



## **SOME TIPS ON A CONSISTENT DAILY PRAYER LIFE**

There are many “ways” to pray. As long as we are dialoging to the Father within the biblical principles of prayer, there is not a “right” or “wrong” way.

Different methods appeal to different kinds of people.

As we grow in our intimacy with the Father, we learn that consistency is a key factor in healthy spiritual development.

The consistency I’m talking about is different than a generic rote ritual. I’m talking about a Spirit-led consistency that provides a firm foundation in the context of an ever-growing and vibrant relationship.

In the next couple of weeks, we will explore a couple of prayer practices used over the centuries, but today I was us to revisit the first in-depth teaching about prayer for the Church.

In Matthew 6:9-13 Jesus shared a powerful framework for prayer. It wasn’t a ritualized prayer that He gave us to mindlessly repeat, but an outline of principles to guide us in our dialogue with the Father.

### **"Our Father in heaven"**

We need to always acknowledge first and foremost who we are talking to. He (God) is our heavenly Father. He is the only true God who created all things in this universe, including ourselves. He loves us and we need to show our love for Him.

### **"Hallowed be your name"**

We must see Him as being holy, sanctified, consecrated; worthy of praise, honor and glory! The Old Testament shares many of the names used to express the character of God. Here are a few:

JEHOVAH JIREH (*The Lord Will Provide*) Genesis 22:13-14  
JEHOVAH NISSI (*The Lord My Banner*) Exodus 17:15  
JEHOVAH RAAH (*The Lord My Shepherd*) Psalm 23:1  
JEHOVAH RAPHA (*The Lord My Healer*) Exodus 15:26  
JEHOVAH TSIDKENU (*The Lord Our Righteousness*) Jeremiah 23:6  
JEHOVAH M'KADDESH (*The Lord Who Sanctifies You*) Leviticus 20:8  
JEHOVAH SHALOM (*The Lord is Peace*) Judges 6:24  
JEHOVAH SHAMMAH (*The Lord is There, He is Present*) Ezekiel 48:35

**"Your kingdom come"**

We acknowledge His coming kingdom. We pray that Christ will soon return and establish His earthly kingdom where we will reign with Him for eternity. His Kingdom has come to earth through Jesus and we are Ambassadors of His Kingdom.

**"Your will be done on earth as it is in heaven"**

We need to be praying for His will to be done in our lives, so that we might bring glory to Him here on earth as He is also glorified in heaven. We need to do things His way, instead of selfishly doing our own things to satisfy our own desires.

**"Give us today our daily bread"**

We should ask our Father each day to provide for our needs, just as He promised in His Holy Word. His Word says that we don't have, because we don't ask. Jesus said man does not live by bread alone, but every word that proceeds from the mouth of God. Our daily bread is also daily exposure to God's word through reading, study, and meditation.

**"Forgive us our debts (or transgressions) as we also have forgiven our debtors (transgressors)"**

This speaks about forgiveness among our associates, neighbors, friends, family and loved ones. Any and all persons in our lives that we come in contact with in social or business situations are included as well.

**"Lead us not into temptation"**

We need to ask our heavenly Father to help us recognize every evil thing, every temptation before us. We need help to stay focused on our

Father and see the evil that we might fall into, for what it is really is, a trap set by Satan to bring us down to his level.

### **"But deliver us from the evil one"**

We should daily be aware of the spiritual warfare around us and prepare ourselves biblically for the potential challenges before us. See the next section for some direction in this area.

Some versions of the Bible have these words as the end of the Lord's Prayer: **"For thine is the kingdom, and the power, and the glory forever"**

We can end our time of focused prayer with the Father as we started, a time of praise and worship.

## **LIVING VICTORIOUS THROUGH PRAYERFUL SPIRITUAL WARFARE**

We will face many challenges in life. Some challenges are with other people, circumstances and situations that surround us, while others have more "spiritual" roots.

The Bible teaches us that the devil is on a constant mission to destroy God's work on this planet. (*John 10:10 The thief comes only to steal and kill and destroy...*)

Because we are a big part of God's plan and purpose, the devil wants to do all he can to distract us and cause us to be ineffective in our lives as Jesus Followers. To some, this may seem like a discouraging situation, but God has provided a strategy for us to be victorious in the battles that arise.

We need to understand that living a victorious Christian life is only possible by putting into practice spiritual principles taught by God's word. If we try to live according to our own intellect, wisdom and understanding we will not be able to win the spiritual battles because human weapons are no good in spiritual battles. God's word teaches the importance of spiritual warfare, the components of spiritual warfare and how to walk in balance as we engage in spiritual warfare.

*1 Chronicles 16:11 Look to the Lord and his strength; seek his face always.*

In order to be victorious in the spiritual battles of life we must be consistent in our relationship with God. We must always look to Him and His strength and always seek His answers.

*Matthew 26:41 Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."*

Most Christians want to do the right things, but our flesh is weak. We can try all kinds of "tricks" to combat the flesh, exercise all the self-control and self-discipline we can muster, but the best place to start is with prayer.

*Romans 12:1,2 Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.*

Living a life in obedience to God's word is a form of worship to Him.

*2 Corinthians 10:4,5 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

The weapons of this world consist of those things that man can do on his own and with his own ability. The weapons that we need to use to fight the spiritual battles of life find their place in God. They not only help us walk victoriously but they literally demolish the strongholds that wage war in our lives.

*Ephesians 6:10-18 Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled*

*around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.* The battles we fight, regardless of their origin or combatants, are not against other people but against spiritual forces. This is why we need to fight our battles with spiritual weapons, in a spiritual context. We can't rely on our armor. Our armor consists of man's answers, man's intellect, and man's wisdom. God's armor is all about His wisdom, power and glory.

In Romans, Paul tells us that one way to fight the battles of temptation is to clothe ourselves with Christ. (Romans 13:14 Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature.)

When we put on the armor of God, we are putting on Jesus:

**Belt of truth -- Jesus is the truth:**

*John 14:6 Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.*

**Breastplate of righteousness -- Jesus is our righteousness:**

*Romans 3:22 This righteousness from God comes through faith in Jesus Christ to all who believe.*

*2 Corinthians 5:21 God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.*

**Feet fitted with the readiness that comes from the gospel of peace -- Jesus is the Gospel and Peace:**

*2 Timothy 2:8 Remember Jesus Christ, raised from the dead, descended from David. This is my gospel,*

*Isaiah 9:6 For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.*

**Shield of faith – Jesus is the author and perfecter of our faith:**

*Hebrews 12:2 Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.*

**Helmet of salvation – Jesus is our salvation:**

*Acts 4:12 Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved."*

**Sword of the Spirit, which is the word of God – Jesus is the Word of God:**

*John 1:1 In the beginning was the Word, and the Word was with God, and the Word was God.*

*John 1:14 The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth.*

**And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.**

*Philippians 4:6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.*

There are many reasons to be anxious in life. Inevitably things happen that can cause stress. God has given us a way to deal with the stress and anxiety of life—prayer.

*Colossians 4:2 Devote yourselves to prayer, being watchful and thankful.*

We need to be purposeful about prayer. We need to be strategic in our prayers. We need to make prayer a priority.

*1 Thessalonians 5:17 pray continually*

Praying should become a part of the fabric of our life, not a ceremony or ritual that is disconnected with the rest of our existence.