LIFE NOTES Cross Training: Exercises for Spiritual Health

January 15, 2023 "Pray Continually"

Acts 1:14 "They all joined together **constantly** in prayer …"

HOW TO PRAY CONTINUOUSLY

Ephesians 6:18-20

1. Pray _____.

Ephesians 6:18a "And pray in the Spirit on **all occasions** with **all kinds** of prayers and requests …" (NIV)

Romans 8:26-27 "[26] … the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us through wordless groans. [27] And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God." (NIV)

Philippians 4:6-7 "[6] Do not be anxious about anything, **but in every situation**, by prayer and petition, with thanksgiving, present your requests to God. [7] And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (NIV)

People Prayed For:

- Integrity (Psalm 1:1-3).
- Outreach (John 4:35-36),
- Wisdom (Romans 11:33-36),
- God's goodness (Psalm 103),
- Boldness (1 John 5:13-15),
- Salvation (Luke 19:9-14),
- Protection (Matthew 26:41),
- Political leaders (1 Timothy 2:1-3),
- Healing (Matthew 9:1-8; James 5:14-15)
- Ministry of the Holy Spirit (Acts 8:14-7)
- Sincerity (Psalm 145:18-19; Matthew 6:5-8)
- Church leaders (Ephesians 6:19-20)
- Unity (James 4:1-7)
- Intercession (James 5:16)
- God's Word (Psalm 119)
- God's will (Luke 11:9-13)
- Forgiveness (Luke 15:17-20)
- Strength (Jude 20)
- Peace (Philippians 4:4-7)
- Enemies (Matthew 5:43-44)

2. Pray _____.

Ephesians 6:18b "… With this in mind, **be alert** and **always keep praying** for all the Lord's people."

1 Peter 5:8-9 "[8] **Be alert** and sober minded. Your enemy the devil prowls around like a roaring lion looking for someone to devour. [9] Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings." (NIV)

Mark 9:28-29 "[28] After Jesus had gone indoors, His disciples asked Him privately, "Why couldn't we drive it (demon) out?" [29] He replied, "This kind can come out only by prayer." (NIV)

Luke 21:36 "Be always on the watch, and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man." (NIV)

Colossians 4:12 "Epaphras, who is one of you and a servant of Christ Jesus, sends greetings. He is always wrestling in prayer for you, that you may stand firm in all the will of God, mature and fully assured." (NIV)

Colossians 1:9-14 "[9] … since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of His will through all the wisdom and understand that the Spirit gives, [10] so that you may live a life worthy of the Lord and please Him in every way: bearing fruit in every good work, growing in the knowledge of God, [11] being strengthened with all power according to His glorious might so that you may have great endurance and patience, [12] and giving joyful thanks to the Father, who has qualified you to share in the inheritance of His holy people in the kingdom of light. [13] For He has rescued us from the dominion of darkness and brought us into the kingdom of the Son He loves, [14] in whom we have redemption, the forgiveness of sins." (NIV)

- Ask God to help them know what He wants them to do.
- Ask God to give them deep spiritual understanding.
- Ask God to help them live for Him
- Ask God to give them more knowledge of Himself.
- Ask God to give them strength and endurance
- Ask God to fill them with joy, strength, and thankfulness.

3. Pray _____.

Ephesians 6:19-20 "[19] Pray also for me, that whenever I speak, words may be given me so that I fearlessly make known the mystery of the gospel, [20] for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should do." (NIV)

Colossians 4:2-4 "[2] Devote yourselves to prayer, being **watchful** and **thankful**. [3] And pray also for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. [4] Pray that I may proclaim it **clearly**, as I should." (NIV)

Other ways to pray intentionally:

- to break down the barrier of spiritual blindness (2 Corinthians 4:4)
- that believers may understand the spiritual power, authority, and protection we have in Christ (Ephesians 1:18-19)
- to bind satan and his agents (Matthew 12:29)
- for more workers spiritual workers (Matthew 9:37-38)

BOTTOM LINE

1 Timothy 2:1-4 "[1] **I urge you**, then, **first of all**, that **petitions, prayers, intercession and thanksgiving be made for all people**—[2] for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. [3] This is good, and **pleases God** our Savior, [4] who **wants all people to be saved** and to come to a knowledge of the truth." (NIV)