

Benefits of Prayer 06-28-20

James 5:16

*Confess your trespasses to one another, and pray for one another, that you may be healed.
The effective, fervent prayer of a righteous man avails much.*

Prayer is not easy or natural. In fact, it is not something that just anyone can do; God does not hear sinners (John 9:31, Prov. 15:29). The Scriptures state that praying is something that Children of God must learn how to do. Jesus taught His disciples how to pray (Luke 11:1-4), and in doing so taught us about prayer too.

The Basics of prayer might be summarized as this: first, Prayer is TO the Father (Matthew 6:9). The constant instruction of prayer is that we must pray to the Father for all things. Second, prayer is THROUGH the Son (John 16:26). This is why we pray in Jesus name (and often in prayers with that statement), because it is by His blood we have access to the Father. Finally, prayer is BECAUSE OF the Spirit's intercession (Romans 8:26). The Spirit is manifested in the Scriptures, and it is there that we are taught to pray, and it is there we are told what to pray (The will of the Lord- Acts 21:14). It also reveals the ways we offer prayers, and the things we need to do to pray effectively (Mark 11:24-25).

We often state that God answers prayers, but it is more accurate to say that Prayers Answer God. God spoke first (by His word), and our prayers are meant to respond to that conversation. Prayers are not answered by sight, but by Faith. So what should we expect to benefit in prayer?

Prayer acknowledges God

Give ear to my words, O LORD, consider my meditation. Give heed to the voice of my cry, my King and my God, for to You I will pray. My voice You shall hear in the morning, O LORD; in the morning I will direct it to You, and I will look up. Psalm 5:1-3

Prayer reminds you of who you are

"Or what man is there among you who, if his son asks for bread, will give him a stone? Or if he asks for a fish, will he give him a serpent? If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!" Matthew 7:9-11

Prayer is your access to the God of Heaven

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. Hebrews 4:16

Encouraging an opportunity for praise

Praise the LORD, for the LORD is good; sing praises to His name, for it is pleasant. Psalm 135:3

Creating a spiritual mindset

Set your mind on things above, not on things on the earth. Colossians 3:2

Obtaining forgiveness

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9

Obtaining and giving forgiveness

"And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses"

Mark 11:25

Committing ourselves to prayer

- Understand what you want to accomplish
- DON'T be one to pray only when need arises
- Craft your prayers to make them effective
- Make sure your prayers are for others