

## Lord, Teach Us to Pray

“Now it came to pass, as He was praying in a certain place, that one of His disciples said to Him, ‘Lord, teach us to pray, as John also taught his disciples.’” Luke 11:1

A tree is only strong when its roots are deep. Likewise, we will only be strong and prosperous as we develop our spiritual roots in prayer.

They did not ask Him to teach them to work. They did not ask Him to teach them to perform miracles. They did not ask Him to teach them to preach, teach or lead. They asked Him to teach them to pray. Why?

They recognized Jesus had an intimacy with the Father that they wanted and needed. We should desire the same. Everything we could want and need flows from this intimacy, and it only comes through prayer.

Some of the benefits of prayer:

1. Recharge

Like a cell phone. The more we use it, the more it loses power. Likewise, the busier we are, the more we need to pray to recharge.

2. Upgrade

Often a cell phone notifies that an upgrade is available and needs to be plugged in to access it. Similarly, there are new levels of grace God wants to give us for the challenges ahead of us. We access this grace in prayer.

3. Purify

There are anti-virus softwares available, which are needed due to constant harmful downloads on a daily basis. Prayer is a way to purify our souls and remove the harmful effects of sin.

#### 4. Clarify

His sheep know his voice, and follow Him (John 10:27). As we pray we learn His voice and hear his direction. Without prayer we can miss His voice and direction, and worse, listen to the wrong voice. As we would recognize a loved one's voice on the phone through constant communication, prayer clarifies the Lord's voice.

#### 5. Commune

The definition is "to converse or talk together, usually with profound intensity, intimacy, etc.; interchange thoughts or feelings; to be in intimate communication or rapport."

Our minds tend to wander and we become preoccupied with the cares of this world. If we don't develop the practice of casting our cares on Him, cares fester inside of us. They contaminate communion. They become like an infection. This is the way we should see worry or cares.

This is why Paul says "be anxious for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known to God; and the peace of God, that passes all understanding, will guard your hearts and minds through Christ Jesus." Phil 4:6-7

Martha labored. Mary sat at His feet. Jesus told Martha she was troubled about many things. "But one thing is needed, and Mary has chosen that good part, which will not be taken away from her." Luke 10:38-42

Working was not the problem here. Being filled with care was. When Mary made the choice to sit at His feet and hear His word, Jesus said Mary made the right choice, and so should we. **Work without communion and fellowship with God will cause cares to grow and drain us.**

"...and great multitudes came together to hear, and to be healed by Him of their infirmities. So He Himself often withdrew into the wilderness and prayed." Luke 5:15-16

**When making an important decision, we should always pray until we receive a peace from God on what to do.**

“Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God. And when it was day, He called His disciples to Himself; and from them He chose twelve whom He also named apostles.” Luke 6:12-13

**Do nothing until you have presented it to the Lord and asked what He would have you do.** It will save you from much heartache (Josh. 9:3-4, 14-15). Lay it before the Lord. Pray before you plan and take counsel of God before you act.

“But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place, and your Father who sees in secret will reward you openly.

And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.

Therefore, do not be like them. For your Father knows the things you have need of before you ask Him.” Matt. 5:6-8