

21 DAY FAST AND PRAY

January 8, 2021

“By reading and studying the prayers recorded in scripture, we can learn how to pray more effectively.”

Heavenly Homework.

1. In the book, “God, Please Help Me Pray!” read Chapter 4, pages 49 – 53 and answer the six questions listed at the bottom of page 53 and the top of page 54.
2. Fast someway each day as God directs you.

The value of a “model prayer.” Prayers recorded in scripture serve many purposes. Perhaps best of all, they teach us how to pray. (One of the best ways to learn something new is by studying how someone good at it does it.) The Apostle Paul was good at praying. Listen:

¹⁴ “...I bow my knees before the Father, ¹⁵ from whom every family in heaven and on earth is named, ¹⁶ that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith – that you, being rooted and grounded in love, ¹⁸ may have strength to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹ and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.²⁰ Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen. – Ephesians 3:14-21

Paul presents himself in humility, acknowledges the greatness of God and the glory of His vast riches and then makes a huge request: That those he is praying for will be strengthened, faith-filled, rooted, grounded... that their understanding and comprehension of the fullness of God be increased to the full. After asking for such good and large things for other people, Paul observes that God can do far more than he (Paul) can say or think). Then he adds thanksgiving. What a prayer!

The prayer of Hannah. Hannah asked God for a child and He gave her a son. This is a portion of her prayer:

¹⁰ In her deep anguish Hannah prayed to the Lord, weeping bitterly. ¹¹ And she made a vow, saying, “Lord Almighty, if you will only look on your servant’s misery and remember me, and not forget your servant but give her a son, then I will give him to the Lord for all the days of his life, and no razor will ever be used on his head.”

After the child was born, she prayed:

“My heart rejoices in the Lord; in the Lord my horn is lifted high. My mouth boasts over my enemies, for I delight in your deliverance. ² “There is no one holy like the Lord; there is no one besides you; there is no Rock like our God. “The Lord brings death and makes alive; he brings down to the grave and raises up... ⁷ The Lord sends poverty and wealth; he humbles, and he exalts. ⁸ He raises the poor from the dust and lifts the needy from the ash heap; he seats them

with princes and has them inherit a throne of honor. "For the foundations of the earth are the Lord's; on them he has set the world... I Samuel 2:1,2,7,8 NIV

We can learn so much about how to pray effectively by studying the many prayers recorded for us in scripture.

Four things to pray about tonight:

Pray for healing in the church.

Pray for guidance

Pray for protection

Pray for peace

Pray "Oh God, help me pray!"

"Hear me Lord and answer me for I am poor and needy." – Psalm 86:1

I lift up my eyes to the mountains – where does my help come from? My help comes from the Lord, the Maker of heaven and earth. – Psalm 121:1-2

"Protect me God because I take refuge in You. I say to the Lord, You are my Lord, apart from You I have nothing good." – Psalm 16:1

***"God, far more than having prayer meeting,
help us become a praying church."***