

START STRONG - PRAYER

Spiritual rhythms or patterns, regular and repeated are essential for us to stay strong in the Lord.

In conclusion, **be strong in the Lord** [draw your strength from Him and be empowered through your union with Him] and in the power of His [boundless] might. - *Ephesians 6:10 – (AMP)*

If you falter in a time of trouble, how small is your strength! - *Proverbs 24:10 – (NIV)*

YOU NEED TO STAY STRONG

Why is it so important to develop Spiritual Rhythms?

Now, stay strong and steady.....Hold tight to GOD, your God, just as you've done up to now. - *Joshua 23:6-8 (MSG)*

GOD has driven out superpower nations before you. And up to now, no one has been able to stand up to you. Think of it-one of you, single-handedly, putting a thousand on the run!

Because GOD is GOD, your God. Because he fights for you, just as he promised you. - *Joshua 23:9-10 (MSG)*

1. Because GOD is GOD, your God. Because He is fighting for you.

for we walk by faith, not by sight [living our lives in a manner consistent with our confident belief in God's promises] - *2 Corinthians 5:7 (AMP)*

Jonathan went to find David and encouraged him to **stay strong in his faith in God.** - *1 Samuel 23:16 (NLT)*

Be on your guard and stay awake. Your enemy, the devil, is like a roaring lion, sneaking around to find someone to attack. But you must resist the devil and **stay strong in your faith...** - *1 Peter 5:8-9 (CEV)*

2. Because you want to stay strong in your faith consistently and confidently during difficult times.

Now the mind governed by the flesh is death [both now and forever—because it pursues sin]; but **the mind governed by the Spirit is life and peace** [the spiritual well-being that comes from walking with God—both now and forever]; - *Romans 8:6 (AMP)*

3. Because they lead to life and peace now and forever.

“If you have the ear of an important person, you are listened to and considered important by that person.” – Cambridge English Dictionary

You have the ear of your Father

For the Eternal **watches over the righteous**, and **His ears are attuned to their prayers. He is always listening.** - *Psalms 34:15 (VOICE)*

We live in the bold confidence that **God hears our voices** when we ask for things that fit His plan. And if we have no doubt that **He hears our voices**, we can be assured that **He moves in response to our call.** - *1 John 5:14-15 (VOICE)*

The confidence we have in Prayer is fundamentally down to relationship. Our relationship with God and more specifically our relationship with Him as OUR FATHER

John 5:17 – 37: A revelation of the relationship between Jesus and His Father

- a) Jesus **imitates and reflects His Father** (v17, 19)
- b) Jesus is **dependent on His Father** (v19)
- c) Jesus has **faith in His Father’s love for Him** (v20, 24)
- d) Jesus **trusts and has confidence in His Father** (v20)
- e) Jesus **lives for His Father’s will** (v30)
- f) Jesus **validation comes from His Father** (v32)

Now that we are his children, God has sent the Spirit of his Son into our hearts. **And his Spirit tells us that God is our Father.** - *Galatians 4:6 (CEV)*

Knowing God as YOUR FATHER is the strongest foundation for confident assurance you can have.

¹⁴ God says, "... I'll protect you because you know my name. - *Psalms 91:14 (CEB)*

"Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, **how much more will your Father in heaven give good gifts** to those who ask him!" - *Matthew 7:9-11 (NIV)*

It is from this strong foundation that:

1. Jesus always prayed to His Father (privately and publicly)

At that time Jesus prayed this prayer: "**O Father, Lord of heaven and earth**, thank you for hiding these things from those who think themselves wise and clever, and for revealing them to the childlike. - *Matthew 11:25 (NLT)*

"**Father,**" he prayed, "**my Father!** All things are possible for you. Take this cup of suffering away from me. Yet not what I want, but what you want." - *Mark 14:36 (GNT)*

And Jesus prayed, **Father, forgive them**, for they know not what they do. And they divided His garments and distributed them by casting lots for them. - *Luke 23:34 (AMPC)*

2. Jesus encouraged us to ask the Father directly in His name.

And **in that day** ye shall ask me nothing. Verily, verily, I say unto you, **Whatever ye shall ask the Father in my name, he will give it you.** - *John 16:23 (KJV)*

In that day you will ask (pray) in My name, and I am not saying to you that I will ask the Father on your behalf [**because it will be unnecessary**]; **for the Father Himself [tenderly] loves you**, because you have loved Me and have believed that I came from the Father. - *John 16:26-27 (AMP)*

3. Jesus taught His disciples to pray to Our Father

⁶ But when you pray, you should go into your room and close the door. **Then pray to your Father.**

⁹ So this is how you should pray: **Our Father in heaven**, we pray that your name will always be kept holy. *Matthew 6:6,9 – (ERV)*

3 things about Private Prayer:

- a) PRIVATE PRAYER is PERSONAL
- b) PRIVATE PRAYER is INTIMATE
- c) PRIVATE PRAYER is EXPRESSIVE



Jesus Teaches About Prayer

⁵“When you pray, don’t be like the hypocrites. They love to stand in the synagogues and on the street corners and pray loudly. They want people to see them. The truth is, that’s all the reward they will get. ⁶But when **you** pray, **you** should go into your room and close the door. Then pray to **your** Father. He is there in that **private place**. He can see what is done in **private**, and he will reward **you**.” - *Matthew 6:5-6 (ERV)*

"And when you pray, don't be like the people who don't know God. They say the same things again and again. They think that if they say it enough, their god will hear them.... So this is how you should pray: 'Our Father in heaven, we pray that your name will always be kept holy. We pray that your kingdom will come- that what you want will be done here on earth, the same as in heaven. Give us the food we need for today. Forgive our sins, just as we have forgiven those who did wrong to us. Don't let us be tempted, but save us from the Evil One.'" - *Matthew 6:7,9-13 (ERV)*

Daily (Private Closet Time + Talking to Him Throughout your Day) = Spiritual Growth and Strength

After Jesus said goodbye to the people, **he went up into the hills by himself to pray. It was late, and he was there alone.** - *Matthew 14:23 (ERV)*

Then **Jesus got up early in the morning** when it was still very dark, departed, and **went out to a deserted place, and there he spent time in prayer.** - *Mark 1:35 (NET)*

Every morning, LORD, I lay my gifts before you and look to you for help. **And every morning you hear my prayers.** - *Psalms 5:3 (ERV)*

I remember you while lying on my bed. I think about you **in the middle of the night.** - *Psalms 63:6 (ERV)*

I speak to God morning, noon, and night. I tell him what upsets me, and he listens to me! -

Psalm 55:17 (ERV)

Remind me each morning of your constant love, for I put my trust in you. My prayers go up to you; show me the way I should go. - *Psalm 143:8 (GNT)*

Never stop praying. - *1 Thessalonians 5:17 (ERV)*

Bible Versions Used

AMP = Amplified Bible

AMPC = Amplified Bible, Classic Edition

CEB = Common English Bible

CEV = Contemporary English Version

CSB = Christian Standard Bible

ERV = Easy Read Version

ESV = English Standard Version

GNT = Good News Translation

MSG = The Message

NET = New English Translation

NIV = New International Version

NKJV = New King James Version

NLT = New Living Translation

VOICE = The Voice