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**Exalting, Equipping, Evangelizing**

Bible Study

Wednesday, January 13, 2016

### **Basic Principles of Prayer**

Our church is in the midst of a 21 day fast that started on January 1<sup>st</sup> and will end on January 21<sup>st</sup>. On last week we taught a lesson on Biblical Fasting. Tonight we will teach about Principles of Prayer. For a fast to be effective, prayer must be a vital part of the fast.

#### **I. What is Prayer?**

Prayer is how we communicate with God, how we talk to God.

*Jeremiah 33:3; John 15:7*

#### **II. Why We Pray?**

Because the Lord knows better than we do about what we really need.

*Matthew 26:36-39; Mark 6:45-46; Luke 6:12-13*

#### **III. When to Pray?**

We should live our lives in a constant state of communion with God.

*1<sup>st</sup> Thessalonians 5:17*

#### **IV. How to Pray?**

A. Begin with a Prayer of Thanksgiving.

Thanking God for what He's already done.

*1<sup>st</sup> Thessalonians 5:18*

B. Prayer of Confession

- Confess sins of the tongue – things we've said.
- Confess sins of action – things we've done.
- Confess sins of thought – ungodly thinking.
- Confess sins of omission – things we should have done.

*Psalms 66:18*

*James 1:26*

*Romans 7:15-24*

*Romans 12:2*

*Matthew 25:41-46*

*1<sup>st</sup> John 1:9*

C. Why is it important to confess sin?

We have God's promise that He will forgive us.

D. Prayer of Intercession

When we pray on behalf of others.

*1<sup>st</sup> Timothy 2:1-3*

E. Prayer of Petition

When we ask God for something.

*Philippians 4:6*

Remember, skipping meals alone will not result in a meaningful fast. You must set aside time to pray and seek spiritual insight. Dedicate at least as much time as you would spend in food preparation and eating for prayer and the study of God's Word.