

This document is based on a talk and discussion by Darren Blaney, pastor of Herne Bay Baptist Church, on 2nd May 2007. Its intention is to offer a model for prayer as individuals and groups.

All quotes are from the New International Version (NIV) of the Bible.

The Importance Of Prayer

It is probably fair to say that prayer is one of the areas of Christian life where many of us are not active enough, or give it the importance it is due.

Jesus Expects Us To Pray

From Matthew 6:5-7

“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 men. I tell you the truth, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.”

From Luke 11:2

He said to them, "When you pray, say: “ ‘Father, hallowed be your name, your kingdom come.’”

Jesus Himself Prayed Often

Matthew 26:36

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray."

Mark 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

The 12 Part Prayer Model – “The Power Hour!!”

From Matt 26:40

Then he returned to his disciples and found them sleeping. "Could you men not keep watch with me for one hour?" he asked Peter.

Someone was reading this passage one day which spoke deeply to him, and gave him the inspiration for the following model for prayer.

- Pray out loud if at all possible, as it helps to compete with all the distracting thoughts that often interfere with praying.
- If you pray for 5 minutes for each part, you will have been in prayer for an hour!!
- This can be stripped down if you don't have much time, eg, spend only a minute on each part.

1) **PRAISE** (see Psalm 22:3)

- a) Start with Praise.
- b) Worship God for who He is.
- c) Pick a theme. Reflect and vocalise on this, eg, God is love, His Majesty, His Holiness, Truth of His Word, The Trinity, Sing a Hymn.

2) **WAITING** (see Psalm 46:10)

- a) The focus is on GOD – HE makes things happen, our prayers are useless without Him.
- b) Make yourself available to Him.
- 3) **CONFESSION**
 - a) “Cleansing the Temple” in which God dwells, ie, our bodies.
 - b) Be Honest!!
- 4) **SCRIPTURE PRAYING** (see Rom 10:17)
 - a) Read a passage from your Bible, as part of your daily reading, Bible reading notes, etc.
 - b) EXPECT the Holy Spirit to highlight a verse to you.
 - c) What is being shown to you?
 - d) Pray about these passages using the language from the verses if possible (see Nehemiah 1, Daniel).
 - e) The Bible is to be BELIEVED, then OBEYED, not just to be explained.
- 5) **WATCHING**
 - a) It is useful to read reliable newspapers, journals, watch the news on TV, listen on the radio, possibly just before commencing your prayer time.
 - b) Pray with awareness of what is happening around the world to Christians and how there are forces working against followers of Jesus.
 - c) Pray for other world events.
- 6) **INTERCEDING:** Praying on behalf of OTHERS (part of the highest expression of love).
- 7) **PETITIONING:** Praying for YOUR needs (part of the highest expression of Faith).
- 8) **THANKSGIVING**
 - a) Worship God for what He has done.
 - b) Thank Him for, eg, prayers answered, healing, having a job, having a home or family, wider issues like having a National Health Service or the right to vote.
- 9) **SINGING** (see Psalm 59:16): Sing your favourite song or hymn in praise of God.
- 10) **MEDITATION:** Take your Scripture reading, or another theme or words from a hymn and keep going over them, thinking of their impact on you or those around you. Emphasise different words in scripture verses, eg, Psalm 23:1 - The LORD is my shepherd, I shall not be in want.
- 11) **LISTENING**
 - a) What is God saying back to you?
 - b) What does He want you to do, or pray for?
- 12) **PRAISE** (see Psalm 52:9) – finish as you began with Praising your Creator and Saviour.

It is only a model, and should not necessarily be adhered to rigidly. If you find yourself spending a lot more time on, eg, Scripture Praying, then you can always cut down somewhere else if you wish. Be careful if you find you are always missing out certain sections!!

In the West, we don't pray nearly as much as we should. It could be because we don't fully appreciate the spiritual dimension of forces working against all that is good. Prayer against evil forces needs to be a large part of our prayer life.

If we don't pray, we are neglecting to communicate with our Saviour and Creator!!