



# women devoted to God

Lesson 3

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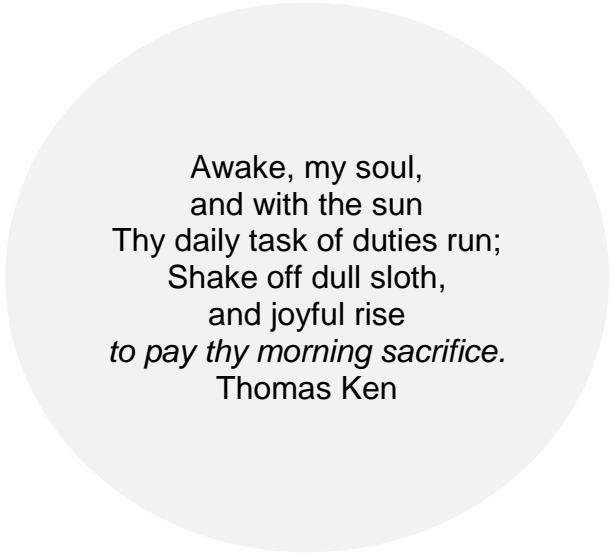
## *Prayer*

by Betty Rooks

*May my prayer be counted as incense before You;  
The lifting up of my hands as the evening offering.*

Psalm 141:2, NASB

## *Introduction*



Awake, my soul,  
and with the sun  
Thy daily task of duties run;  
Shake off dull sloth,  
and joyful rise  
to pay thy morning sacrifice.  
Thomas Ken

*Why should we pray?*

## *Prayer is worship*

### **A. Prayer is an act of sacrifice.**

We are offering to God something precious.

### **B. Prayer is a means of glorifying God.**

It isn't altogether for our benefit that we pray. It is for God's glory.

*They cried unto the Lord in their trouble, and he delivered them out of their distresses. . . .*

***Let them exalt him . . . and praise him.***

Psalm 107:13

**C. Prayer is a declaration of our dependence on God.**

**1. Jehovah-Jireh**

If we really believe John 15:5—“*without me ye can do nothing*”—it will change how we pray.

*Prayer is the tangible expression of our dependence (on Christ). We may assent to the fact that we are dependent on Christ, but if our prayer life is meager or perfunctory, we thereby deny it. We are in effect saying we can handle most of our spiritual life with our own self-discipline and our perceived innate goodness.*

Jerry Bridges

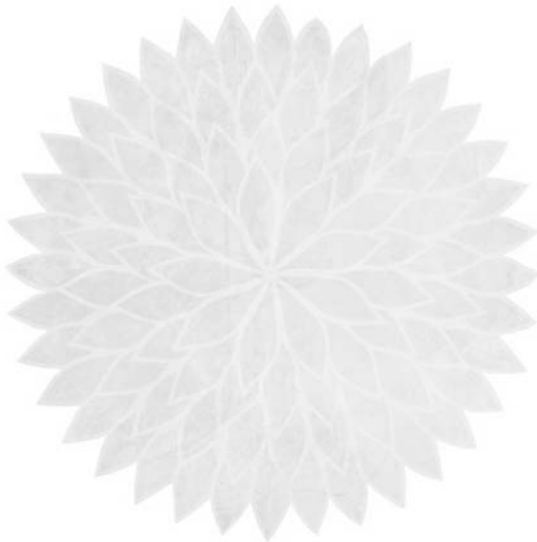
When should we pray?

## 2. Psalm 107

***They cried unto the Lord in their trouble,  
and he delivered them out of their distresses  
. . . Let them exalt him . . . and praise him.***

Psalm 107:13

It isn't just people who are in trouble through no fault of their own that God helps. God helps foolish people who have created their own problems.



How should we pray?

*Prayer is a reflection of our relationship  
with God*

**A. Relationships are not static.**

**B. Relationships are many-faceted.**

**1. Turn to the Lord.**

In your stressful moments, in your confusing moments, in your delightful moments, practice turning “to” the Lord in prayer.

**2. Talk with the Lord about what He's talking with you about.**

We communicate interest in someone by responding when he talks to us. When God speaks to you through His Word, respond to Him.

**3. Take time to enjoy His presence.**

a. As friendships grow and relationships deepen, conversations naturally grow longer.

b. Let the Lord guide the conversation.

c. It's a tremendous privilege to be in God's presence.

#### 4. Talk with Him friend to Friend.

What a Friend  
we have in Jesus,  
All our sins and griefs to bear!  
What a privilege to carry  
Everything to God in prayer!  
O what peace we often forfeit,  
O what needless pain we bear,  
All because we do not carry  
Everything to God in prayer!

Joseph Scriven  
Public Domain

#### 5. And finally, remember Who you're talking to.

“Prayer is not transcendental meditation, therapeutic contemplation, or a religious ritual. Prayer is a born-again child of God talking to [her] Father.”

Dr. Gene Lasley#

# *Conclusion*

Why should we pray?

Because prayer is an act of worship

When should we pray?

Whenever there is a need—or not

How should we pray?

Friend to Friend