



# A BEGINNER'S GUIDE TO PRAYER

40 Days of Prayer – Week 2

“One day Jesus was praying in a certain place. When he finished, one of the disciples said to him, ‘Lord, teach us to pray...’” Luke 11:1 (NIV)

OUR FRUSTRATIONS WITH PRAYER ARE CAUSED BY:

## OUR MISCONCEPTIONS

- not a magic wand
- not a fire extinguisher
- not a tug of war
- not a ritual to relieve guilt

## 4 FOUNDATIONAL TRUTHS ABOUT PRAYER

### 1. GOD LOVES FOR ME TO TALK WITH HIM

As a father has compassion on his children, so the Lord has compassion on those who fear him. Psalm 103:13 (NIV)

*This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. 15 And if we know that he hears us – whatever we ask – we know that we have what we asked of him*

1 John 5:14-15 (NIV)

PRAYER IS: A CONVERSATION, NOT A CEREMONY  
A RELATIONSHIP, NOT A RITUAL

*For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future. 12 Then you will call on me and come and pray to me, and I will listen to you*  
Jeremiah 29:11-12 (NIV)

### 2. GOD LISTENS TO PRAYERS THAT ARE SINCERE & SIMPLE

*‘And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. 6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. 7 And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. 8 Do not be like them, for your Father knows what you need before you ask him* .Matthew 6:5-8 (NIV)

*let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.*

Hebrews 10:22 (NIV)

### 3. GOD LIKES TO SHOW HIS GOODNESS BY ANSWERING PRAYER

*“Call to me and I will answer you. I will show you marvelous and wondrous things that you could never figure out on your own.”* Jeremiah 33:3 (MSG)

*If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!* Matthew 7:11 (NIV)

*“You do not have, because you do not ask God.”* James 4:2 (NIV)

### 4. GOD LONGS TO BE CLOSE TO ME

*Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him!* Isaiah 30:18 (NIV)

*“For I desire mercy, not sacrifice, and acknowledgment of God rather than burnt offerings.”* Hosea 6:6 (NIV)

*The LORD confides in those who fear him; he makes his covenant known to them.* Psalm 25:14 (NIV)

*“Come near to God and he will come near to you.”* James 4:8 (NIV)

THE CLOSER I AM TO GOD  
THE LESS STRESSED & MORE BLESSED I'LL BE