

iPray

Introduction: Communication is crucial to the goodness of any relationship. Without communicating with the Father regularly and frequently, our relationship with Him suffers more than we think. God wants us to have a prayerful life.

I. **CONSTANT COMMUNICATION WITH THE FATHER**

- A. “And they **continued steadfastly** in the apostles’ doctrine and fellowship, in the breaking of bread and in **prayers**.” (Acts 2:42)
- B. Set aside time for prayer. “*Pray without ceasing.*” (1 Thess. 5:17; Psa. 55:17; Acts 10:1-4; Mk. 1:35; Lk. 6:12; Eph. 6:18)

II. **PRAYING FROM THE HEART**

- A. Meaningful prayers come as a result of expressing our emotions from within with a desire toward God’s will. (Psa. 13:1-6; Matt. 26:36-39)
- B. We must be careful not to get lost in our words and our focus. (Mt. 6:5-8; Rom. 8:26-27)
- C. We open our hearts to God. (Phil. 4:6; Lk. 18:1-8; Jas. 1:5-8)

III. **WELL-BALANCED PRAYERS**

- A. Jesus taught his disciples to have balanced prayers. (Lk. 11:1-4)
 - 1. Praise to God: *Hallowed be Your name.*”
 - 2. Attitude toward God’s will: “*Your will be done on earth...*”
 - 3. Ask for physical needs: “*Give us this day our daily bread...*”
 - 4. Ask for forgiveness: “*Forgive us our sins...*”
 - 5. Ask for deliverance: “*Do not lead us into temptation... deliver us.*”
- B. Thankfulness. (1 Thess. 5:18; Eph. 5:20; col. 3:17; 1:9-12)

Conclusion: Spending quality time in meaningful prayer to communicate with our Father in heaven brings us to greater dependence on Him, helping us to trust in His great power and control and gives us security and comfort, and betters our relationship with our God. God wants to know what’s in our hearts.