



Sunday March 18, 2007

Prayer Series (Part-6)

Developing Your Personal Prayer Life

Our Prayer Life broadly consists of (a)our personal prayer-life and (b)our corporate prayer-life (e.g. Family, cell groups, local church, citywide prayer gatherings, etc.)

We need to develop a disciplined prayer-life

Disciplined = closely controlled, regimented

1 Corinthians 9:24-27

vs 25 : We are temperate (Gr. =to exercise self-restraint) in all things, because we are running to win a heavenly reward.

To successfully live the Christian life, we must develop self-discipline. We must learn to be self-governing with the help of the Holy Spirit.

Daniel

Daniel 6:10

Daniel, though a man with great responsibility, had established a disciplined prayer life. He had **a set-place** and **a set-time** (or more correctly set-times of prayer).

Common Excuses

- "I let the Holy Spirit lead me" – Often, people who use this as a reason for not maintaining a set-place and a set-time, upon reflection, would normally find out that they actually have not spent much time in prayer.
- "I pray as I go through the day" – This is good, but there are things that are achieved through extended, separated times of prayer, which cannot be accomplished through intermittent, sporadic times of prayer.
- "I'd rather work than pray" – We are not suggesting that you must not work. What we are doing is calling us to a place where we understand the priority that prayer must have in our lives. By all means please work 8-10 hours in your work-place. You can do this and still be able to allocate an hour or more of time alone with God on a normal day.
- "I don't have enough time to pray" – Not true. We can all find enough time to pray if we make it a priority.

Jesus

Early Morning prayer : Mark 1:35 Psalm 57:8, 63:1-4, Isaiah 26:9, 50:4

Made time to prayer : Luke 5:15,16 Matthew 14:22,23

Spent extended times in prayer : Luke 6:12

Guidelines

Here are some general guidelines to developing a strong personal prayer-life (Please note, these are not the 10 commandments, but some practical suggestions, that you may choose to use to develop your personal prayer-life):

1. Maintain a set-time and place to pray on normal days
 - a) This does not mean you do not pray anywhere else or at other times.
 - b) On certain days you will have to be flexible, e.g when traveling, etc.
2. Have a format that you follow – yet do not become rigid/religious about it, that it prevents spontaneity and hinders the flow of what God wants to do on any particular day



- a) Praise, thanksgiving and worship
 - Psalm 100:4
 - Doing the "Our Father, Hallowed be Your Name"
- b) Searching/Confession/Refilling
 - Psalm 139:23,24 Psalm 19:12,13 1 John 1:7-9 Confess any known sin(s) that you may not have dealt with yet.
 - Psalm 51:10 Matthew 5:8 Check the attitudes and motives of your heart. Desire to maintain a clean and pure heart before God and man.
 - Hebrews 12:14 1 Peter 3:7 Mark 11:25,26 Check your earthly relationships. Release, forgive, pray for healing and reconciliation to happen.
 - Ephesians 5:17,18 Psalm 92:10 Ask for a fresh infilling of the Holy Spirit
 - Doing the "Forgive us our sins as we forgive those who sin against us. Lead us not into temptation"
- c) Some more Praise, thanksgiving and worship
- d) Waiting on the Lord
 - Spend sufficient time praying in tongues. This edifies (strengthens, builds up) your inner man.
 - Keep your ears open to the Lord, to listen to anything He might say to you, as you pray in the Spirit.
 - Your mind could meditate on the Word, as you pray in the Spirit.
 - Isaiah 40:31
- e) Prayer for your personal spiritual life
 - Pray that you will grow strong in the inner-man.
 - Pray for the stirring up of the gifts and calling of God in your life. Pray for an increase in the manifestations of the Spirit and demonstration of the supernatural.
 - Pray for victory in specific areas of your life.
 - Doing the "Thy kingdom come, thy will be done on earth as it is in heaven" and "Deliver us from evil"
- f) (If you are married) Prayer for your spouse and children
 - Pray for your spouse – for her/his spiritual growth, for her/him to come into the fullness of the call of God, for her/him to overcome challenges/weaknesses, for the gifts and anointing to be released/activated through her/his life.
 - Pray for your children –declaring God's promises over their lives, supporting them into victory in various areas of their lives, declaring divine protection, etc.
 - If you are not married, pray in advance for your future spouse.
- g) Prayer for your local church
 - Pray for you pastor and the team of pastors who serve you and their families
 - Pray for your Cell Group Leader
 - Pray for the unity, strength and growth of the local church. Pray that the church will fulfill its God ordained purpose
- h) Pray for specific individuals
 - Cell Groups, Friends, Colleagues.
- i) Pray for your city (or a specific part of your city, e.g. your colony)
- j) Pray for your personal needs
 - Instructions when doing (e)-(i)
 - Speak God's Word over their lives, over circumstances/situations
 - Pray for the fulfillment of specific promises in the Word of God



- Pray in tongues
 - Exercise authority in the spiritual realm for protection, etc.
 - Pull down strongholds 2 Corinthians 10:4-6
3. Pray without Ceasing
- 1 Thessalonians 5:16-18 2 Corinthians 13:14 Psalm 34:1
 - Stay in communion with the Holy Spirit through out the day
 - Have fun, but avoid foolish talking and jesting as this does not help maintain a prayerful heart. Ephesians 5:4
4. Prayer Days
- From time to time, take a full-day or an extended period of time to seek the Lord

What will a strong personal prayer-life do for me?

1. Builds my personal intimacy with God (I get to know Him deeper)
2. Helps overcome temptation Matthew 26:41
3. Brings my will in line with God's will
4. Renews me spiritually by strengthening my inner-man
5. Creates spiritual sensitivity to the Holy Spirit
6. Opens the door for the Holy Spirit's activity
7. Helps me de-stress Philippians 4:6

Corporate Prayer

At a later time we will discuss corporate prayer. However, keep this in mind: ***The effectiveness of the corporate prayer-life of the church is dependent on the depth of the personal prayer-life of its individual members.***

So lets all focus on developing a strong personal prayer-life, which will eventually enable us to have a strong corporate prayer-life.



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YOUTUBE: <https://youtube.com/allpeopleschurchbangalore>

WEBSITE: <https://apcwo.org/live>

Our other websites and free resources:

CHURCH: <https://apcwo.org>

FREE SERMONS: <https://apcwo.org/resources/sermons>

FREE BOOKS: <https://apcwo.org/books/english>

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JESUS CHRIST: <https://examiningjesus.com>

BIBLE COLLEGE: <https://apcbiblecollege.org>

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