

“Overcoming 3 Common Obstacles to Personal Prayer”

Part 1: The first obstacle to personal, private prayer is that we have the wrong definition and purpose of prayer due to the fact that we do not fully understand who God is and how spiritually empty we are.

Definition of Prayer: Communicative response to the _____ of God.

Definition of Christian Prayer: A _____ between a born-again believer with the Triune God in response to the knowledge of God revealed by the _____ through the _____ and the _____.

Purpose of Christian Prayer: The purpose of Christian prayer is not to have God affirm us in all of our emotional struggles, real or perceived, like some modern-day therapist or to grant all of our wishes to change our uncomfortable circumstances or improve our standard of living, which is all too often the sum total of our prayers.

The overarching purpose of Christian prayer is: _____ & _____.

The more we know God, the better we worship Him in prayer by responding to the revelation of His character and deeds through:

1) _____ *Our Father, who art in Heaven, Hallowed be Thy Name* John 17:1-3 Prayer enables us to know and glorify Him, which is the definition of eternal life. Psalm 46:10; Psalm 145:1 We praise God and magnify His Name as we grow closer to Him. Ephesians 1: The whole chapter is one great prayer to the glory of the Trinity and a petition that others would have spiritual eyes to know God.

2) _____ *Thy Kingdom come; Thy will be done, on earth as it is in Heaven (forgive us for wanting our personal kingdom and will to rule)* 1 John 1:9 We confess our sins and receive God’s forgiveness and cleansing which conforms us into the image of His Son and aligns our will with His. Psalm 51 First and foremost, we have sinned against God. In prayer we let go of our entitlement/victim mentality and remember that we deserve wrath, but receive God’s love by grace.

3) _____ *Give us this day our daily bread* (thank you for meeting our needs); *and forgive us our trespass as we forgive those who trespass against us* (thank you for the grace of your forgiveness and for the grace to enable me to forgive others) Philippians 4:6-7 Giving thanks is the antidote to complaining, entitlement, and anxiety, which were at the heart of the Fall of mankind (Genesis 3, Romans 1:21)

4) _____ *Lead us not into temptation, but deliver us from the Evil One* Ephesians 6 We pray because our battle is not against flesh and blood. Our petitions should always be Gospel focused. How is this request helping me to glorify God by growing in Christ-likeness or helping myself and others to advance the Gospel? James 5:13-16 We pray for healing, because our God is compassionate and able, while recognizing that sin is our greatest problem and sometimes the cause of our physical or emotional suffering. 2 Cor. 12:8-9 We pray for healing or relief knowing that God, in his great love and wisdom, may choose to allow the suffering and supply us with grace to endure.