

ON YOUR KNEES: **Keep it simple!** EPH. 6:18-19

I like my way of doing it **better than** your way of not doing it! D. L. Moody

Prayer is both natural and difficult. The difficulties don't come primarily from without **but from within**...second guessing, doubts, fears, overthinking, reading some book....
We often talk ourselves out of prayer!

Paul: I like my way of praying **better than** your way of not praying!

1. Pray at **all times!**

Ephesians 6:18 Praying **always** with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

Psalm 55:17 Evening, and morning, and at noon, will I pray, and cry aloud: And he shall hear my voice.

Psalm 119:164 Seven times a day do I praise thee Because of thy righteous judgments.

Daniel 6:10 Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, **he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.**

You hear something in a sermon or read it in a book → maybe trying to encourage you...**but you feel trapped!**

I actually read a book where a male said he had his life scheduled in minute increments!!!

1 Thessalonians 3:10 Night and day praying exceedingly **that** we might see your face, and might perfect that which is lacking in your faith?

1 Thessalonians 5:17 Pray without ceasing.

Romans 12:12 Rejoicing in hope; patient in tribulation; **continuing instant in prayer; Colossians 4:2** Continue in prayer, **and watch in the same with thanksgiving;**

These are not meant to burdens or traps:

- There is not a time you cannot pray
- Pick one or two or three or four. . .
- Get in a rythm

2. Pray with **all (kinds of) prayer!**

Ephesians 6:18 Praying always **with all prayer** and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

1 Timothy 2:1 I exhort therefore, that, first of all, **supplications, prayers, intercessions, and giving of thanks, be made for all men; 1 Timothy 2:2 For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.**

We are not all the sSome of us are nervous, skittish, second guessers, doubters...

All of us fear doing it wrong or not doing it right

Paul simply says: you cannot pray in a wrong way.

3. Pray with all perseverance / persistence!

Ephesians 6:18 Praying always with all prayer and supplication in the Spirit, and watching thereunto **with all perseverance** and supplication for all saints;

Acts 12:5 Peter therefore was kept in prison: but prayer was made **without ceasing of the church** unto God for him.

Matthew 7:7 **Ask**, and it shall be given you; **seek**, and ye shall find; **knock**, and it shall be opened unto you:

Matthew 7:8 For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

4. Pray for all people!

Ephesians 6:18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication **for all saints; Ephesians 6:19 And for me, that** utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel,

1 Timothy 2:1 I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, **be made for all men; 1 Timothy 2:2 For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. 1 Timothy 2:3** For this is good and acceptable in the sight of God our Saviour;

This leads us to and out of another trap!

Can I pray for...?

The answer is unreservedly YES!!!

Unless the person is dead → then there is hope.

Romans 10:1 Brethren, **my heart's desire and prayer to God for Israel is, that they might be saved.**

Proverbs 21:1 The king's heart is in the hand of the LORD, as the rivers of water: He turneth it **whithersoever he will.**

Daniel 6:10 Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.

Pray for:

- The unsaved by name
- Our country & leaders
- Our specific needs
- Problems with anyone that you have