

## Praying With Paul – Week 5

### The Practicalities of Prayer

Resource: [Prayer—How Praying Together Shapes the Church](#) by John Onwuchekwa

#### I. Excuses for Not Praying

- a. “I Am Too Busy to Pray”
- b. “I Feel Too Spiritually Dry”
- c. “I Feel No Need to Pray”

**Joshua 9:14–15:** “So the men took some of their provisions, but did not ask counsel from the LORD. <sup>15</sup> And Joshua made peace with them and made a covenant with them, to let them live, and the leaders of the congregation swore to them.”

- d. “I Am Too Ashamed to Pray”
- e. “I Don’t Know What to Say” or “I Don’t Know How to Pray”

#### II. Some Ways to Pray

- a. Martin Luther’s “A Simple Way to Pray”

- i. Lord’s Prayer

- ii. Ten Commandments

- **First** he considers the instruction and what it demands
    - **Second**, he turns it into a thanksgiving.
    - **Third**, he confesses his sin.
    - **Fourth**, he makes petition
    - **Words of wisdom:** “Take care, however, not to undertake all of this or so much that one becomes weary in spirit. Likewise, a good prayer should not be lengthy or drawn out, but frequent and ardent. It is enough to consider one section or half a section which kindles a fire in the heart.”

- iii. Apostle’s creed

- b. ACTS

- i. Adoration
  - ii. Confession
  - iii. Thanksgiving
  - iv. Supplication

- c. Utilize Psalms and Biblical Prayers

#### III. Lessons from the School of Prayer

- a. Lesson #1: Much praying is not done because we do not plan to pray
- b. Lesson #2: Adopt practical ways to focus
- c. Lesson #3: Develop, if possible, prayer-partner relationships
- d. Lesson #4: Develop a system for your prayer lists
- e. Lesson #5: Tie as many prayer requests as possible to Scripture
- f. Lesson #6: Pray until you pray

“What [the puritans] meant is that Christians should pray long enough and honestly enough, at a single session, to get past the feeling of formalism and unreality that attends not a little praying....If we pray until we pray, eventually we come to delight in God’s presence, to rest in his love, to cherish his will” (DA Carson, *Praying with Paul*, 36).