

I. PRAYER PRINCIPLES

- A. Adjust Your Expectations about prayer by studying the scriptures listed below. Allow these truths to penetrate deeply as you see how much you can expect from God:
- An Answer: Ps 86:7-- In the day of my trouble I will call upon You, for You will answer me.
 - An Audience: Ps 18:6 TM-- I call to God, I cry to God to help me. From his palace He hears my call; my cry brings me right into his presence - a private audience!
 - Guidance: Jude 1:20 NLT-- But you, dear friends, must continue to build your lives on the foundation of your holy faith. And continue to pray as you are directed by the Holy Spirit
 - Promise of Help: Rom 10:13 TM-- Everyone who calls, 'Help, God!' gets help.
 - Nearness of God: Jm 4:8-- Draw near to God and He will draw near to you.
 - Revelation: Jer 33:3-- Call to Me, and I will answer you, and show you great and mighty things, which you do not know
 - Spirit of God: Lk 11:13-- If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!"
 - Understanding: Ps 73:16-17--When I thought how to understand this, it was too painful for me--until I went into the sanctuary of God; then I understood
 - Way of Escape: 1 Cor 10:13 NIV-- God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.
 - Wisdom: Jm 1:5-- If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.
- B. Appropriation is a biblical technique for laying hold of the principles and promises of Scripture. Take possession of these verses by turning them into a prayer. Ask and believe that God will make it true of you and in your experience (Refer to the handout "Tools & Techniques: Appropriation for more details).
- C. Application—Take the following action steps so that you can enjoy the benefits of a growing and powerful prayer life:
- 1) Establish a Time
 - a) Any time of day is suitable for prayer: Ps 55:17-- Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice.
 - b) With your schedule in mind, identify the time(s) that are best for prayer:
 - c) Prayerfully consider the amount of time you devote to your relationship with God. Ask Him to help you set guidelines on how often and how long to commit to meeting with Him. Consider asking a prayer partner or trusted friend to hold you accountable to this commitment.

2) Establish a Place

- Jesus suggested that we set aside a special place for prayer: Mt 6:6 TM-- Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.
- Is there a place in your home that you consider your prayer closet?
- If not, try out some possible spots until you find one that you can designate as your meeting place with God.

3) Establish a Daily Routine

a) For starters, try this simple format for your time with God:

1. One Minute of Silence: Be still, quieting your heart before God: Ps 65:1-2 TM-- Silence is praise to you, Zion-dwelling God, and also obedience. You hear the prayer in it all.
2. One Song of Worship: Sing one hymn or praise song to Him: Ps 43:4-- Then I will go to the altar of God, to God my exceeding joy; and on the harp I will praise You, O God, my God.
3. One Truth: Read a portion of scripture, a devotional or a Bible study resource. Focus on one truth that speaks personally to you: Jer 15:16-- Your words were found, and I ate them, and Your word was to me the joy and rejoicing of my heart
4. One Prayer Principle: Choose one principle from the previous page and ask God to make it true of you. Wait and watch for Him to act.

b) For growth in your prayer life, try these ideas to help you go deeper:

- S and S—Simply sit and sing (or sit and stare) in God's presence. Just enjoy being with Him.
- Storehouse Prayer—Pray through a situation, asking the Holy Spirit to draw from the storehouse of truths you've been storing up in your heart. Write down any insights that God gives from these Spirit-led prayers.
- Seek-Him-Until Prayer—Devote extra time to exploring long-term issues or strongholds in your life that have come to your attention through recurring themes or repeated circumstances. Use the notes and handouts from the Counting On God series and your spiritual journal to get started. Go deeper and expand your understanding by using audio messages or supplemental reading. Continue to call upon the Lord of the Breakthrough in prayer and praise, seeking Him until He brings freedom and victory in these areas.

4) Establish a Record:

- a) In your daily times with God, use a legal pad or journal to record the insights God gives you and the prayers you prayed. Keep it brief but specific.
- b) Choose one day each week to review your record. Be on the alert to identify any themes or threads and pray these back to God.
- c) Find a filing system that works for you so that you can easily retrieve and review what you've written for future use: Ps 77:11 TM-- Once again I'll go over what God has done.