

# Do You Believe in Prayer?

*Matthew 6:1-15; 31-34*

## Prayer is not...

A time to **show off**, or impress God  
*Matthew 6:5*

A **magic formula** to recite to get what we want  
*Matthew 6:7*

Simply **meditating**  
(emptying of the mind)

## But it is...

...a **connection** with the most powerful being in the universe, who loves us  
*Matthew 6:6*

...important to deepen our prayer life by learning from "**models**"

...a way to **focus** on the invisible reality in stillness  
*Psalms 46:10*

**Jesus' model was to start with adoration** *Matthew 6:9*

**Adoration means praise** *Psalms 104*

Giving glory to God for who **He is**

- \* His great creative power (natural) *vs. 1-4, 24-26*
- \* His generous provision of great gifts *vs. 27-30*
- \* His works in history *vs. 5-9*

We can use the **scriptures** (Psalms)

We can use music/poetry/**creeds**

We can use **visual cues** (awareness)

**Adoration means thankfulness**

Giving glory to God for what He **has done** *Psalms 103*

- \* **Forgiveness** of my sin *vs. 3-4, 7, 10-12*
- \* Ways I have been **healed** *vs. 4*
- \* Daily blessings I often **forget**
- \* His great **love** toward me *vs. 11-13*

We need to **cultivate** a heart of gratefulness

We need to write things down or **remember** them in some way

**CHALLENGE** – Spend the next **30 days** building your prayer skills

- \* Use a **journal**
- \* Set a **specific** time for praying each day \_\_\_\_\_
- \* Start each morning with **adoration**