

Do You Pray?

Psalm 1

Andrew Feng

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SCRIPTURE: Psalm 34:8

O taste and see that the LORD is
good; How blessed is the man
who takes refuge in Him!











Prayer is the spiritual pulse. By this the spiritual health may be tested. By this we may know whether it is fair or foul with our hearts. Oh, let us keep an eye continually upon our private devotions. Here is the path and marrow of our practical Christianity. Sermons and books and tracts, and committee-meetings and the company of good people are all good in their way, but they will never make up for the neglect of private prayer. -JC RYLE



Just as it is with the mind and body, so it is with the soul. There are certain things absolutely needful to the soul's health and well-being. You must do it for yourself, for by nobody else it can be done. To be prayerless is to be without God, without Christ, without grace, without hope, and without heaven. It is to be in the road to hell. Now can you wonder that I ask the question, DO YOU PRAY?

-JC RYLE

DO YOU PRAY?



**Amount of time average
American Christian prays
per day?**

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American Christian prays
per day?**

Answer: 1 minute

**Percentage of people
praying for things
besides for themselves**

**Percentage of people
praying for things
besides for themselves**

Answer: Less than 5%

Top 5 prayer requests

1. Health of family and friends
2. God's guidance for job or school
3. Salvation of others
4. People in natural disasters
5. Give thanks before a meal

Top 3 reasons why people do not pray

1. Too busy, not enough time.
2. Don't think it is important.
3. Don't believe that it makes any difference

Top 3 reasons why people pray

1. Builds our relationship with Jesus
2. Overcome temptation
3. Helps us determine God's will



Who is feeling...

- **Anxious:** Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. [Philippians 4:6]
- **Needs Guidance:** But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him. [James 1:5]
- **Discouraged:** Is anyone among you suffering? Then he must pray. [James 5:13]



What are you praying for...

- Your kingdom come. Your will be done, On earth as it is in heaven. [Matthew 6:10]
- I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling [Ephesians 1:18]
- And *pray* on my behalf, that utterance may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel [Ephesians 6:19]
- And this I pray, that your love may abound still more and more in real knowledge and all discernment. [Philippians 1:9]



What are you praying for...

- *I pray* that the fellowship of your faith may become effective through the knowledge of every good thing which is in you for Christ's sake. [Philemon 1:6]
- Pray for us, for we are sure that we have a good conscience, desiring to conduct ourselves honorably in all things. [Hebrews 13:18]
- That our God will count you worthy of your calling, and fulfill every desire for goodness and the work of faith with power [2 Th 1:11]



When are you praying...

- Now He was telling them a parable to show that at all times they ought to pray and not to lose heart. [Luke 18:1]
- Pray without ceasing. [1 Thessalonians 5:17]
- Pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints. [Eph. 6:18]



Where are you praying...

- But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and your Father who sees what is done in secret will reward you. [Matthew 6:6]
- Jesus Himself would *often* slip away to the wilderness and pray. [Luke 5:16]



Why are you praying...

Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak. [Matthew 26:41]

I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. [1 Timothy 2:1]

Brothers and sisters, pray for us that the message of the Lord may spread rapidly and be honored. [2 Thessalonians 3:1]



How are you praying...

- Do not be hasty in word or impulsive in thought to bring up a matter in the presence of God. For God is in heaven and you are on the earth; therefore let your words be few. [Ecclesiastes 5:2]
- This is the confidence which we have before Him, that, if we ask anything according to His will, He hears us. [1 John 5:14]
- But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. [James 1:6]



HOW: ACTS Model of Prayer

- Adoration- adoring God's attributes, lessons you are learning
- Confession- confessing your sins and receive His grace
- Thanksgiving- thank God for the situations you are in
- Supplication- bring your requests to God



Prayer Basics Recap

- WHO: all followers of Jesus Christ
- WHAT: for His will be done, encourage the believers
- WHEN: with out ceasing, at all times
- WHERE: everywhere and in solitude
- WHY: not be tempted, intercede for others
- HOW: ask in faith according to His will, (ACTS model)



Why are you **NOT** praying...

Holding a grudge, can't worship God wholeheartedly (forgiveness)

We want to do it ourselves... (idols and first commandment)

We don't know what to say

PERSONAL SHARING – our first 2 years in Shanghai

Christmas 2010- Uncomfortable in our comfort

The needs of the lost became real

Pray, fast and weep (Nehemiah 1)

Praying with the body – His will be done

God will prepare the way

Balancing work and ministries

We need to do more than
sing “Amazing Grace”

We need to be repeatedly
amazed by grace.

Reading Psalms as a book of Prayer



Reading Psalms as a book of Prayer

The Psalms were written in simple but powerful vocabulary through which the hearts of several writers expressed reverence for God without bypassing the mind.

Opening their mouths, the psalmists uttered praise. That praise was given under the inspiration of the Holy Spirit



Reading Psalms as a book of Prayer

If we fill our minds with His Word, our prayers will change to accomplished patterns of meaningful praise.

We will not only gain insight into the how of praise, but also enlarge our understanding of the One whom we are praising.

Praying the Attributes of God



Selected Psalms

- The LORD is my shepherd, I shall not be in want [Psalm 23:1]
- Cast your cares on the Lord and he will sustain you; He will not let the righteous fall [Psalm 55:22]
- If I regard wickedness in my heart, The Lord will not hear [Psalm 66:18]
- Bless the Lord, O my soul, And forget none of His benefits [Psalm 103:2]
- I seek you with all my heart; do not let me stray from your commands.
Open my eyes that I may see wonderful things in your law [Ps. 119: 10,18]



SCRIPTURE: Psalm 1:1

How blessed is the man who does not
walk in the counsel of the wicked,
Nor stand in the path of sinners,
Nor sit in the seat of scoffers!

(accepting-following-listening)



SCRIPTURE: Psalm 1:2

But his delight is in the law of the
LORD, And in His law he meditates
day and night.

(heart + mind, at all times)



SCRIPTURE: Psalm 1:3

He will be like a tree firmly
planted by streams of water,
Which yields its fruit in its
season And its leaf does not
wither; And in whatever he
does, he prospers.



(rooted in the word
good place, not late)

SCRIPTURE: Psalm 1:4

The wicked are not so, But they are like chaff which the wind drives away.



(no value, not life giving)

SCRIPTURE: Psalm 1:5

Therefore the wicked will not stand in the judgment, Nor sinners in the assembly of the righteous.

(where will you stand?)



SCRIPTURE: Psalm 1:6

For the LORD knows the way of the
righteous, But the way of the wicked
will perish.



Psalm 1: review

- Blessed is the man who meditates day and night
- We are always meditating (for God or against God)
- Tree vs. Chaff (life giving and vs blown away)
- Meditation of His law (prayer is like water for our soul)

words of encouragement

Prayer will make a man cease
from sin, or sin will entice a
man to cease from prayer.

John Bunyan

The battle of prayer is against two things: wandering thoughts, and lack of intimacy with God's character as revealed in His word. Neither can be cured at once, but they can be cured by discipline.

Oswald Chambers

If I could hear Christ praying for me
in the next room, I would not fear a
million enemies.

Yet distance makes no difference.
He is praying for me.

Robert Murray McCheyne

video presentation