

The Discipline of Prayer

Rev. Dr. Cynthia L. Hale
The Gathering
Ray of Hope Christian Church
Tuesday, January 28, 2025



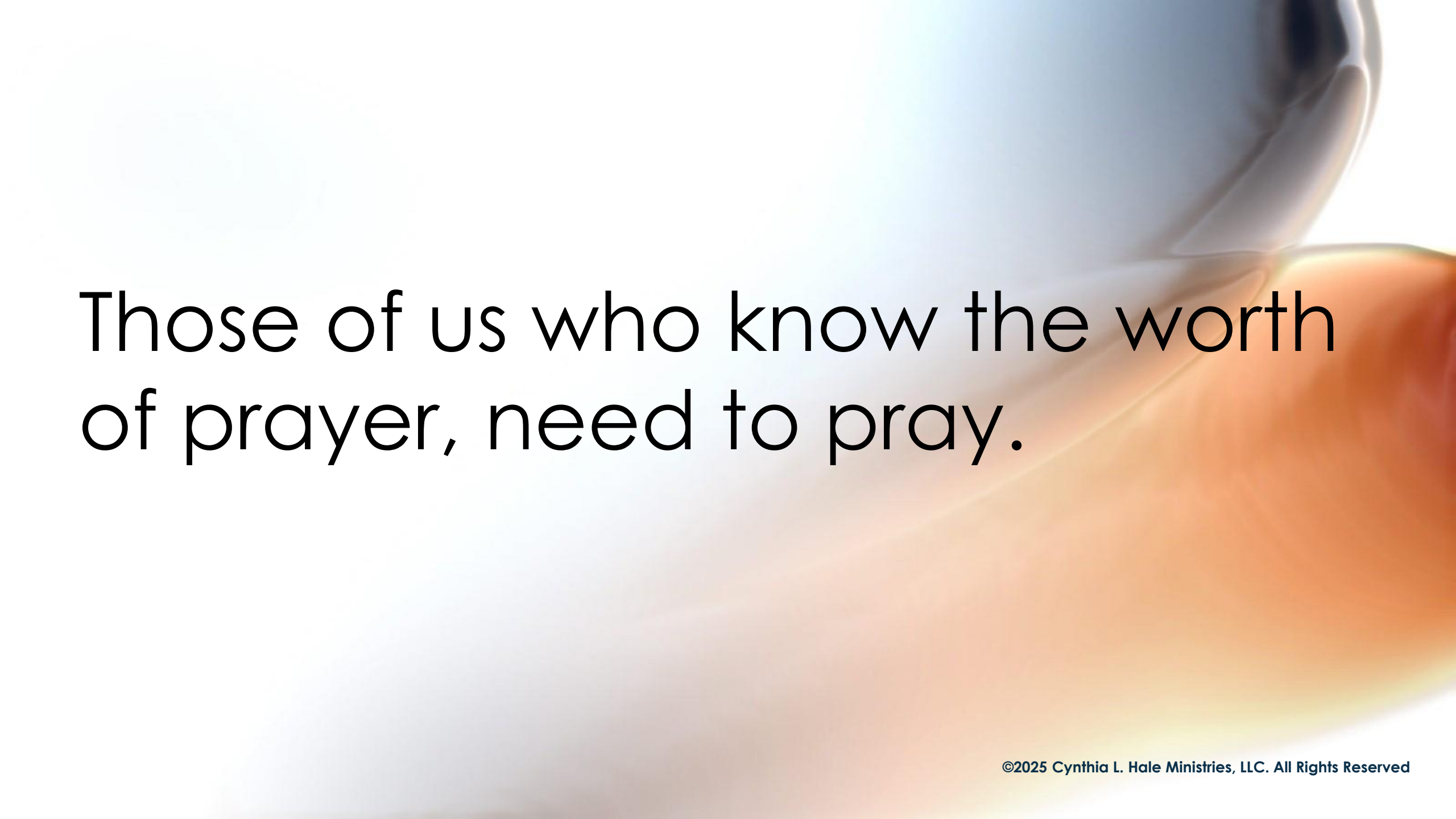
Matthew 26:36-46

1 Timothy 4:7 (NASB)

Discipline yourself for the purpose
of godliness!

Albert Day

We Protestants are an undisciplined people. Therein lies the reason for much of the dearth of spiritual insights and severe lack of moral power.



Those of us who know the worth
of prayer, need to pray.

Donald S. Whitney

Of all the Spiritual Disciplines, prayer is second only to the intake of God's word in importance.

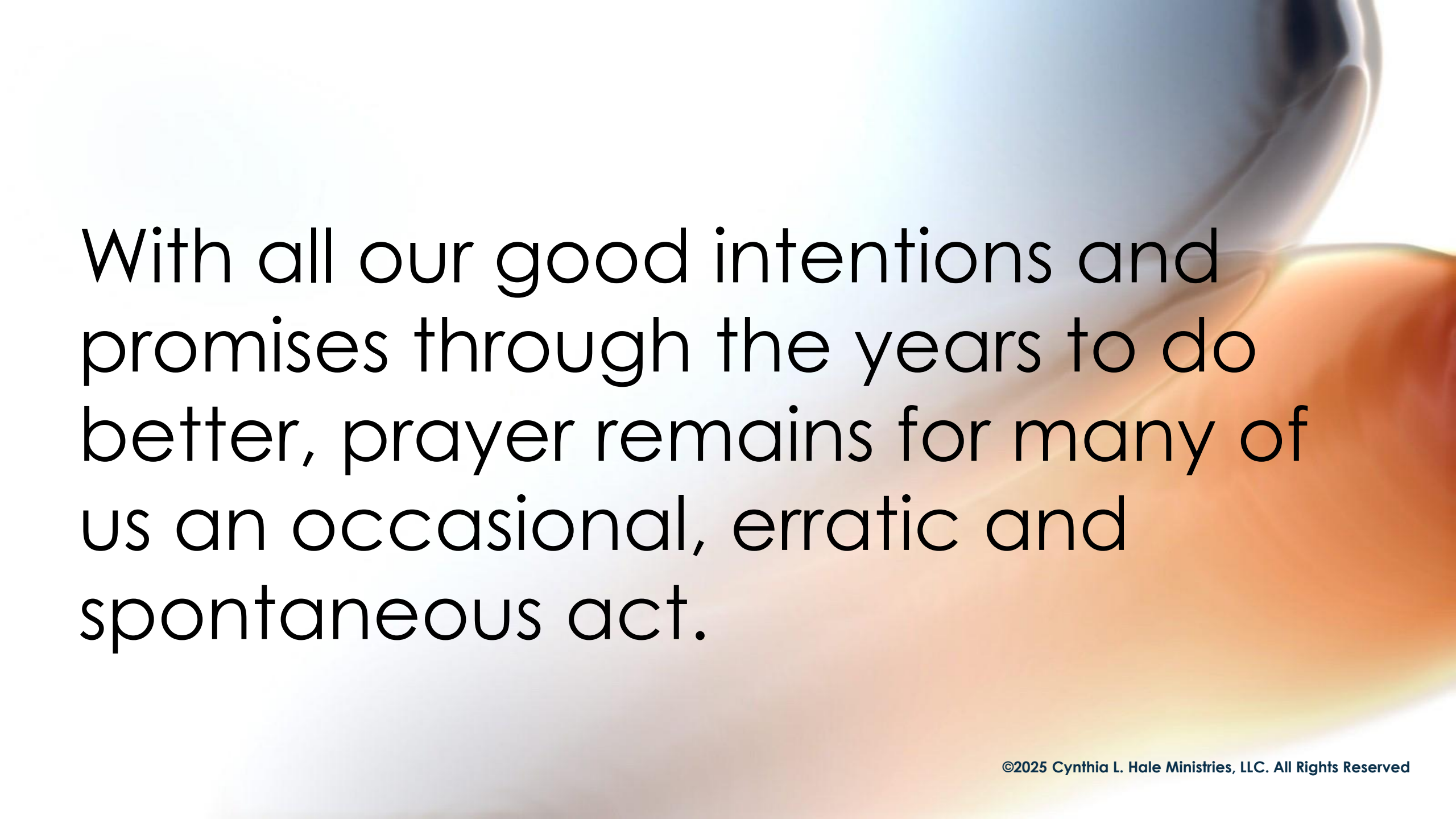
Discussion or Reflection:

Why do you think this is so?

Why do you think we don't spend more time in prayer?



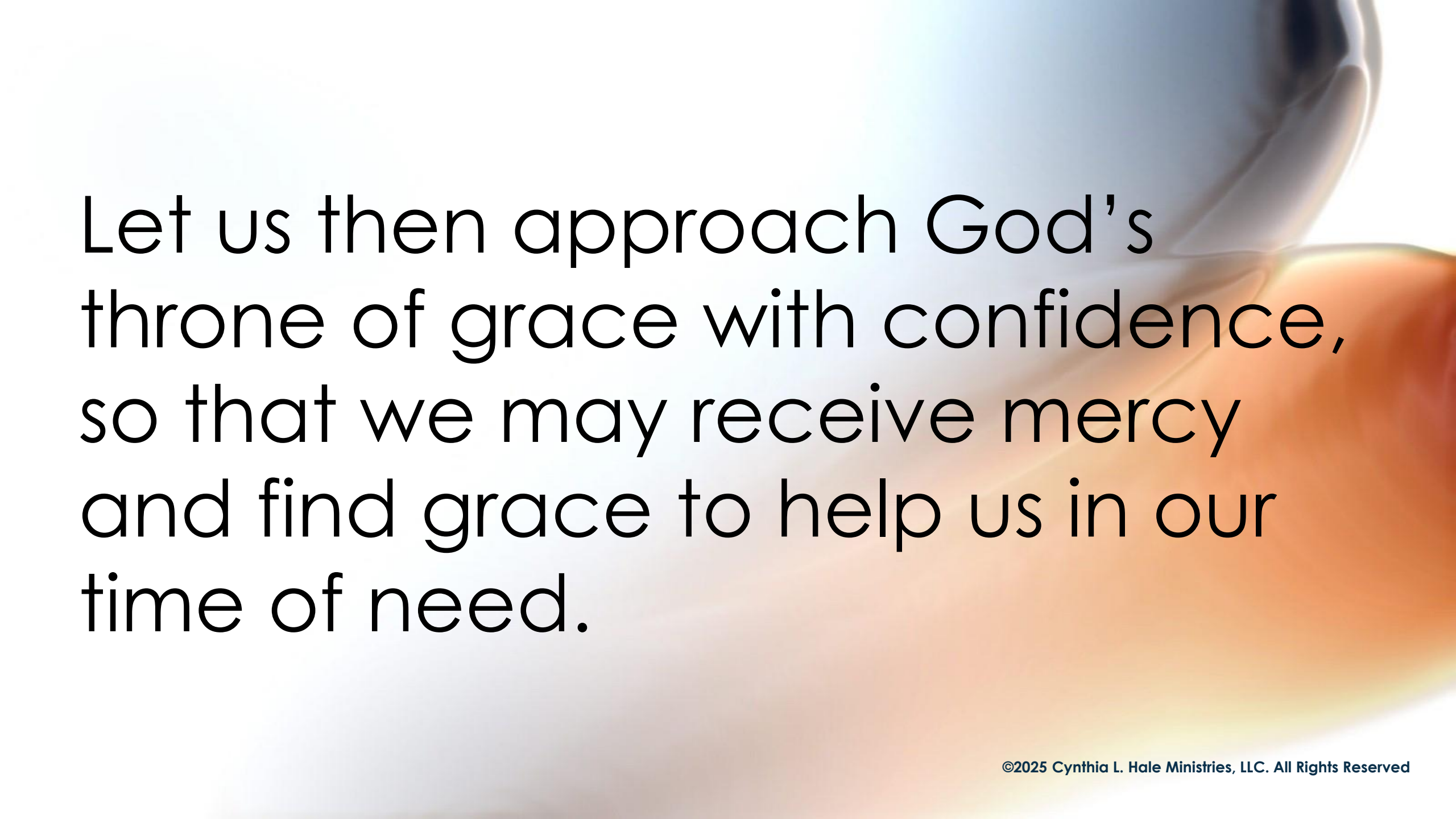
We have no real discipline in prayer.



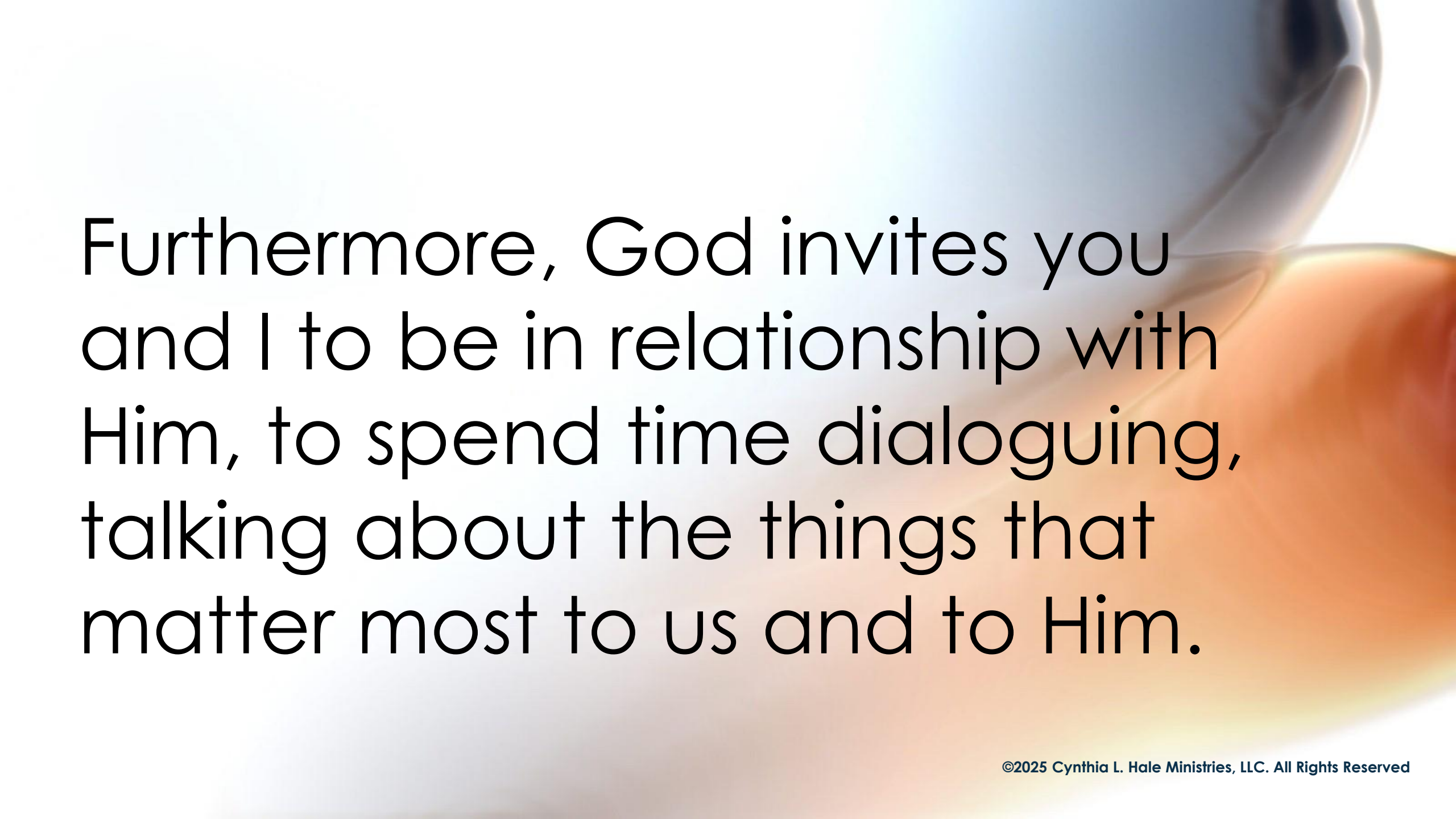
With all our good intentions and promises through the years to do better, prayer remains for many of us an occasional, erratic and spontaneous act.



Hebrews 4:14-16



Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.



Furthermore, God invites you and I to be in relationship with Him, to spend time dialoguing, talking about the things that matter most to us and to Him.



Prayer is communion with God.

Psalms 63:1-2

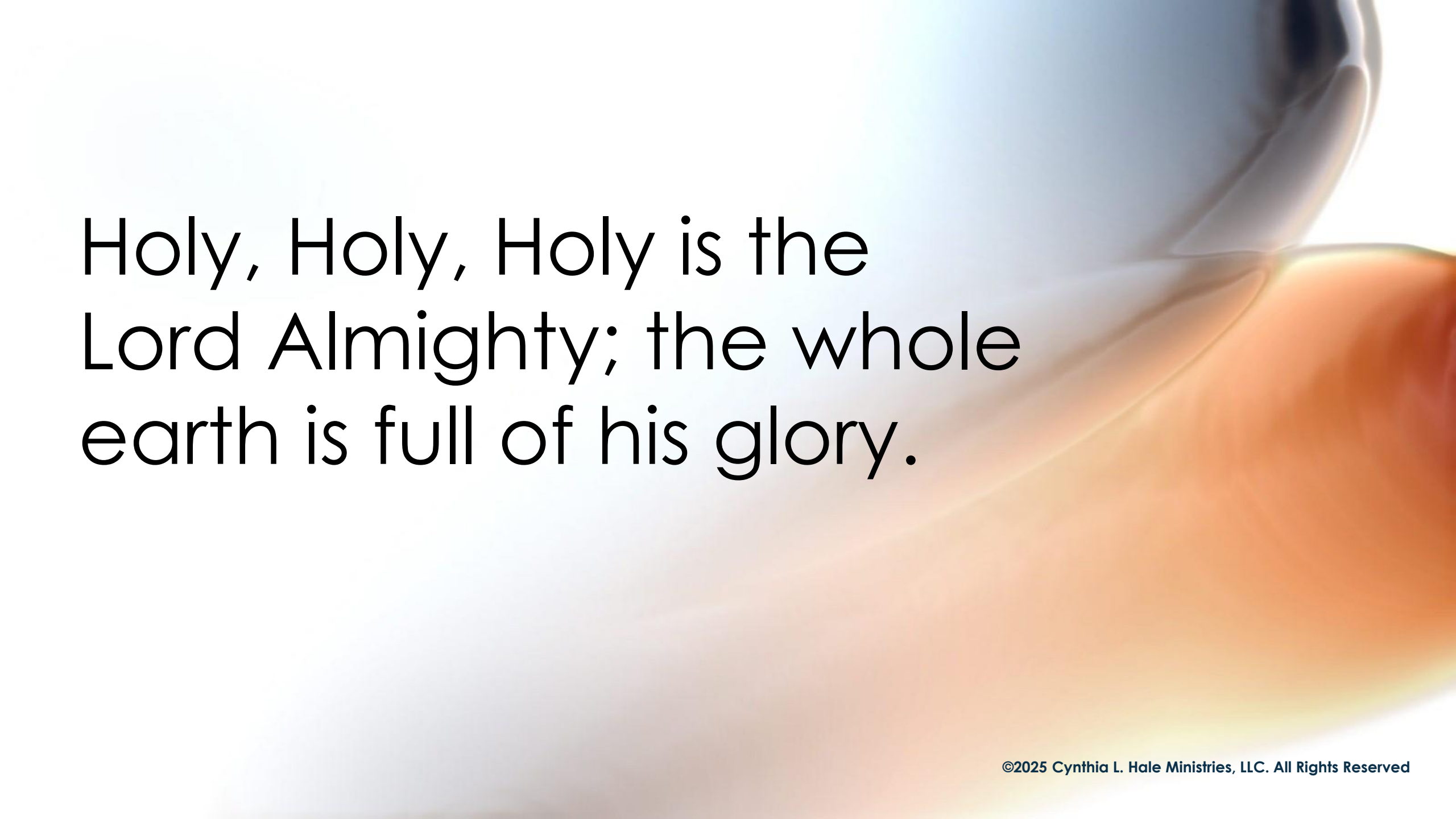
You, God, are my God, earnestly
I seek you; I thirst for you, my
whole being longs for you, in a dry
and parched land where there is
no water.



Prayer is also adoration.

Psalm 92:1

It is a good to praise the Lord
and make music to your name,
O Most High, proclaiming your
love in the morning and your
faithfulness at night.



Holy, Holy, Holy is the
Lord Almighty; the whole
earth is full of his glory.



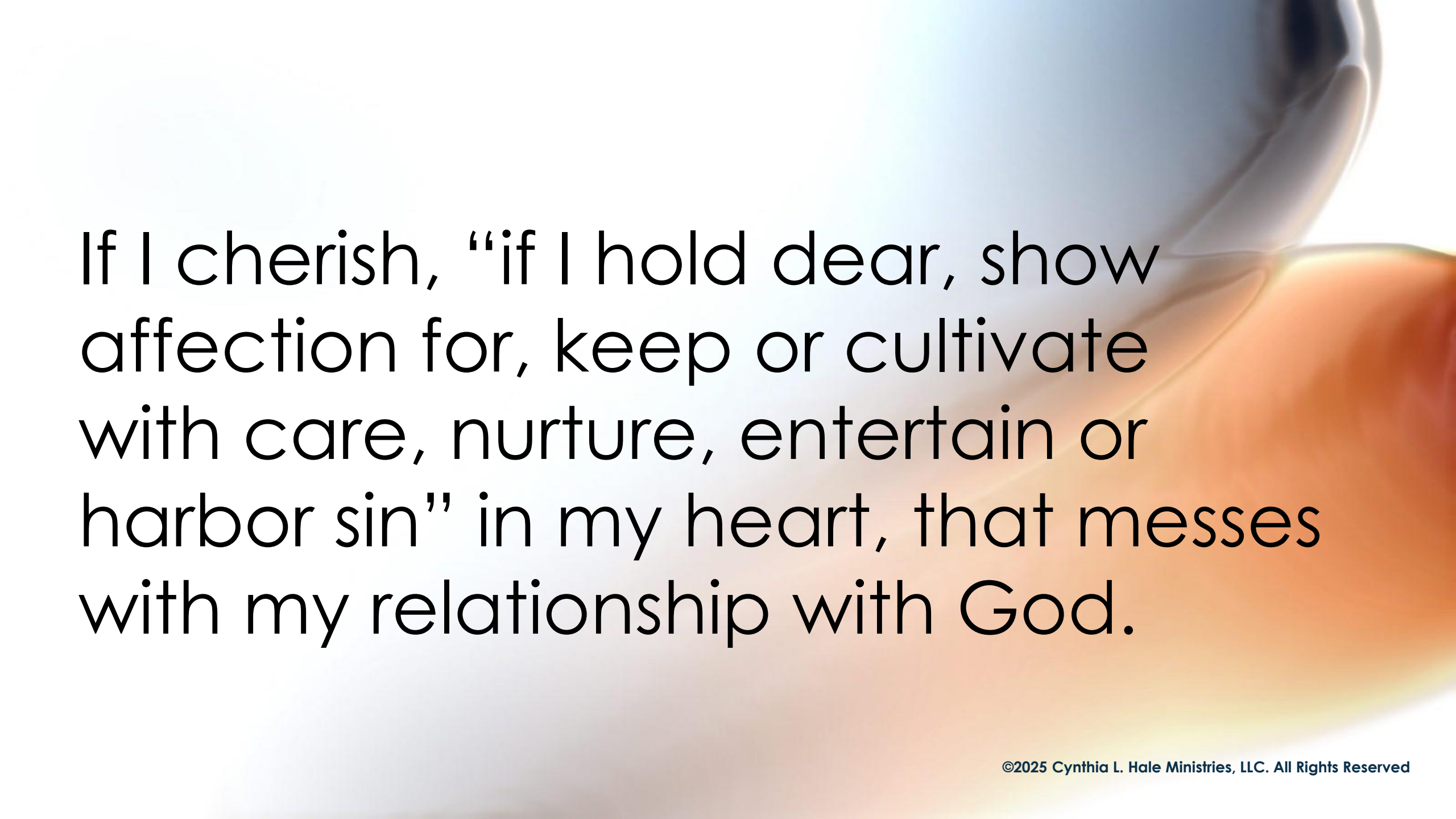
After revelation comes
realization.



Prayer is confession; the
acknowledgement of sin and
disobedience.

Psalm 66:18

If I cherished sin in my heart, the
Lord would not have listened.



If I cherish, “if I hold dear, show affection for, keep or cultivate with care, nurture, entertain or harbor sin” in my heart, that messes with my relationship with God.



Prayer is communion,
prayer is adoration,
prayer is also confession.

I John 1:9

If we confess our sins, God is faithful and just and will forgive us our sins and purify us from all unrighteousness.



Prayer is petition.



Matthew 6:5, 6, 7,

And when you pray...

Matthew 7:7

Ask and it will be given to you,
seek and you will find, knock and
the door will be opened to you.

Romans 8:32

He who did not spare his own Son, but gave him up for us all – how will he not also, along with Him freely give us all things?

Matthew 11:22 – 24

Therefore, I tell you whatever you ask for in prayer believe that you have received it and it will be yours.



Prayer is a privilege to be desired,
developed and disciplined.



1. We don't pray because of a lack of discipline.

ACTS

Adoration, Confession, Thanksgiving,
Supplication (Intercession)



2. We don't pray because we doubt that anything will actually happen if we pray.



II Chronicles 7:14



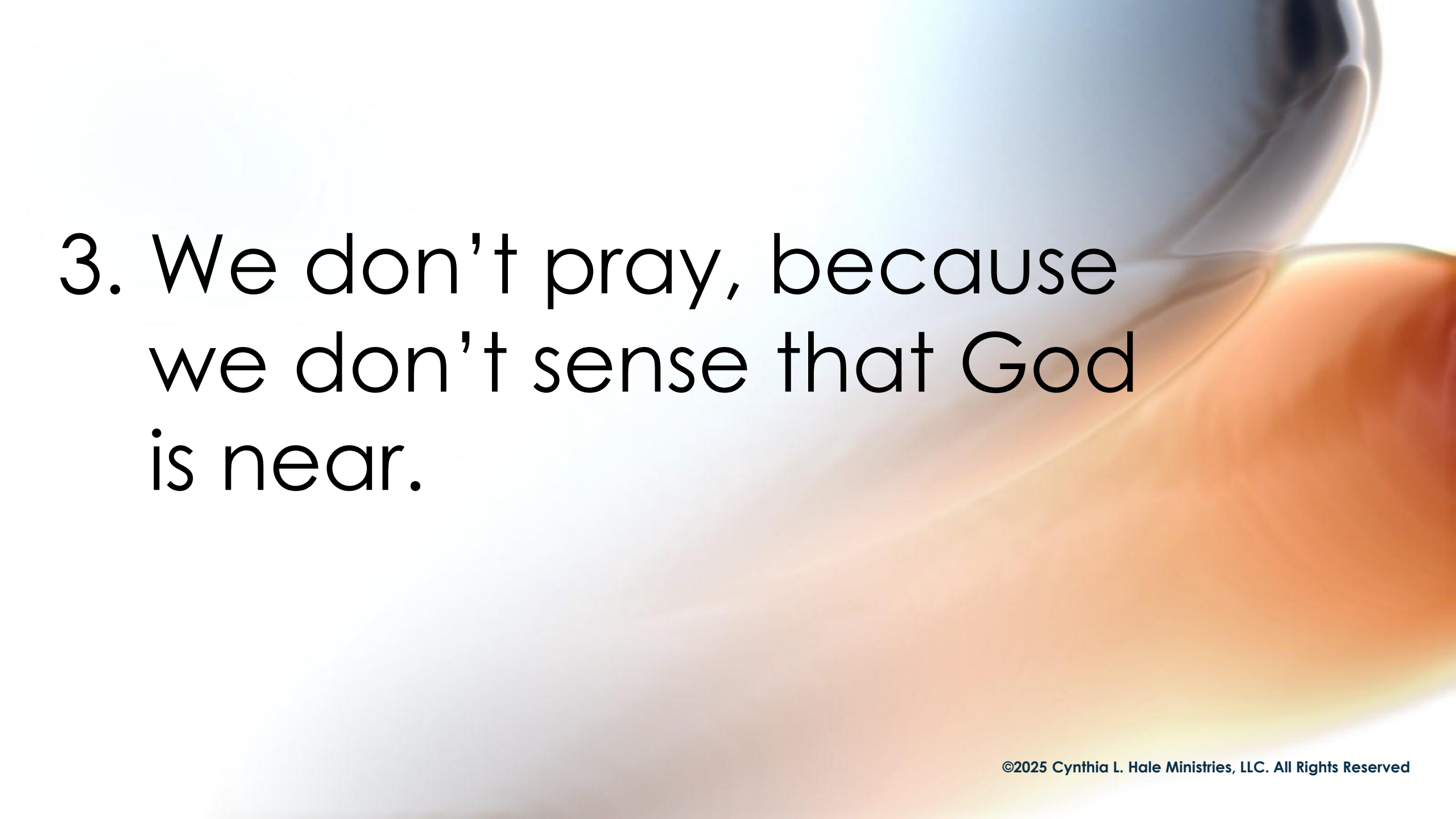
Jeremiah 33:3



Matthew 7:7



I John 5:14-15



3. We don't pray, because we don't sense that God is near.

1 Peter 5:7

Cast all your anxiety on him
because he cares for you.



4. We don't pray because we sense no real need to pray.

Discussion or Reflection:

Under what circumstances, do you feel the most self-sufficient and think you don't need God?

Be honest.

John 15:5

Apart from me, you can do
nothing!



Prayer is the means by which God cultivates godliness in our lives.



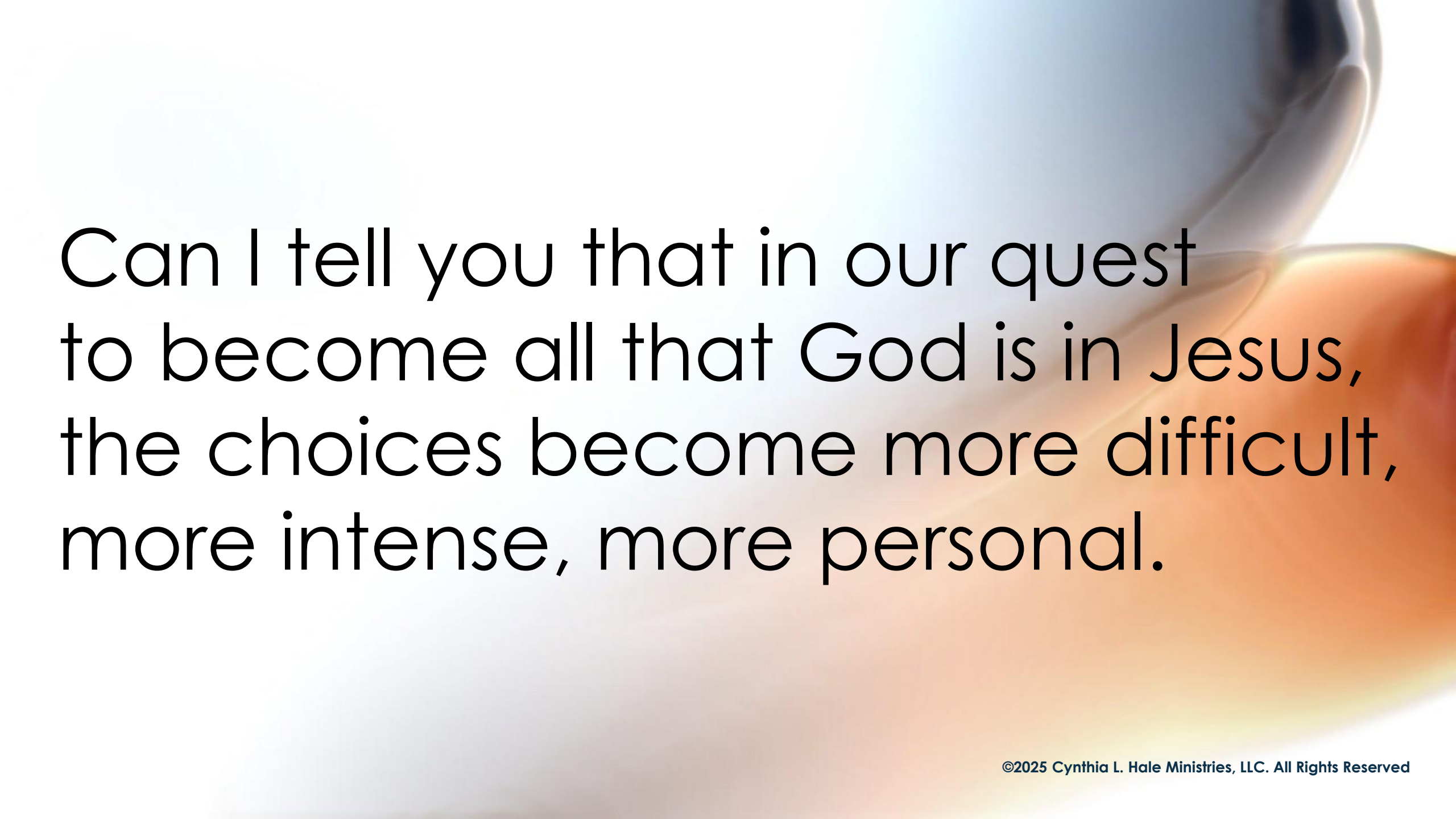
Prayer is ultimately submission
to God's will.



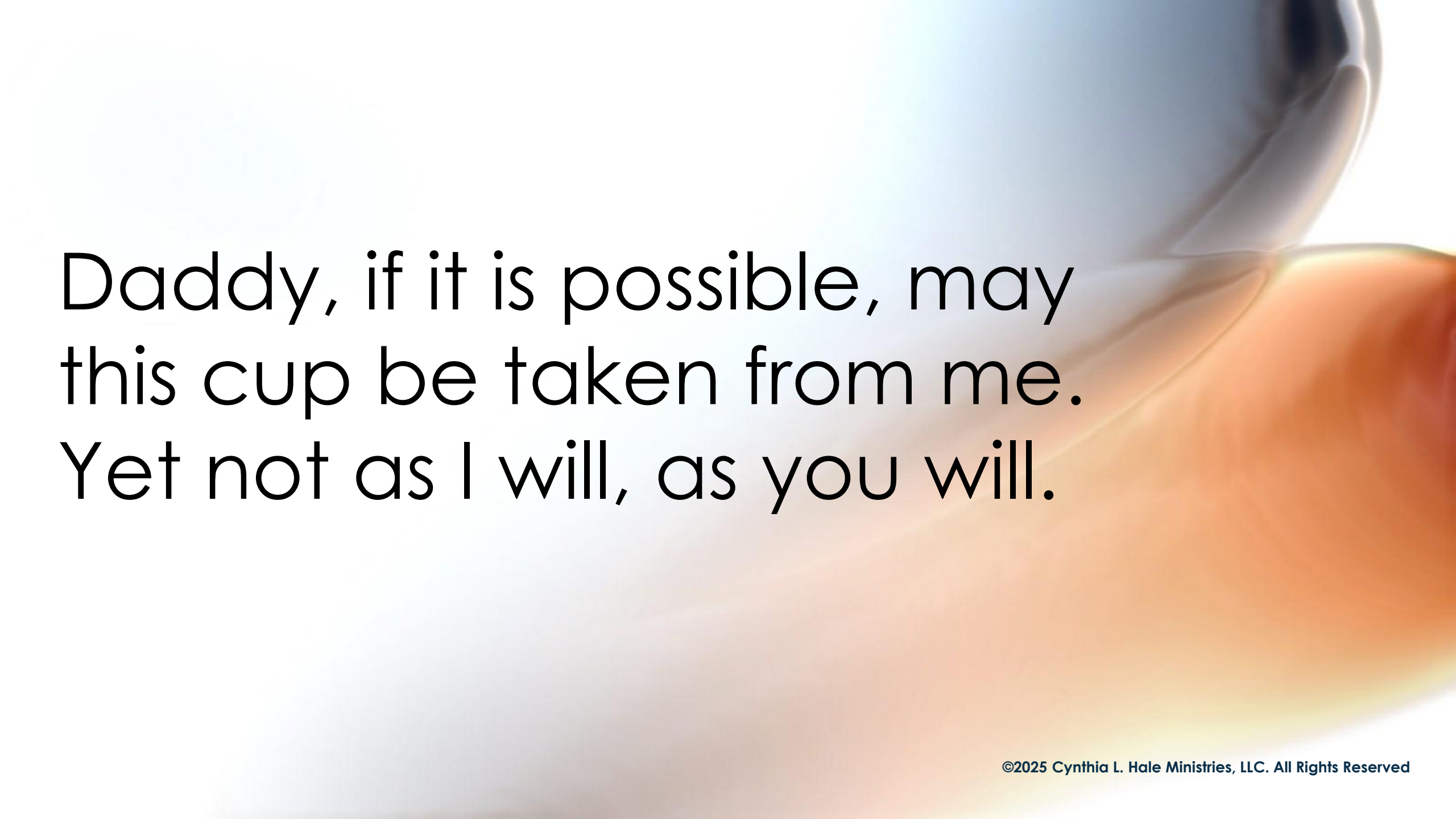
Regular



Romans 8:14-16



Can I tell you that in our quest
to become all that God is in Jesus,
the choices become more difficult,
more intense, more personal.



Daddy, if it is possible, may
this cup be taken from me.
Yet not as I will, as you will.



We don't mind contributing to the cause but do we have to give it all.



If it's possible.

Richard Foster

In the beginning, our will is in struggle with God's will. We beg, we pout, we demand. We expect God to bless us every time and perform like a magician and we major in instant satisfaction and get mad when it is not there. It is a difficult time, but it is a necessary time in our growing and deepening in things spiritual.

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