



**ANTIOCH**  
CAPE TOWN

*An Invitation To Pray*

## AN INVITATION TO PRAY

“Be anxious about nothing, but in everything, by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

-Phillipians 4:6-7

There are many reasons to pray. Throughout the Bible, we see that Jesus prayed regularly, and we want to be like Him! God’s Word calls us to pray. Prayer is how we communicate with God and allows us to participate in what He is doing around us. Prayer gives us power and is always available. It strengthens us, refines us, encourages us, and connects us with each other and with God.

Prayer is simply talking to God. You can pray out loud or silently. You can pray while you’re walking or when you’re driving in your car or riding in the bus. You can pray by yourself or with other people. The following are some simple tools that will help you as you grow in your prayer life. Remember these are handrails, not rules! It is all about our relationship with Jesus, and there is freedom as you discover what works best for you.

### ACTS:

- Adoration: Spend time praising God for His character and who He is! (Psalm 100:4, Psalm 150, Hebrews 13:15)
- Confession: The Lord tells us in Psalm 51:17 that a broken and contrite or repenting heart He will not turn away! Spend time repenting and asking forgiveness for any area in your life that is not honoring God. (Psalm 66:18, 2 Corinthians 7:10, 1 John 1:9)
- Thanksgiving: Spend time thanking God for what He is doing and what He has done for you! (Answered prayer requests, how He has provided, His forgiveness, joy, patience, His Holy Spirit)
- Supplication: Spend time asking God for specific needs for yourself or for others. Pray for your family, the lost, your coworkers, your friends who don’t know Jesus. (Ephesians 6:18, Psalm 55:1)

### PRAISE: (very similar to the above tool)

- Praise: Praise God for who He is!
- Repent: Confess your sins! This isn’t something to be afraid of; when we confess, the Lord offers peace as He renews and teaches us to be more like Him!
- Ask: Ask God for specific prayer needs for yourself or others.
- Intercede: Intercede means to stand in the place of another. Hebrews 7:25 tells us that Jesus lives to make intercession for us before God! During this time, pray for those who are on your heart. This can be friends, family, the lost, your leaders, your government, or your coworkers. This doesn’t have to be the same every day!
- • Speak the Word of God: Declare God’s word over you and your family and friends. (Mark 11:21-24, Isaiah 53:5, Phillipians 4:19, Philipians 4: 13)
- • Enjoy: As we pray to God, He engages with us! Enjoy His presence. (Psalm 16:11, Jeremiah 29:11-13)

## PRAYING THE LORD'S PRAYER

“And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. And when you pray, do not heap up empty phrases as the Gentiles do, for they think they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him. Pray like this: Our Father, who is in Heaven, hallowed be your name. Your Kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. For yours is the Kingdom, and the Power, and the Glory forever. Amen.” -Matthew 6: 5-13

In Matthew 6, Jesus teaches His disciples how to pray. This is known as the Lord's Prayer, and many times we say this in church or with other believers. The following breaks down each line, and offers ways to pray each part.

### **Our Father, who is in heaven.**

- Recognize your relationship with Him. Recall how much He loves you, so much so that He calls you His child! (1 John. 3:1).

### **Hallowed be Your name**

- Recall the covenant names of God and their meaning and application for today (He is our righteousness, our provider, our healer, our peace, our sanctifier, our shepherd, our helper). Meditate on these.

### **Your Kingdom come, Your will be done**

- Spend time submitting your plans to God and ask for His Kingdom to come and His will to be done in your life. Also pray that our nation's leadership would walk in His will, pray for your family, etc. Get scriptures for the areas of concern.

### **Give us this day our daily bread.**

- Ask God for His provision in areas of material concern, for things that you need today.

### **And forgive us our debts as we also have forgiven our debtors**

- Ask the Holy Spirit to search you and point out areas where repentance is needed. Forgive those against whom you are holding grudges (Proverbs 4:23; Matthew 5:44).

### **And lead us not into temptation but deliver us from evil**

- Know the Truth of the Word of God and use it against the devil (1 Timothy 6:12; Ephesians 6).

### **For Yours is the kingdom, and the power, and the glory forever**

- End with praise (Revelation 5:13)