

Pause and Rejoice

HOW TO PRAY

P.R.A.Y.

Psalm 46:10 He says, "Be still, and know that I am God.

Luke 11:1-2 One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." 2 He said to them, "When you pray, say: "'Father, hallowed be your name...

Psalm 23:1-3 The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, 3 he refreshes my soul.

Psalm 23:3-6 (AMP) He refreshes and restores my soul (life); He leads me in the paths of righteousness for His name's sake. 4 Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod [to protect] and Your staff [to guide], they comfort and console me. 5 You prepare a table before me in the presence of my enemies. You have anointed and refreshed my head with oil; My cup overflows. 6 Surely goodness and mercy and unfailing love shall follow me all the days of my life, And I shall dwell forever [throughout all my days] in the house and in the presence of the Lord.

_____ is an invitation to pause and weigh the meaning of the words we are praying.

Prayer is _____.

_____ is the lifting up of the heart and mind to God, asking nothing but to enjoy His presence.

Matthew 7:9-11 "You parents—if your children ask for a loaf of bread, do you give them a stone instead? 10 Or if they ask for a fish, do you give them a snake? Of course not! 11 So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him.

Acts 4:24-31 "O Sovereign Lord, Creator of heaven and earth, the sea, and everything in them— 25 you spoke long ago by the Holy Spirit through our ancestor David, your servant, saying, 'Why were the nations so angry? Why did they waste their time with futile plans? 26 The kings of the earth prepared for battle; the rulers gathered together against the Lord and against his Messiah.' 27 "In fact, this has happened here in this very city! For Herod Antipas, Pontius Pilate the governor, the Gentiles, and the people of Israel were all united against Jesus, your holy servant, whom you anointed. 28 But everything they did was determined beforehand according to your will. 29 And now, O Lord, hear their threats, and give us, your servants, great boldness in preaching your word. 30 Stretch out your hand with

healing power; may miraculous signs and wonders be done through the name of your holy servant Jesus.” 31 After this prayer, the meeting place shook, and they were all filled with the Holy Spirit. Then they preached the word of God with boldness.

Adoration changes our _____.

Further tips for displacing distractions and building adoration in your prayer life.

Relax, breathe, speak, repeat - be still before the Lord and make yourself aware that God is present. If there's stress in your body, intentionally relax that area. Breathe deeply, exhale slowly. Repeat a prayer phrase to focus your mind (for example, "Father, you are holy"; "thank you Jesus"; "God you are worthy of praise", speak in tongues).

Follow King David's example, and command your soul to wake up. (Psalm 103 "Praise the Lord, my soul"). Offer a sacrifice of praise (Hebrews 13:15) Don't wait until you feel like it praising and praying, do it anyway.

Pray a Psalm - An easy way to build adoration into your prayer life is to read a Psalm (or part of one) every day and incorporate the Psalm into your prayers. These Psalms were the very same book of prayers that Jesus used and loved. He read them, he memorized them, he prayed them, even praying them from the cross. Such a priceless resource! Go to prayercourse.org/toolshed to "How To Pray Psalms" for further information.

Use worship music - melody and harmony are God-given gifts that bring our hearts into an attitude of worship (Psalm 100).

Worship in community - The entire Lord's prayer is written in the plural, "Our Father". We were not designed to hallow the Father's name entirely on our own. Engage in corporate worship with a body of believers. Be an active participant, not merely an observer.