**January 20, 2013**

**Walking in Grace  
“Prayer”  
Ephesians 3:14-15**

Prayer: Richard Foster – “To pray is to change.” pg. 33 “Celebration of Discipline.”

*“If we are unwilling to change, then we will abandon prayer as a noticeable characteristic of our lives.”*

Vs. 14 – “For this reason”: cause; for the pleasure of; because of; sweetness

Question for today: “What exactly is prayer and how important should it be in our lives?”

***1st*** Prayer in scripture is a command given by God for us to do.

* Luke 18:1
* 1 Thess. 5:17 – “Pray continually”

The ***2nd*** thing to remember is: “Prayer is a duty given to every believer.”

Note: 1 Tim. 2:1-4 – “I urge”

Here’s what Paul urged us to do:

1. Requests/audience of a king
2. Prayers/intercessory/place to meet to pray
3. Intercession/to meet with/seeking the presence and hearing of God on behalf of others
4. Thanksgiving/gratitude/we get our word “Eucharist”/giving of thanks

The ***3rd*** thing to remember, and perhaps one of the most important – “Prayer is our power over the difficulties of life.”

Note: Phil. 4:6-7

“Don’t be anxious”

* Anxiety destroys your prayer life
* It steals your peace of mind
* It takes away your confidence in approaching God
* It dries up your compassionate heart
* It drives you to other things that will not bring satisfaction to your heart and mind

But – “In everything”

* Every kind of sickness or disease; every part of your life

The truth is, life has its share of problems.

* But in them you can:
  + Pray/act of worship and devotion of God
  + Petition/to beg for your own needs/to ask with urgency based on presumed needs
  + Give thanks/grateful acknowledgment of pass blessings
  + Requests/demand/to petition/to request

Note: vss. 12-13; we can approach God’s throne in prayer with freedom and confidence.

Lastly, 1 Peter 3:8-12; “His ears are earnestly (into) listening to their prayers.”

Note: Psa. 34 – God’s promises!

“I kneel.” This position shows reverence and humility. (most Jewish men stand during prayer)

* An expression of deep emotions; Your heart and mind have humbled themselves

To bow the knee was to be in a position of worship. It tells others that you are one who worships God.

Conclusion:

We have come to the place in the church today that we say: “Well, it doesn’t really matter how you worship just as long as you do it from your heart.”

I can simple bow my knee and in doing so tell myself that I have given my heart to him again and that he deserves all my love and gratitude for his many mercies in my life.