**“PRAY” SERIES PREACHING/STUDY NOTES**

**Week 1: THE PRIVILEGE OF PRAYER**

* Think about who you come to and how you come to Him.
* Cultivate a "private history with God".

**Main passage:** *Matthew 6:5-15 - “When you pray …”*

We are expected to pray

We don’t pray to impress

God is not as concerned with our words as He is with our hearts

**Prayer is two-way:**

God wants to hear our prayers, but He also wants us to listen to Him *(See Ecclesiastes 5:2)*

**The Lord’s Prayer:** *Matthew 6:9-13***:**

A model Jesus gave for prayer (though not a script) – containing elements of worship, acknowledgement of God’s sovereignty, our reliance on Him, asking for provision, confession.

**The “Thine is the Kingdom” doxology (hymn of praise) reminds us to praise during prayer**

When we praise we put ourselves in a good position to encounter God and for the Holy Spirit to reveal the will of God for us and direct our prayers *(see Romans 8:26-27)*

**Fasting:**

Going without food, or something else we depend upon, or that takes up our time or attention, for a specific period as an act of sacrifice and a symbol of our dependence on God.

A biblical principle in Old and New Testaments *(see eg Esther 4:16; Acts 13:1-3)*

Fasting verses: *Matthew 6:16-18* (expected – see v16)

Fasting and the poor/injustice: *Isaiah 58:5-7* (going without to benefit others)

**Lifestyle of Prayer:** *Ephesians 6:18**(Pray at all times about all things)*

Example of Nehemiah's prayer life: *(see Nehemiah 1:4; 2:4; 4:4; 4:9; 5:19; 6:9; 6:14 13:14; 13:22; 13:29; 13:31)*

**SONGS TO REFLECT ON:**

**1. Touch The Sky - Hillsong United**

*I found my life when I laid it down*

*I touch the sky when my knees hit the ground*

Sacrifice and surrender *(see eg Luke 9:23)*

Praying "not my will, but Yours" *(see Matthew 26:39)*

When we do we find true life/encounter Jesus/touch heaven/are transformed

**2. What A Friend We Have In Jesus - Joseph Scriven**

*"What a friend we have in Jesus, all our sins and griefs to bear! What a privilege to carry everything to God in prayer!"*

Prayer is a privilege - we can come to Jesus at any time, in any situation, with any need.

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

They devoted themselves to ... prayer. *(Acts 2:42 NIV)*

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. *(1 Thessalonians 5:16-18 NIV)*