

“A Better Way 6” Prayer Postures

I. The Right Way to Pray

A. Focusing on God Prayer is Focusing on God’s Love, Goodness, Faithfulness, Mercy and Presence!

Colossians 3:2 (NKJV) Set your mind on things above, not on things on the earth.

B. Meaningful Communication Prayer is All about Our Heart, Relating and Interacting with God through Heartfelt, Meaningful Communication.

1 Samuel 16:7 (NIV) ... The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.”

DEFINE: **Conversational Prayer** - is Centered around Spending Time with God, Fellowshiping and Cultivating a Personal, Life-Giving Relationship.

C. The Primary Purpose of Prayer

Revelation 4:11 (KJV) God, You have created all things, and for your pleasure they are and were created.

D. God’s Companions

Genesis 3:8 (NKJV) They heard the sound of the LORD God walking in the garden in the cool of the day...

PRINCIPLE 1: The Primary Purpose of Prayer is for Fellowship with God, where You Focus your Mind on Him to Talk and Listen to. Adam and Eve’s Primary Purpose was Communion and Fellowship with God; They didn’t Have anything to Rebuke, Bind or Ask for; they had No Needs in the Garden.

Genesis 4:26 (NKJV) And as for Seth, to him also a son was born; and he named him Enosh. Then men began to call on the name of the LORD.

Man did not Start Calling Out and Praying to God for their Needs, until Enosh was Born!

II. The Wrong Way to Pray

Prayer is Not an Opportunity to Unload, Gripe, Complain and Inform God of how Bad Your Situations Really Are.

A. Traditional Prayer

Mark 7:13 (NKJV) making the word of God of no effect through your tradition which you have handed down. *And many such things you do.”*

PRINCIPLE 2: Prayer is not Following Prescribed Formalities of Ceremonial Rituals and Customs.

B. Ritualized Prayer

Matthew 6:5 (NIV) “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full.

PRINCIPLE 3: The Religious System of Jesus’ Day Emphasized Prayer that was Just Religious Rituals to Make them Appear Spiritual.

Matthew 6:2 (NIV) “So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full.

C. Callisthenic Prayer

Matthew 6:7 (NIV) And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.

DEFINE: **Calisthenic Prayer** - a Routine Exercise where You Spend Long Periods of Time in Prayer using Empty Repetition.

III. Proper Postures of Prayer

PRINCIPLE 4: Prayer is not like Grocery Shopping, where You Go Up and Down the Isles, Saying Gimmy, Gimmy, My Name is Jimmy; there is a Place to Ask God for Things, but not the Main Reason for Prayer!

A. Becoming Still Before God

DEFINE: Still - Quieting Your Soul before God, where You Focus on becoming Calm and Undisturbed in His Presence.

Psalm 46:10 (NKJV) Be still, and know that I am God...

PRINCIPLE 5: There is a Place in Prayer where We Should become Still before God and Focus on His Peace that Surpasses all Understanding.

B. Listen for God's Voice

DEFINE: Listen - Focusing Your Attention on God, through becoming Conscious and Aware of His Voice.

1 Samuel 3:10 (NKJV) Now the LORD came and stood and called as at other times, "Samuel! Samuel!" And Samuel answered, "Speak, for Your servant hears."

Acts 9:10 (NKJV) ... the Lord said in a vision, "Ananias." And he said, "Here I am, Lord."

PRINCIPLE 6: Life can get so Busy that You don't take the Time just to be Still and become Aware of God Voice.

C. Giving Thanks to God

DEFINE: Thanks - Expressing Heartfelt Appreciation and Gratitude to God.

Psalm 69:30 (NKJV) I will praise the name of God with a song, And will magnify Him with thanksgiving.

Psalm 107:8 (NKJV) Oh, that men would give thanks to the LORD for His goodness, And for His wonderful works to the children of men!

D. Giving Praise to God

DEFINE: Praise - Celebrating God's Goodness with Spontaneous Outburst of Joy; Singing, Clapping and Dancing.

Psalm 100:4 - 5 (NKJV) Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name. ⁵
For the LORD is good; His mercy is everlasting, And His truth endures to all generations.

Psalm 150:1-6 (NKJV) ¹Praise the LORD! Praise God in His sanctuary; Praise Him in His mighty firmament! ²Praise Him for His mighty acts; Praise Him according to His excellent greatness! ³Praise Him with the sound of the trumpet; Praise Him with the lute and harp! ⁴Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes! ⁵Praise Him with loud cymbals; Praise Him with clashing cymbals! ⁶Let everything that has breath praise the LORD. Praise the LORD!

Psalm 95:1-3 (NKJV) ¹Oh come, let us sing to the LORD! Let us shout joyfully to the Rock of our salvation. ²Let us come before His presence with thanksgiving; Let us shout joyfully to Him with psalms. ³For the LORD is the great God, And the great King above all gods.

Psalm 21:13 (NKJV) Be exalted, O LORD, in Your own strength! We will sing and praise Your power.

PRINCIPLE 7: The Primary Purpose of Praise is Expressing Love and Appreciation to God for His Goodness and Power!