

How to model prayer so it sticks

Thursday, Workshop 3; 15pm - 4:30pm

In teaching others about prayer we need to consider the way Jesus taught His disciples. When the disciples saw Jesus praying, they asked Jesus to teach them about prayer. They said that John also taught His disciples about prayer.

Jesus taught them by modeling a simple prayer for them — a simple prayer that was revolutionary for that day. We have this prayer recorded in the book of Matthew and Luke.

Luke 11:1-4 ¹ And it came about that while He was praying in a certain place, after He had finished, one of His disciples said to Him, “Lord, teach us to pray just as John also taught his disciples.” ² And He said to them, “When you pray, say: ‘Father, hallowed be Thy name. Thy kingdom come.’ ³ ‘Give us each day our daily bread.’ ⁴ ‘And forgive us our sins, For we ourselves also forgive everyone who is indebted to us. And lead us not into temptation.’”

Matthew 6: 9-15 “Pray, then, in this way: ‘Our Father who art in heaven, Hallowed be Thy name.’ ¹⁰ ‘Thy kingdom come. Thy will be done, On earth as it is in heaven.’ ¹¹ ‘Give us this day our daily bread.’ ¹² ‘And forgive us our debts, as we also have forgiven our debtors.’ ¹³ ‘And do not lead us into temptation, but deliver us from evil. For Thine is the kingdom, and the power, and the glory, forever. Amen.’ ¹⁴ “For if you forgive men for their transgressions, your heavenly Father will also forgive you. ¹⁵ “But if you do not forgive men, then your Father will not forgive your transgressions.”

How can we teach others how to pray? Could we model our prayer time to them?

Below is a way I have used to help each others how to enjoy time alone with their heavenly Father. I began using this at a 10-week class my wife and I teach at our church called *Intimacy with God*.

In the beginning days, we would have four or five people in the class. When we taught quiet times, it was easy for people to spread out in our prayer room, to be alone. As the class grew in size, I was challenged to find away for 20-30 people to *be alone* with God.

I starting by using sheets. Improvised closets — so to speak.

All you need is for people to bring a sheet to class. I also bring a CD of some quiet worship music. (Quiet Times by Lindell Cooley).

I tell them a week before what we will be doing. “We will have a quiet time under a sheet.” It is a little quirky but they respond well.

During the class time I give them a handout. Ask them to sit under their sheet and work through the paper.

It takes about 20-25 minutes. And the results have been tremendous.

Time Alone with the Father under a sheet

And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

Starting out.

Begin by dedicating this time to God in prayer.

Ask Him to quiet your spirit and protect your mind. To take away the cares of this world, and help you to focus on Him and His Word.

Listen to the music. Relax.

1. Now start by reading Psalm 91.

P S A L M 91

Safety in abiding in the Presence of God

¹ He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

² I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust.

³ Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.

⁴ He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

⁵ Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;

⁶ Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.

⁷ A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.

⁸ Only with thine eyes shalt thou behold and see the reward of the wicked.

⁹ Because thou hast made the LORD, which is my refuge, even the most High, thy habitation;

¹⁰ There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

¹¹ For he shall give his angels charge over thee, to keep thee in all thy ways.

¹² They shall bear thee up in their hands, lest thou dash thy foot against a stone.

¹³ Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.

¹⁴ Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.

¹⁵ He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.

¹⁶ With long life will I satisfy him, and shew him my salvation.

2. Now pray the scripture you just read back to God.

Suggested prayer to help you get started:

- ¹ Father I thank you for letting me dwell in a secret place.
I do want to abide under your shadow.
- ² You are my refuge. You are my fortress. In You, and You alone, will I trust.
- ³ I thank You that You are my Deliverer.
- ⁴ Thank You for covering me with your wings.
You are my refuge. Your truth is my shield and buckler (small shield)
- ⁵ Thank you for taking fear from me. Both in the day and in the night.
Thank You, for giving me power, love and a sound mind. (2 Timothy 2: 9).
- ⁶ Keep me from pestilence and destruction.
- ⁷ Though many others fall at my side I know You will keep me.
- ⁸ You see the reward the wicked. You are the Judge of all.
- ⁹ Lord, I make You my refuge. My dwelling place.
- ¹⁰ Do not let evil befall me. Do not let sickness come to me.
- ¹¹ Thank you for giving Your angels charge over me. To keep me in all of Your ways.
- ¹² Thank you that they protect me — always.
- ¹³ Thank you for giving me the power to tread on evil.
- ¹⁴ Thank You for setting Your love on me. For delivering me.
I am humbled that You, the Creator of all things, knows my name.
- ¹⁵ Thank You for allowing me to call upon Your name.
Thank You for the assurance of knowing that You hear and answer my prayers.
Thank You that You are with me when trouble comes.
Thank You for delivering me. And giving me honor.
- ¹⁶ Thank You for satisfying my soul. Thank You for showing me Your salvation.

3. Now pray through the Lord's Prayer. Try not to read it word for word but make it an outline for your own personal prayer to God. (*Prayer changed to first person*)

Matthew 6:9-13

- ⁹ After this manner therefore pray ye:
My Father which art in heaven, Hallowed be thy name.
- ¹⁰ Thy kingdom come. Thy will be done in earth, as it is in heaven.
- ¹¹ Give *me* this day our daily bread.
- ¹² And forgive *me my* debts, as *I* forgive *my* debtors.
- ¹³ And lead *me* not into temptation, but deliver *me* from evil:
For thine is the kingdom, and the power, and the glory, for ever. Amen.

4. Now pray through the ten commandments

Exodus 20:

- ¹ Then God spoke all these words, saying,
- ² "I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery.
- ³ **"You shall have no other gods before Me.**
- ⁴ **"You shall not make for yourself an idol,** or any likeness of what is in heaven above or on the earth beneath or in the water under the earth.

⁵ “You shall not worship them or serve them; for I, the LORD your God, am a jealous God, visiting the iniquity of the fathers on the children, on the third and the fourth generations of those who hate Me,

⁶ but showing lovingkindness to thousands, to those who love Me and keep My commandments.

⁷ **“You shall not take the name of the LORD your God in vain,** for the LORD will not leave him unpunished who takes His name in vain.

⁸ **“Remember the sabbath day, to keep it holy.**

⁹ “Six days you shall labor and do all your work,

¹⁰ but the seventh day is a sabbath of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you.

¹¹ “For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the sabbath day and made it holy.

¹² **“Honor your father and your mother,** that your days may be prolonged in the land which the LORD your God gives you.

¹³ **“You shall not murder.**

Matthew 5:21 “You have heard that the ancients were told, ‘You shall not commit murder’ and ‘Whoever commits murder shall be liable to the court.’ 22 “But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever shall say to his brother, ‘Raca,’ shall be guilty before the supreme court; and whoever shall say, ‘You fool,’ shall be guilty enough to go into the fiery hell.

¹⁴ **You shalt not commit adultery.**

Matthew 5:27 You have heard that it was said, ‘You shall not commit adultery’; 28 but I say to you, that everyone who looks on a woman to lust for her has committed adultery with her already in his heart.

¹⁵ **“You shall not steal.**

¹⁶ **“You shall not bear false witness against your neighbor.**

¹⁷ **“You shall not covet** your neighbor’s house; you shall not covet your neighbor’s wife or his male servant or his female servant or his ox or his donkey or anything that belongs to your neighbor.”

- Pray using ACTS as a guideline.

- > *Adoration* (praise God)

- > *Confession.* Ask God to reveal to you any sin that is in your heart. Listen. Then confess and ask for forgiveness and His strength to overcome that sin.

- > *Thanksgiving.* Thank Him for what He is doing in your life. Thank Him for past answered prayers.

- > *Supplication.*

- Pray for those closest to you first.

- > spouse or family

- > children, roommates

- > pastor

- Pray for the needs of others.

- Pray for corporate church needs
- Now ask God to reveal to you what He wants you to pray for. Be still. Wait. Ask Him. Listen. Then pray as He directs.
- Lastly, pray for your needs. (Remember, He knows your needs before you even ask).

Prayer suggestions

- **Ask Him to make His word your desire. Your delight.**

Psalm 119:35 Direct me in the path of your commands, for there I find delight.

- **Ask Him for to give you understanding of His written word.**

Psalm 119:18-19 Open my eyes that I may see wonderful things in your law. 19 I am a stranger on earth; do not hide your commands from me.

Psalm 119:34 Give me understanding, and I will keep your law and obey it with all my heart.

Psalm 119:144 Your statutes are forever right; give me understanding that I may live.

- **Ask Him to teach you.**

Psalm 119:66 Teach me knowledge and good judgment, for I believe in your commands.

Psalm 119:124 Deal with your servant according to your love and teach me your decrees.

Psalm 119:135 Make your face shine upon your servant and teach me your decrees.

- **Ask Him to keep you from deceitful ways.**

Psalm 119:29 Keep me from deceitful ways; be gracious to me through your law.

- **Ask God to teach you to follow His laws.**

Psalm 119:33 Teach me, O LORD, to follow your decrees; then I will keep them to the end.

- **Ask Him to turn your heart to his laws and away from selfish gain.**

Psalm 119:36 Turn my heart toward your statutes and not toward selfish gain.

- **Ask Him to turn your eyes from worthless things.**

Psalm 119:37 Turn my eyes away from worthless things; preserve my life according to your word.

- **Ask Him to send you His unfailing love and His salvation.**

Psalm 119:41 May your unfailing love come to me, O LORD, your salvation according to your promise;

Psalm 119:76 May your unfailing love be my comfort, according to your promise to your servant.

- **Ask Him to send His compassion to you.**

Psalm 119:77 Let your compassion come to me that I may live, for your law is my delight.

- **Ask Him to insure your well being.**

Psalm 119:122 Ensure your servant's well-being; let not the arrogant oppress me.

- **Ask Him to preserve your life.**

Psalm 119:149 Hear my voice in accordance with your love; preserve my life, O LORD, according to your laws.

Psalm 119:154 Defend my cause and redeem me; preserve my life according to your promise.

Psalm 119:175 Let me live that I may praise you, and may your laws sustain me.

- **Ask Him for His kingdom to come — His will to be done on earth.**

Matthew 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done on earth as it is in heaven.

- **Ask Him for daily provision.**

Matthew 6:11 Give us today our daily bread.

- **Ask Him for forgiveness.**

Matthew 6:12 Forgive us our debts, as we also have forgiven our debtors.

- **Ask Him not to lead you not into temptation — for protection from the evil one.**

Matthew 6:13 And lead us not into temptation, but deliver us from the evil one. ‘

- **Ask Him for wisdom.**

James 1:5 If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.

- **Ask Him to give you more faith.**

Matthew 21:22 If you believe, you will receive whatever you ask for in prayer.”

- **Ask Him to send workers out into the field.**

Matt. 9:38 Ask the Lord of the harvest, therefore, to send out workers into his harvest field.”

- **Ask Him to give you a heart to “ask” for all things in prayer.**

Luke 11:9 “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.

Mark 11:24 Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

John 11:22 But I know that even now God will give you whatever you ask.

John 14:13 And I will do whatever you ask in my name, so that the Son may bring glory to the Father.

John 14:14 You may ask me for anything in my name, and I will do it.

John 16:23 In that day you will no longer ask me anything. I tell you the truth, my Father will give you whatever you ask in my name.

John 16:24 Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

James 4:2 You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God.

1 John 5:15 And if we know that he hears us --whatever we ask --we know that we have what we asked of him.

1 John 5:14 This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.

• **Ask Him to give you the right motives when you pray.**

James 4:3 When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

Pray big — all things are possible with God,

Mark 10:27 Looking upon them, Jesus said, "With men it is impossible, but not with God; for all things are possible with God."

Final thoughts

Be encouraged. Helping others to pray is a great calling. Let Jesus be your guide and your strength.

The great moves of God begin with men and women on their knees in prayer.

I hope you have found this material helpful. I will post this lesson on my prayer web site PrayBig.com so you can download and use it if you wish. If I can be of any help, please do not hesitate to call me. I live in Atlanta, GA with my trophy wife of 35 years Pam. And *Abby the wonder dog* my five-year old English Setter.

I attend Perimeter church in Atlanta, where I serve as an elder. I am active in the prayer ministry there. Pam and I teach a class twice a year called *Intimacy with God*. The class deals mostly with equipping people in prayer.

I have three adult children who live in Atlanta - Allison, Denver and his wife Kayla and Finn and his wife Jennifer. Two grandchildren, Austin, LC, and another on the way.

I have recently left the advertising agency where I was president and creative director for 25 years and have begun oil painting. My wife Pam and I travel around the country doing art festivals. You can see my art work at artistlarrysmith.com.

Feel free to call me anytime on my cell 404.314.3669. Or email me at larry@larrysmith.com.