



**Walking in the Garden of Grace  
with Your Heavenly Father  
The Journey to a Deeper and More Powerful Place of Prayer**

**Introduction to Prayer Part Two Lecture**

**Fun House Illustration**

“What trips us up when it comes to our relationship with the Lord?”

“What keeps us from the deep, intimate, and powerful prayer  
life we desire to have with Him?”

Refer to the following notes as you listen to the lecture.

The notes are also provided to assist in preparing  
your heart for prayer. Please pray through them on your own and answer  
the question under #3 before you continue in your study.



## **ABIDE.**

***Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. John 15:4***

### **1. Hold a High View of Prayer**

#### **a. Remember to whom we are praying**

#### **b. Remember *in* whom you are praying**

#### **c. Remember that we are called and commanded to pray**

- Rejoice in hope, be patient in tribulation, be constant in prayer. Romans 12:12
- In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, 19 and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, 20 for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak. Ephesians 6:18-20
- The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Philippians 4:6
- Devote yourselves to prayer, being watchful and thankful.” Colossians 4:2
- Pray continually. 1 Thessalonians 5:17
- First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, 2 for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. 3 This is good, and it is pleasing in the sight of God our Savior, 4 who desires all people to be saved and to come to the knowledge of the truth. 5 For there is one God, and there is one mediator between God and men, the man Christ Jesus ... 1 Timothy 2:1-5

#### **d. Remember Jesus, our leader, our Shepherd, and our example**

- In these days he went out to the mountain to pray, and all night he continued in prayer to God. Mark 1:35
- But he would withdraw to desolate places and pray. Luke 5:16
- In these days he went out to the mountain to pray, and all night he continued in prayer to God. Luke 6:12

### **2. Be faithful, thoughtful, and mindful in prayer. Speak these truths of God's Word to your heart and ask God for His grace to believe them as you pray:**

## Thanksgiving

*Enter His gates with thanksgiving. Psalm 100:4*

*“The steadfast love of the Lord never ceases; his mercies never come to an end; 23 they are new every morning; great is your faithfulness.” Lamentations 3:22-23*

**Pursue His presence early and often. Turn all of your attention to the Lord, fix your eyes upon Him, and thank Him for what He has done for you in Christ. Enter the gates of the Lord with a heart full of gratitude. Thank Him because:**

- He has made a way for you to enter into His presence
- He has rescued and redeemed you from sin, death, and destruction
- He has adopted you as His own
- He has given you His Word which is living and active and powerful
- He desires an intimate love relationship with you
- He wants you to bring all of your requests to Him
- You can approach His throne boldly in the name of Jesus Christ
- You can rest in Him and trust Him as a loving, all-knowing, all-wise, all-powerful, ever-present God who loves and cares for you
- He is good all the time, in all things, and works all things together for good

## Praise and Adoration

*“Enter into His courts with praise.” Psalm 100:4*

*For the LORD is a great God, and a great King above all gods. In his hand are the depths of the earth; the heights of the mountains are his also. The sea is his, for he made it, and his hands formed the dry land. Oh come, let us worship and bow down; let us kneel before the LORD, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand. Psalm 95:2-8*

**Set all of your heart, all of your Mind, and all of your soul upon Him. Enter the courts of the Lord with praise and exalt Him above all. He is God Most High and there is no other. Praise Him.**

- He is Almighty God, King of kings, and Lord of lords, the Great I AM
- He is Sovereign Lord of All
- He is your heavenly Father, your tender Shepherd, your Savior
- He is your portion and your cup, your ALL in all
- He is the God who sees
- He works all things together for good
- He is good all of the time
- He is love
- He is wise
- He is in control of ALL things
- He has all power, nothing is impossible for Him

## Confession

*If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9*

*Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit. Psalm 32:1-2*  
*Blessed are those who mourn for they shall be comforted. Matthew 5:4*

**Approach your merciful heavenly Father with faith, humility, and hope. Humbly bow before the Lord. Believe the gospel. Confess your sin and repent.**

- Draw near to God—do not hide from Him like Adam and Eve
- Do not be afraid to acknowledge your sin to God, there is now no condemnation
- You are a sinner—do not be surprised by or afraid of your sin—His grace is greater than all of our sin
- Be vulnerable and transparent with God—open your heart to Him
- Ask the Lord to search your heart
- Be specific when you confess your sin, very specific
- Ask the Lord to help you say the hard things
- Confess your sins to one other and ask them to pray for you
- Turn from your sin and walk in righteousness

## Intercession and Supplication

*Truly, truly, I say to you, whatever you ask of the Father in my name, he will give it to you. John 16:23*

*If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. By this my Father is glorified, that you bear much fruit and so prove to be my disciples. John 15:7-8 Pray for one another that you might be healed. The prayer of a righteous person has great power as it is working. James 5:16*

**All authority in heaven and on earth belong to Christ. Go boldly before your heavenly Father and make bold requests in Jesus' name.**

- Our Father we pray—Abba Father, I pray—in Jesus' name
- Ask and receive that your joy may be full
- Jesus has been and will always be interceding on your behalf
- Jesus is our loving and merciful High Priest
- Whatever you ask of the Father in Jesus' name your Father will give it to you
- Pray in a humble spirit of agreement with God's will and His purposes



**3. A Pre-Plan, Prepare, Make a Plan, and Make a Commitment to Pray**

a. Pray. Make a plan to pray and ask the Lord to help you keep to it.

b. The non-negotiables

c. The things that trip me up or take me off course

d. How does the enemy ambush you? Describe:

e. Place(s)

- Daily
- A Desolate Place
- In community
- With my family
- With my husband

f. Times

- In the morning,
- At noon
- In the evening
- Other

g. What

- Study
- Prayer for who and what
- Memory

h. Commitment