

Session 5

**Why and  
how do I**

**pray**



## 1. WHAT IS CHRISTIAN PRAYER?

Prayer is the most important activity of our lives.

‘For through [Jesus] we both have access to the Father by one Spirit.’ (Ephesians 2:18)

- **To the Father**
  - ‘... to your father’ (Matthew 6:6)
  - ‘... in heaven’ (v.9)
- **Through the Son**
  - ‘I have called you friends’ (John 15:15)
- **By the Spirit**
  - ‘... the Spirit helps us’ (Romans 8:26)

## 2. WHY PRAY?

- Develops a relationship with God
- Rewards of prayer (Matthew 6:6)
  - Presence of God
  - Peace (Philippians 4:6–7)
  - Perspective
  - Power
- Results of prayer (Matthew 7:7–11)

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**‘When I pray,  
coincidences happen,  
and when I don’t,  
they don’t’**

**WILLIAM TEMPLE,  
THE FORMER ARCHBISHOP OF CANTERBURY**

### **3. DOES GOD ALWAYS ANSWER PRAYER?**

- **Yes** – you receive what you prayed for, sometimes immediately
- **No** – sometimes an obvious reason why not; other times we may not understand straight away why the answer is no
- **Wait** – for the right timing

### **4. HOW DO WE PRAY?**

- **Thank you** – count your blessings, not your problems
- **Sorry** – confess your sins (John 13:6–10)
- **Please** – ‘Give us today our daily bread’ (Matthew 6:11): ask for anything you need

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## 5. WHEN SHOULD WE PRAY?

- **Anywhere, anytime**
  - (Ephesians 6:18)
- **Alone (Matthew 6:6)**
  - Regular pattern
  - Best part of the day (Mark 1:35)
- **With others**
  - There's power in praying together
  - 'Where two or three are gathered in my name, there I am in their midst.' (Matthew 18:20)

### Three simple tips:

- Keep it real
- Keep it simple
- Keep it going

## RECOMMENDED READING

*God on Mute*, Pete Greig

*How to Pray*, Pete Greig

*Prayer*, Philip Yancey

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