

## Session 5

**Why and  
how do I**

Prayer is the most important activity of our lives.

“For through [Jesus] we both have access to the Father by one Spirit.”  
(Ephesians 2:18)

- **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 God
- Rewards 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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**“When I pray,  
coincidences happen,  
and when I don’t,  
they don’t.”**

**WILLIAM TEMPLE,  
THE FORMER ARCHBISHOP OF CANTERBURY**

- 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.

- **Thank you**—count your blessings, not your problems.
- **Sorry**—confess your sins (John 13:6–10).
- **Please**—“Give us today our daily bread.” (Matthew 6:11): ask for anything 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

*God on Mute*  
Pete Greig

*What About Other Religions?*  
Nicky Gumbel

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