

Prayer and the importance of Meditation

Not just PROAPT but PROAMPT

Meditation

Psalm 119:97 Oh, how I love your law! I meditate on it all day long.

If we take time to meditate, we will experience the depth and the greatness of message, and the Spirit of God will speak to us and affect our lives.

ON FINAL scripture location for “How to Pray” Matthew 6:9-13

I. Our Father which art in Heaven, hallowed be Thy Name. Praise & Thanksgiving

God is the Creator of Heaven and Earth. In the OT, God’s name was often linked with attributes and covenants. The following are some examples of the Hebrew names and their attributes.

Name	Attribute	Name	Attribute
Jehovah-Tsidkenu	Righteousness	Jehovah-M’kaddesh	Sanctifier
Jehovah-Shalom	Peace	Jehovah-Shammah	God is there
Jehovah-Rophe	Healer	Jehovah-Jireh	Provider

All of these names should be hallowed, respected as Holy. We praise God and thank Him for all of these attributes and covenants. The praise song states, “I will enter His gates with thanksgiving, I will enter His courts with praise.” That is how we should begin prayer.

ii. Thy Kingdom come, Thy will be done. Thanksgiving & Confession

Pray for God’s will in yourself, your family, your church, and your nation. We are thanking God for His will. We are confessing that His will is supreme and our need to have that Will fulfilled in our lives.

iii. Give us this day our daily bread. Supplication

Be specific, asking with full faith of the answer. Believe that it is God’s will for you to prosper and have the things you need and want.

iv. And forgive us our debts as we forgive our debtors. Confession

Ask God to forgive you. Forgive and release others. Set your will to forgive those who sin against you.

v. And lead us not into temptation, but deliver us from evil. Supplication & Intercession

Pray a hedge of protection for yourself, your family, and loved ones. At this time pray for the specific needs of others as well.

Put on the whole armor of God. Eph. 6:10-18

vi. For Thine is the Kingdom, and the power, and the glory forever. Praise & Waiting

Make faith declarations, return to praise, and wait in God’s presence for Him to speak to you.

This works well for a group many different ways. Here are two examples

- 1. You can ask for volunteers to lead out praying for each topic.*
- 2. Have everyone sit in a circle and pray through each aspect going in order around the circle.*

Be creative. The goal is to learn from each other.

Close by having them share what God spoke to them about through their prayer and study. It can be in general or you can have them pray for God to speak through them to someone else in the group.