



by Eileen Berry

*“Devote yourselves to prayer,
keeping alert in it with an attitude of thanksgiving.”
(Colossians 4:2)*

~Anna's Background

~Anna's Challenges

~Anna's Devotion

The meaning of *devote* (*proskartereo*):
“to be strong towards”—It has the idea of making an earnest, diligent effort; to persevere; to be continually steadfast.

Practical Matters

How can I be consistent?

Specific daily time

Specific daily place

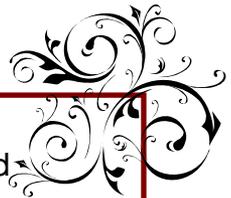
Other times and places as the Holy Spirit leads
(I Thess. 5:17)

How can I be organized?

Keep a notebook, list, card system, etc. that gives you a plan to follow during your prayer time.

Who should I pray for?

- All people—saved and unsaved
- (1 Tim. 2:1-5; Rom. 10:1)
- My friends (Job 42:10)
- Authority figures (I Tim. 2:2)
- The sick (Jas. 5:14-16)
- Pastors, missionaries, ministries (Paul often makes request for “us” [his ministry team] in the Epistles)
- My enemies—those who persecute or treat me unfairly (Matt. 5:44)
- My own daily needs (Matt. 6:11-13)



The Heart of the Matter

What can I do to make prayer a sweet, personal time of communion with God rather than a rote exercise?

- ✓ Have a plan, but vary the routine day by day.
 - Look for an attribute or name of God in that day's Scripture reading to praise Him for. (Matt. 6:9)
 - Sing a song or hymn of praise to Him.
 - Begin by reading a specific verse or passage on prayer, especially those passages where God promises to hear and answer our prayers.

- ✓ Make sure known sin is confessed (Ps. 66:18). Thank God for His forgiveness.

- ✓ Word your requests Scripturally, with God's revealed purposes in mind. (Matt. 6:10)

- ✓ Express requests in a spirit of faith (Matt. 21:21-22) and submission (Matt. 26:39, 42).

- ✓ If you can't get through the day's list, select only certain items from it so you can pray with attention and understanding.

- ✓ Thank God for answers.



What if I don't know what to pray?

- ✓ Go to Scripture for words.
- ✓ Pour out the need of your heart. (Ps. 62:8)
 - “I am powerless before [this problem, this temptation, this difficult situation], and I don't know what to do.” (2 Chron. 20:12)
 - “No one can help me but You.” (2 Chron. 14:11)
 - “I need wisdom.” (Jas. 1:5)
 - “I'm lonely, afflicted, troubled in heart, and distressed.” (Ps. 25:16-17)
 - “I feel overwhelmed. My heart is appalled [stunned, desolate, numb with pain].” (Ps. 143:4)
 - “May Your lovingkindness comfort me.” (Ps. 119:76)
 - “I'm spiritually dry, and my soul is thirsting for You.” (Ps. 42:1-2; Ps. 63:1-2)
 - “I need Your help, O Lord; please hurry, and do not delay!” (Ps. 70:5)
 - “In You I take refuge; do not leave me defenseless.” (Ps. 141:8)
- ✓ Rely on the Holy Spirit's promised help. (Rom. 8:26-27)



What if I don't want to pray?

- ✓ Confess my sin. (Ps. 51)

- ✓ Remember who God is.
 - God is always available. (Ps. 46:1)
 - God is unlimited in His power. (Jer. 32:17)
 - God made me and knows me better than anyone else does. (Ps. 139)
 - God loves me more deeply than anyone else does. (Rom. 5:8)
 - God is more truly kind and concerned for my good than anyone else is. (Ps. 145:8-9, 17)

- ✓ Remember how He feels about hearing from me.
 - My prayer is like incense to Him. (Ps. 141:2; Rev. 5:8)
 - He “inclines His ear” and pays close attention to me when I pray. (Ps. 10:17-18)
 - He wants me to keep asking for things I’ve already asked for before. (Lk. 18; Matt. 7:7-11)

- ✓ Remind myself of past answers to prayer.



~Anna's Reward

"And without faith it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who seek Him."
(Hebrews 11:6)

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