

FOUNDATION CORNERSTONE

FCS1-3-17: How to Pray

The Scriptures example and admonish us regarding our prayers to God. Spiritually speaking, God honors the position of our hearts over the position of our bodies. There are scriptures that describe people praying: some bowed their heads; folded their hands; or closed their eyes. Some prayed while standing; lifting up their hands; sitting; lying down; kneeling; prostrate on the ground; lifting their eyes toward heaven; and bowing. All these are examples of prayers in reverence to God and are a reflection of their hearts before Him.

1 Timothy 2:8 I will therefore that men pray every where, lifting up holy hands, without wrath and doubting.

Daniel 6:10 Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.

Matthew 26:39 And he went a little further, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou *wilt*.

People in the Bible prayed: during battle; in a cave; in a closet; in a garden; on a mountainside; by a river; by the sea; in the street; in their bed; in a home; in a prison; in the wilderness; and even inside the belly of a great fish. All prayer to God are to be offered in sincerity, knowing that God is hearing them.

Matthew 6:5-6 And when thou prayest, thou shalt not be as the hypocrites *are*: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. 6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

Any time of day or night, God can hear our prayers. Prayer is part of our communion with Him. The more we pray, the better our relationship with God will be.

1 Thessalonians 5:17 Pray without ceasing.

Romans 12:12 Rejoicing in hope; patient in tribulation; continuing instant in prayer;

We read of people in the Bible prayed early in the morning; in the mid-morning; in the evening; three times a day; before meals; after meals; at bedtime; or at midnight. They prayed when they were young; when they were old; when they were in trouble. Any time, in any place, and under all circumstances — prayer is good and needful in the life of a Christian.

Jesus gave us an example of prayer:

Matthew 6:9-13 After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. 10 Thy kingdom come. Thy will be done in earth, as it is in heaven. 11 Give us this day our daily bread. 12 And forgive us our debts, as we forgive our debtors. 13 And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

Luke 11:2-4 And he said unto them, When ye pray, say, Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, as in heaven, so in earth. 3 Give



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us day by day our daily bread. 4 And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil.

Prayer is our communication link to God. It is from our hearts to Him. Christians offer prayers to God at all times and in any place that communing with God is needed.



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Question 1

With regards to body position, how should a person pray?

- Only on our knees.
- On our faces or standing with eyes closed and head bowed.
- In any position as long as the position of our heart is toward God.
- Any position that shows others my humility before God.

Multiple choice (Unique answer)

Question 2

There is no particular time of the day that must be found praying.

- True
- False

True/False

Question 3

Which answer best describes where we should pray?

- In front of the congregation.
- Only in front of our food.
- On our knees.
- Anywhere and everywhere, we should pray from our hearts.

Multiple choice (Unique answer)

Question 4

As described in Romans 12:12, a person should be ...

- of a humble spirit before praying to God.
- instant in prayer.
- an example of how to pray before others.

Multiple choice (Unique answer)

Question 5

As described in Matthew 6:5-6, Jesus admonished His disciples to pray ...

- standing in the synagogues and in the corners of the streets.
- only in their living rooms.
- to pray to the Father in secret.

Multiple choice (Unique answer)



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Yes

Not yet