

# Spiritual Disciplines #3: Prayer

## LIVING A LIFE OF PRAYER

1. Prayer is a time to commune with God. (Psalms 27:8)
2. Prayer is a lifestyle.
  - A life of prayer is characterized by devotion (Acts 2:42), determination (Colossians 4:12), and discipline (Acts 1:14).
3. Jesus lived a life of prayer.
  - He prayed in the morning. (Mark 1:35)
  - He prayed alone. (Mark 6:46)
  - He prayed with His disciples. (Luke 9:28)

## THE BENEFITS OF A LIFE OF PRAYER

1. We learn to depend on God and not on ourselves.
2. God directs us concerning His will for our lives. (We receive our marching orders during our time of prayer.) (Acts 13:2)
3. God strengthens us against adversity. (I Samuel 30:6)

## THE ROLE OF SOLITUDE IN A LIFE OF PRAYER<sup>1</sup>

1. Solitude is the voluntary withdrawal from normal human interaction and activity for spiritual purposes.
  2. We practice solitude in order to hear the voice of God and discern His will. (I Kings 19:11-13; Luke 6:12, 13)
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3. We practice solitude to be restored physically and spiritually. (Mark 6:31, 32)
4. We practice solitude to maintain a spiritual perspective.

## INTERCESSORY PRAYER

### Ezekiel 22:30

*And I searched for a man among them who should build up the wall and stand in the gap before Me for the land, that I should not destroy it; but I found no one.*

1. Intercession requires empathy and compassion. (“Among them...”) (Matthew 9:36)
  - Intercession is motivated and maintained by a lifestyle of Great Commission activity.
2. Intercession requires persistent, unwavering faith. (“Stand in the gap...”)
3. Intercession requires an intimate relationship with God. (“Before Me...”)

## DISCUSSION QUESTIONS

1. What is the biggest obstacle in your life to prayer and solitude? Why? What one action step will you take immediately to begin to overcome this obstacle?
2. What does your prayer life say about your relationship with God?

## HOMEWORK

1. Write down two practical steps you can take to develop a lifestyle of prayer. Talk to your “BSD buddy” about it and ask him to hold you accountable for the next 4 weeks.
2. Write out three prayer requests that are focused on the spiritual needs of others and pray for each of them once every day until the next class.