

Quest 180°

Christ Centered Recovery



Why Pray?

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❶ Prayer is a form of serving God.

There was also a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, and then was a widow until she was eighty-four. She never left the temple but worshipped night and day, fasting and praying. Coming up to them at that very moment, she gave thanks to God and spoke about the child to all who were looking forward to the redemption of Jerusalem. *Luke 2:36-38*

We pray because God commands us to pray.

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

❷ Prayer is exemplified for us by Christ and the early church.

Then he said to them, my soul is overwhelmed with sorrow, to the point of death. Stay here and keep watch with me. Going a little further, 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. *Matthew 26:38-39*

Very early in the morning, while it was still dark Jesus got up, left the house and went off to a solitary place. *Mark 1:35*

They all joined together constantly in prayer along with the women and Mary the mother of Jesus and with his brothers. *Acts 1:14*

One day Peter and John were going up to the temple at the time of prayer —at three in the afternoon. *Acts 3:1*

The believers prayer. *Acts 4:23-31*: Jesus prays for himself. *John 17*

Jesus prays for his disciples. *John 17*: Jesus prays for his believers. *John 17*

If Jesus thought it was worthwhile to pray, we should too.

❸ God intends for prayer to be the means of obtaining His solutions in a number of situations.

Preparation for major decisions

One day soon afterwards Jesus went to a mountain to pray, and he prayed to God all night. At daybreak he called together all of his disciples and chose twelve of them to be apostles. *Luke 6:12-13*

Overcoming demonic barriers in lives

When they arrived at the foot of the mountain, a huge crowd was waiting for them. A man came over and knelt before Jesus and said “Lord, have mercy on my son, because he has seizures and suffers terribly. He often falls into the fire or into the water. So I brought him to your disciples, but they couldn’t heal him.” Jesus replied “You stubborn, faithless people! How long must I be with you until you believe? How long must I put up with you? Bring the boy to me.” Then Jesus rebuked the demon in the boy and it left him. From that moment the boy was well. *Matthew 17:14-18*

The gathering of workers for the spiritual harvest

These were the instructions to them: “The harvest is so great, but the workers are so few. Pray to the Lord who is in charge of the harvest, and ask Him to send more workers for His fields.” *Luke 10:2*

The gaining of strength to overcome temptation

Keep alert and pray. Otherwise temptation will overpower you. For though the spirit is willing enough, the body is weak! *Matthew 26:41*

The means of strengthening others spiritually

Pray at all times and on every occasion in the power of the Holy Spirit. Stay alert and be persistent in your prayers for all Christians everywhere. And pray for me too. Ask God to give me the right words as I boldly explain God’s secret plan that the Good News is for the Gentiles too. *Ephesians 6:18-19*

4 We have God’s promise that our prayers are not in vain, even if we don’t get specifically what we ask for.

But when you pray, go away by yourself, shut the door behind you, and pray to your Father secretly. Then your Father who knows all secrets, will reward you. *Matthew 6:6*

And the Holy Spirit helps us in our distress, for we don’t even know what we should pray for, nor how we should pray. But the Holy Spirit prays for us with groanings that cannot express our words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God’s own will. *Romans 8:26-27*

5 He has promised that when we ask for things that are in accordance with His will (we find that in His Word), He will give us what we ask for.

And we can be confident that He will listen to us whenever we ask Him for anything in line with His will. And if we know He is listening when we make our requests, we can be sure that He will give us what we ask for.

Sometimes He delays His answer according to His wisdom and for our benefit but urges us to be diligent and persistent in prayer (*Matthew 7:7; Luke 18:1-8*). Prayer should not be seen as our means of getting God to do our will on earth, but as a means of getting God’s will done on earth. This sounds like a nice, trite phrase, but I am grateful that He works that way. His wisdom far exceeds mine and His love for me and for others far exceeds my own as well. *1 John 5:14-15*

In His earthly ministry, Jesus did not work many miracles in His hometown, Nazareth. Why not? His power was not diminished. I believe it was because people did not believe in Him. They demonstrated this unbelief by not coming to Him with the same needs that He miraculously met elsewhere (*Matthew 13:57-58*). A lack of prayer demonstrates the same characteristic in our lives.

In conclusion, we pray to demonstrate our faith in God, that He will do as He has promised in His Word and will bless our lives abundantly more than we could ask or hope for (*Ephesians 3:20*). Prayer is our primary means of seeing God work in others’ lives in addition to sharing the Word (*Isaiah 55:11*). Because it is our means of “plugging into” God’s power, it is our means of defeating the foe and His army that we are powerless to overcome by ourselves. Therefore, may God find you and me often before His throne for we have a High Priest in heaven who can identify with all that we go through (*Hebrews 4:15-16*). We have His promise that the fervent prayer of a righteous man (even faltering children of God like you and me) accomplishes much (*James 5:16-18*). May God glorify His name in our lives as we believe in Him enough to come to Him often – especially when things seem the most hopeless.