



The Promise of Prayer

The Pattern of Prayer

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." He said to them, "When you pray, say: " 'Father, hallowed be your name, your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.' —Luke 11:1-4

Persisting in Prayer

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus —Philippians 4:6-7

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

Then Jesus said to them, "Suppose you have a friend, and you go to him at midnight and say, 'Friend, lend me three loaves of bread; a friend of mine on a journey has come to me, and I have no food to offer him.' And suppose the one inside answers, 'Don't bother me. The door is already locked, and my children and I are in bed. I can't get up and give you anything.' I tell you, even though he will not get up and give you the bread because of friendship, yet because of your shameless audacity he will surely get up and give you as much as you need.

"So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

"Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? 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 the Holy Spirit to those who ask him!"

Pray continually —1 Thessalonians 5:17

Question #3: "What am I talking to God about?"

Experiencing the Promise of Prayer

Thanks (Adoration)

Thanks (adoration) simply means loving worship of God. Start your prayer here. Let Scripture shape this portion of your prayer as you give thanks for who God is and what he has done.

Sorry (Confession)

Confession of sin is about getting to the root of our sin, the subterranean desires that lead to the external actions. This means that the confession portion of your prayer will not aim for "spot repentance" of sins, but deep repentance that identifies aspects of unbelief (so be specific).

Please (Gospel Thanks + Supplication)

One of the goals of prayer is to "preach the gospel to ourselves." We are asking God to make the life-giving, heart-transforming promises of the gospel more beautiful and believable to us.

If God has redeemed us at greatest cost to himself, then we can trust him to provide exactly what we need (and help us to see what exactly it is the we truly need). So ask him directly. No need to bargain.



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