



Sermon Notes: How Do I Pray?

1. The Purpose of Prayer.

- a. To seek intimacy with God.
- b. To seek the glory of God.
- c. To seek fullness of joy.

2. The Prerequisites of Prayer.

- a. A sense of my insufficiency and God's sufficiency.
- b. A sense of loving and trusting God.
- c. A sense of God's grace.

3. The Pattern of Prayer.

- a. Adoration.
- b. Confession.
- c. Thanksgiving.
- d. Supplication.

4. The Promise of Prayer.

- a. God hears and answers you.
- b. Prayer gives perspective and strength.

5. The Practice of Prayer.



Gospel Applications: How Do I Pray?

1. What is prayer, in your own words? How would you change or add to your definition of prayer after this message?
2. What are some reasons why you pray? Upon reflection, what would you say is the primary reason you pray?
3. When you pray, what are some ways you seek the Lord's face? What are some ways you seek his hand? What's the difference?
4. What are some ways we commonly use prayer to say to God, "My will be done"? How could you still confess your desires to the Lord, while concluding in surrender, "Thy will be done"?
5. What's one thing you'll do to focus your prayer life this week?
6. Practice the ACTS Method of prayer with "The Armor of God" passage in *Ephesians 6:10-20* that we studied last week.

1. Adoration:

What did the text show me about God that is worthy of my praise?

- Names, attributes, actions?

2. Confession:

What do I need to acknowledge about myself in light of the text?

- Areas of insufficiency, weakness, sin?

3. Thanksgiving:

What do I want to express gratitude for?

- Things God has done, is doing, or has promised?

4. Supplication:

What kinds of things does the text remind me to ask God for?

- What else would I like to ask God for?

7. What other categories of prayer would you add to these four – and what would it sound like to practice them?