

Total Fitness
Spiritual Fitness

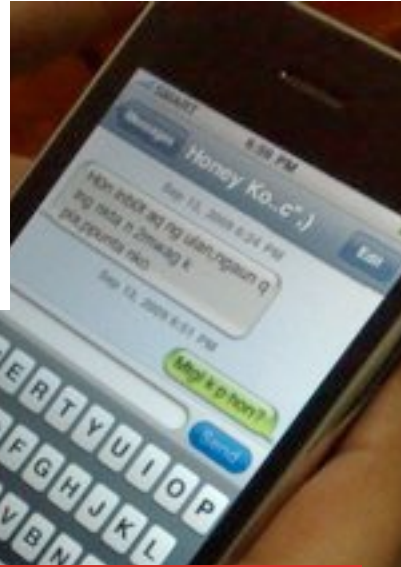
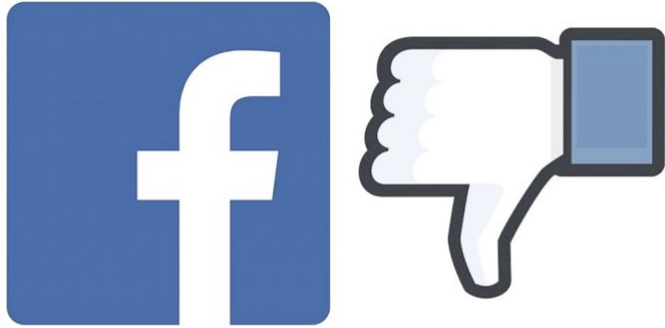
Healthy Prayer Patterns

David Feddes

Is this your prayer life?



_____ without ceasing.



Jesus our model

He would withdraw to desolate places and pray. (Luke 5:16)

He went out to the mountain to pray, and all night he continued in prayer to God. (Luke 6:12)

During the days of Jesus' life on earth, he offered up prayers and petitions with loud cries and tears. (Hebrews 5:7)

Prayer questions

- Should I pray alone,
or pray with others?
- Should I pray on the spot,
or pray on a schedule?
- Should I pray from my heart,
or pray with a guide?

Healthy prayer patterns

- Pray alone.
- Pray with others.
- Pray on the spot.
- Pray on a schedule.
- Pray from your heart.
- Pray with a guide.

Pray alone

He went up on the mountain by himself to pray. (Matthew 14:23)

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. (Matt 6:6)

Pray with others

My house will be called a house of prayer for all nations. (Isaiah 56:7)

Jesus went into the synagogue, as was his custom. (Luke 4:16)

They raised their voices together in prayer to God. (Acts 4:24)

Pray on the spot

Give me success today. (Genesis 24:12)

Moses prayed for the people. (Num 21:7)

Samson prayed, “O God, please strengthen me just once more.” (Judges 16:28)

Hannah wept much and prayed. (1 Sam 1:10)

The king said, “What is it you want?” Then I prayed to the God of heaven. (Neh 2:4)

Pray on schedule

It is good to praise the LORD... to proclaim your love in the morning and your faithfulness at night. (Psalm 92)

Three times a day Daniel got down on his knees and prayed, giving thanks to his God, just as he had done before. (Daniel 6:10)

Pray from your heart

I have been pouring out my soul
before the Lord. (1 Samuel 1:15)

Trust in him at all times, O people;
pour out your hearts to him, for
God is our refuge. (Psalm 62:8)

My heart is glad and my tongue
rejoices. (Psalm 16:9)

Healthy prayer patterns

- Pray alone.
- Pray with others.
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- Pray on a schedule.
- Pray from your heart.
- Pray with a guide.

Guides for prayer

- The Lord's Prayer
- A. C. T. S.
- Pray the Bible
- Pray like children

The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we forgive our debtors.
And lead us not into temptation,
but deliver us from evil.

A. C. T. S.

- Adoration
- Confession
- Thanksgiving
- Supplication

Supplication

- Needs of the moment
- Family members
- Church members
- Neighbors
- Missionaries

Pray the Bible

- Pray the Psalms
- Pray Paul's prayers
- Echo prayers in heaven
- Pray in response to Bible reading and meditation

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B I B L E

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Pray like children

- Daddy
- Wow! Awesome!
- I'm sorry
- Why? It's not fair!
- Please
- Thank you
- I love you
- Silence

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