

**Prayer is conversation with God about
everything**

**(that is, among other things we ask, plead,
listen, wail, struggle, praise, confess,
repent, yield, and thank)**

***and* therefore an expression of sharing life
with God**

“The single most widespread American misunderstanding of prayer is that it is private. Strictly and biblically speaking, there is no private prayer. Private in its root meaning refers to theft. . . . When we privatize prayer we embezzle the common currency that belongs to all.

When we engage in prayer without any desire for or awareness of the comprehensive, inclusive life of the kingdom that is ‘at hand’ in both space and time, we impoverish the social reality that God is bringing to completion.”

--Eugene Peterson, *Earth and Altar*

**Getting trained in prayer means that
we have to develop a habit of praying
because the beginning,
middle and end of the life of prayer is
the habit of praying**

Matthew 26:36-45

36 Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." **37** He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. **38** Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

Matthew 26:36-45

39 Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me.

Yet not as I will, but as you will."

40 Then he returned to his disciples and found them sleeping. "Could you men not keep watch with me for one hour?" he asked Peter. **41** "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

Matthew 26:36-45

42 He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done."

43 When he came back, he again found them sleeping, because their eyes were heavy. **44** So he left them and went away once more and prayed the third time, saying the same thing.

45 Then he returned to the disciples and said to them, "Are you still sleeping and resting? Look, the hour is near, and the Son of Man is betrayed into the hands of sinners."

1. Make prayer a habit in which
you desire God and God alone

Mark 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Matthew 14:23

After he had dismissed them, he went up on a mountainside by himself to pray. When evening came, he was there alone. . .

Luke 6:12-13

12One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. **13**When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles. . . .

2. Make your prayer habits doable

3. Make your prayer habits rhythmic

A Prayer Rhythm

Read

Our Father Who ...

PRAISE **R**EPENT **A**SK **Y**IELD

ADORATION **C**ONFESSION **T**HANKSGIVING **S**UPPLICATION

Knee Prayer

Listening

4. Make your prayer habits communal