

DEVELOPING A LIFE OF PRAYER  
EDGEMONT BIBLE CHURCH  
2021-2022  
“FOUNDATIONS OF PRAYER”

I. *WHAT IS PRAYER?*

A. *Is it a “work” of the law? It is work! Referred to as agonizing!*

B. *Is it a discipline? It does discipline us; implies a structure  
To train or develop by instruction and exercise especially in  
self-control; self-discipline; it is not a means*

C. *Is it meritorious? Is it not enough to have answers to prayer?*

D. *Is it a duty? It is a privilege that is commanded*

E. *Prayer flows from a relationship with God*

1. *Prayer is a conversation with the personal God who  
understands the language of the petitioner and is able to  
respond to the request; arises out of need*

2. *Prayer is a conversation with the intention of deepening the  
relationship with God*

3. *Prayer is an action of discovering more about the One to  
whom the prayer is being offered*

4. *Prayer is asking, requesting, confessing, pleading,  
interceding with, praising, giving thanks and petitioning  
God*

5. *Prayer may be responding to God who has made a request  
of a person; responding to the call of God*

6. *Prayer is full of respect and respectful language*

F. *Prayer implies humility for it recognizes the One being petitioned  
is greater than the one employing it or more able than the one  
petitioning Him; will not work for the self-sufficient*

G. *Prayer implies faith or confidence that God will hear the request  
and is able to grant it*

*H. Regular prayer implies love for God just as regular conversation with a husband and wife or a family or with friends does*

## *II. THE POSTURES OF PRAYER*

- A. Most often in the Scriptures the posture of prayer is like that of worship: kneeling or prostrate with his face to the ground*
  - 1. Though prayer is conversation with another person, He is not an equal person; prayer must be filled with respect for the person of God*
  - 2. Kneeling with the face to the ground reveals the helplessness of the petitioner; prostrate even more so*
- B. Whatever posture is assumed by the petitioner must (will) reflect his heart-felt humility before God.*
  - 1. Check your heart before you set your body*
    - a. Duty or love?*
    - b. Equality or submission?*
    - c. Ignoring sin or free from guilt?*
    - d. Strength of the flesh or boldness of the Spirit?*
    - e. Presumption based on exceptionalism or faith based on Christ and His revealed will?*
    - f. Pride or brokenness? Earned the right to be heard?*
    - g. No comparing yourself to others*
    - h. Coming in your own name or the name of Christ?*
    - i. Request is in the will of God? From the Word of God?*
    - j. Angry? Bitter? Vengeful?*
  - 2. Genuine expression of humility not a culturally learned ritual i.e. sitting, standing, kneeling, hands up, hands down, hands folded, eyes open or shut, King James Only, friendly banter, casual “I just...” “we just...” talk. Let it be the natural posture of humility and genuine desire for the will of God*

## *III. THE TIME TO PRAY*

- A. At regular appointed times of prayer*
- B. In everything; anytime; all the time*
- C. In response to the Word of God, read, heard, preached, taught, etc. The Word is God speaking to us; prayer is us responding to Him.*

*IV. THE CONTENT OF OUR PRAY is our subject matter for the rest of the year! We are going to look at the prayers of the Bible*