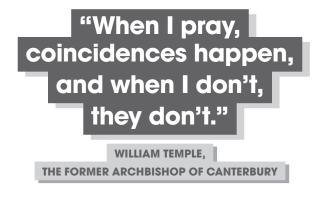
• By the Spirit

- "... the Spirit helps us" (Romans 8:26)

Develops a relationship with GodRewards of prayer (Matthew 6:6)

| • | Presence of God Peace (Philippians 4:6-7) Perspective Power Results of prayer (Matthew 7:7-11) |
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| • | Thesuits of prayer (Matthew 1.1–11) |
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any-



- Yes—you receive what you prayed for, sometimes immediately.
- No—sometimes an obvious reason why not; other times we may not understand straight away why the answer is no.
- Wait-for the right timing.

| • | I nank you—count your blessings, not your problems. |
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| • | Sorry—confess your sins (John 13:6–10). |
| • | Please—"Give us today our daily bread." (Matthew 6:11): ask for |
| | thing you need. |
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- · Anywhere, anytime
 - (Ephesians 6:18)
- · Alone (Matthew 6:6)
 - Regular pattern
 - Best part of the day (Mark 1:35)
- · With others
 - There's power in praying together
 - "Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven."
 (Matthew 18:19)

Three simple tips:

- Keep it real
- · Keep it simple
- · Keep it going

| RECOMMENDED READING |
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| God on Mute Pete Greig |
| What About Other Religions? Nicky Gumbel |
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