

Chapter 11

PRAYER 2

TYPES OF PRAYER

OVERCOMING HINDRANCES TO PRAYER

A sincere prayer brings wonderful results. James 5:16
New Living Translation

- I. In this lesson we will be looking at many different types of prayers. We want to understand how to pray more effectively; how to use prayer to grow in our relationship with God, how to use prayer to help others, and how to use prayer to build up the Body of Christ.
- A. **Persevering Prayer:** Persevering prayer is a “never giving up” prayer. It is a prayer that keeps us praying for the things we need to pray for believing God for the answers, direction, and peace. It is consistent praying. *“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.” (Philippians 4:6)* (Ephesians 6:18; Romans 12:12; 1 Chronicles 4:9-10)
- B. **Intercessory Prayer:** Intercessory prayer is building a bridge in prayer from a need, a person in need, or a situation to the God who is able to meet the need. It is also like “standing in the gap;” the gap between God and the need or the person with a need. Intercede means to mediate between two parties. (Ezekiel 22:30; Genesis 18:32; Acts 12:5-7; Exodus 32:11-14)
- C. **Prayer in the Spirit:** Praying in the Spirit is first of all a prayer to *“...build ourselves up in our most holy faith....”* It is also a way that God has given us by His Spirit that enables us to pray at times that we don’t know how we should pray. The Spirit will do the interceding or praying for us. (Ephesians 6:18; 1 Corinthians 14; 14-15; Romans 8:26-27; Jude verse 20)
- D. **Supplicating Prayer:** Supplicating prayer is beseeching, asking with strong appeal, and petitioning God. In Daniel 9:3, Daniel, *“...pleaded with him in prayer and petition....”* It is like putting a case or an appeal before God and asking for favor in the situation. (1 Timothy 2:1-2; Daniel 9:3; Daniel 9:17; Philippians 4:6)
- E. **Prayer of Thanksgiving:** The prayer of thanksgiving can be seen as an entrance prayer. It is coming to God with an attitude of gratitude for who He is, what He has done and what He will do. It will help us to keep a proper perspective in our prayer life and will help us not to be so demanding of God. (Philippians 4:6; Psalm 100:4; Luke 17:11-19; 1 Thessalonians 5:18)

- F. **Prayer with Fasting:** Prayer with fasting is not a way to make God do what we want Him to do, but rather to bring ourselves to a place of humility and openness to God and His spirit. Denying ourselves food without prayer is dieting. The denying ourselves food should bring us to a place of openness to the Spirit of God; a place where we can hear from God and then respond in obedience. (Isaiah 58; Matthew 6:16-18; Zechariah 7:5; Daniel 9:3)
- G. **Conversational Prayer:** Conversational prayer is having a relationship with God the Father so that we include Him in our daily lives and talk with Him as we go about the business of living day by day. It is an understanding that God is interested in each part of our lives that will help us to be able to “just talk” with Him about things as we go through each day. We may sometimes do this through writing letters to God. (Genesis 18:22-33; Exodus 33:11)
- H. **Communing Prayer:** Communing prayer is the intimate times we have with Him. It can be times of closeness when we feel we can really hear God speaking to us. *"Friendship with the Lord is reserved for those who fear him. With them he shares the secrets of his covenant."* Psalm 25:14 New Living Translation (Daniel 11:32; Psalm 25:14; Proverbs 3:6)
- I. **Scriptural Prayer:** Scriptural praying is taking God's Word and praying it back to Him. In 1 John 5:14-15 we read; *"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us - whatever we ask -- we know that we have what we asked of him."* The Word of God is the will of God and if we pray the Word of God we know that we are praying according to His will. (Daniel 9:2-3)
- J. **Spiritual Warfare:** Spiritual warfare is necessary because there are two kingdoms; the kingdom of darkness and the kingdom of God. Spiritual warfare is using our authority as soldiers of the King to bind and loose and to take our part in the battle. (Matthew 16:19; Matthew 18:18-19; Ephesians 6:13-18; 2 Corinthians 10:3-5)
- K. **Listening Prayer:** In any relationship that is growing there needs to be proper communication. In our relationship with God there should be communication. It should not just be us giving our requests and wants; but also us listening to what God is speaking to us. We cannot have listening prayer unless we are willing to take the time to listen to what He might have to say to us. (Ecclesiastes 5:1-2; Habakkuk 2:1; John 12:49)
- L. **Prayer of Confession:** The prayer of confession is for cleansing and to bring us to a place of repentance if necessary. According to the guideline that Jesus gave us in the Lord's Prayer it should be part of our daily prayer. There could also be times when it is a major prayer at time of need such as King David in Psalms 51. (Psalm 139:23-24; 1 John 1:9)
- M. **Waiting Prayer:** Waiting prayer is more than just waiting around to see what happens. It is more waiting in expectation somewhat like a waiter in a restaurant might do when waiting on customers. It is being aware that there is more to do and being available to do

it. (Psalm 46:10; Psalm 123:2; Isaiah 40:31)

- N. **Meditation:** Meditation means to think about; to go over in your mind and thinking things that you have read, heard, or thought about. It is a way of staying in tune with God and the things He is talking about with us. (Joshua 1:8; Psalm 19:14; Psalm 119:15)

II. What are some hindrances to effective prayer?

- A. There may be times that we are asking for the wrong things or even with wrong motives. Prayer is not to be seen as a shopping list or a wish list. God first of all wants a relationship with us as Father God and then He graciously gives to us out of His abundance. (James 4:1-4; Matthew 6:5-8)
- B. Pride can be another serious hindrance to effective praying. Pride is thinking we are better than others, thinking we deserve more than others. (Psalm 138:6)
- C. Iniquity or sin in our lives can keep us from praying rightly or even from praying. When we have guilt in our lives, it will affect our relationships and most especially our relationship with God. Guilt builds walls. (Psalm 34:15-16; Psalm 66:18; Proverbs 28:13; John 9:31)
- D. An unforgiving spirit will affect how we pray. Many times it will add an element of revenge and anger to our prayers to which God will not respond. In the Lord's Prayer, Jesus tells us that we need to forgive as we want to be forgiven. (Matthew 5:23-24; Matthew 6:14; Matthew 18:35)
- E. Bitterness in our hearts will not allow us to be open to the grace of God in our lives or in the lives of others. Bitterness is like a cancer that eats away at the good things of God and will not allow us to see His goodness or even his answers to prayers that we pray. (Hebrews 12:14-15)
- F. Anytime we put something ahead of God and time with Him we are giving place to heart idols. God asks for and deserves first place in our lives. When we put other people or things in place of Him we are not going to see our prayers being effective. (Ezekiel 14:3-8; Jeremiah 10:1-11)
- G. Stinginess and selfishness can also affect our prayer life. God says if we do not respond to the needs of others why should he respond to our needs. (Proverbs 21:13; Acts 10:4)
- H. Believing in God and who He is, is very important to our prayer life. Doubting God and His ability to help us will keep us from seeing his answers and direction for us. (Matthew 21:22; Hebrews 11:6; James 1:5-6)
- I. Not treating the relationships we are in properly can be a great hindrance to our prayers. If the natural relationships we are in become difficult, we may find ourselves judging them and in the process allowing that to affect how we pray. (1 Peter 3:7)
- J. There are other practical things that may hinder our prayer lives also. The following are a few of them.

- ❖ Being too busy to give time to prayer. It is necessary to set priorities in our lives to be able to do the important things.
- ❖ Lack of personal discipline can be a real hindrance to prayer. We need to find something that will work for us and then just do it.
- ❖ Ignorance or not recognizing the significance of prayer for us personally. Not recognizing that time spent with the Lord in prayer is necessary to our growth as a Christian.
- ❖ Too narrow a concept of what prayer is and what it is for. Perhaps we are too “me” focused and are not seeing the big picture of who God is and what He desires to do in the world.

Belonging to God requires our reverence for God. Our reverence for God brings his provision. We should remember this when we pray. We don't merely approach God in order to beg for provisions; our reverence should come first. We reverence God because we have come to know him -- his holiness, his love, and his parenting of us, his children. We belong to God. Within this kind of respectful, loving relationship, provision for our needs occurs naturally. Parents know -- and feel -- the difference between being approached with honor and being approached with a demanding attitude. When we approach God, is it in a spirit of reverence or with the attitude that God owes us something? We belong to God (relationship) and reverence him (attitude), and then we receive provision (blessings).

QUESTIONS FOR STUDY AND DISCUSSION

Chapter 11 Prayer 2 - Types of Prayer, Overcoming Hindrances to Prayer

1. Chose a type of prayer that perhaps you do not use often and list some of the ways you might be able to include it in your prayer life.
2. Do you believe knowing God and His ways helps you to believe in the reality of prayer? Why?