

# BY HEART

## When Scripture becomes second nature

### Prayer: Heart to heart with God

Psalm 1-3 | Page 769

# Learning by heart takes practice

Psalms

150 Biblical prayer songs

The Bible's Prayer Book

How they help us learn the faith by heart:

1. They **teach us how to pray**
2. The **content is universal and comprehensive**
3. They are authentic and faithful **emotional expression**
4. They are sufficient to aid in our **attunement with God**

## Part 1 of 3

# Introduction to Prayer

Learn the foundational discipline by heart

# Learning by heart takes practice

## Key Biblical and Apostolic Practices:

1. **Worship** (directly honoring and hearing from God)
2. **Ordinances** and sacraments (practices of promise)
3. **Fellowship** (strength that comes from contact)
4. **Discipleship** (Learning and teaching)
5. **Prayer and fasting (focus and depravation for good)**
6. **Sacrificial love** (Service, hospitality and generosity)
7. **Discipline** (Be pastored for safety, care and growth)

# Learning by heart takes practice

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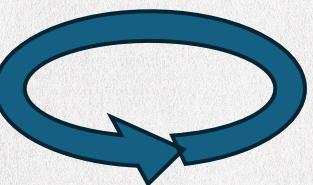
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# Learning by heart takes practice

Why Prayer and Fasting are critical RIGHT NOW:



Distraction & Diversion



Consumption & Security

Fasting

Interrupting  
Proactive  
Strengthening  
Ordering  
Adaptive  
Sacrificial

Prayer

Solitude  
Spiritual  
Focus  
Quiet  
Substance  
Purpose



# Prayer

Prayer, evangelism and generosity are the 3 great “shut down” words.

Main reasons people quit or never get going with prayer:

- 1. Sheer indiscipline**- I can't take the first step
- 2. Ruts**- feels repetitive, and “stuck”.
- 3. Repetitive**- feels boring and rote
- 4. Unproductive**- nothing happens
- 5. Unsatisfying**- feel unheard
- 6. Intimidating**- uncomfortable talking to God
- 7. Dizzying**- I don't know where to start

These can be overcome if we start with faith, and then seek solutions until we succeed.



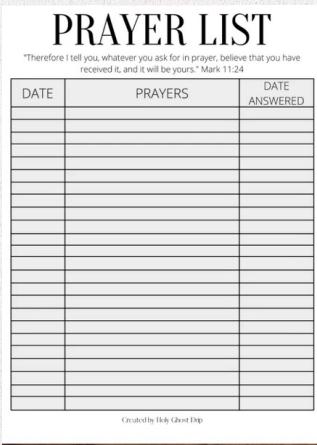
This is why faith is critical in solving grit and courage problems.

# Prayer ruts: 3 most common

Fully composed



Full lists



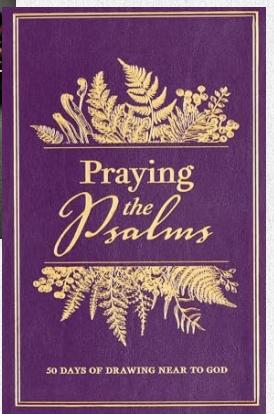
Fully spontaneous



But why are these ruts when they could be blessings?  
(they are all in the Bible)

# Prayer ruts: 3 most common

## Full scripted



Pick the right repetition.

## Full lists



Participate with others without becoming a slave to a list. Use fasting.

## Full spontaneous



Spontaneous is the overflow of what's there already. See "repetition"

# Classical Protestant Evangelicalism

## **On Prayer:**

The prayers of the Apostles are composed spontaneously from the truth of the whole Gospel and way of Jesus, rarely repeating previous formulations verbatim.

However, previous scripture is the foundation of all Biblical faith, and everything in scripture should be embraced. This includes everything in the classical church that is agreeable to scripture and the teachings and example of the apostles.

Thus, we are free to use what methods of prayer agree with scripture and discipleship in Christ.

So, yes on spontaneous and composed prayer, and no on praying to saints.

## Part 2 of 3

# A Practical Guide

Methods of prayer and their components

# Prayer breakdown: types and times

## Kinds/contexts of prayer

1. **Corporate**- together prayer in worship or small groups
2. **Life Rhythm Prayer**- morning, evening, meals, holy days
3. **Personal Prayers**- “Let’s pray right now! Lord Jesus...”
4. **Resetting prayers**- remembering and realizing the truth
5. **Devotional Prayers**- unrushed, to grow in love and depth
6. **Authority prayers** – “spiritual warfare” prayer

Different contexts favor different amounts of composed vs. spontaneous prayer.

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# Some good ‘reset’ prayers:

Also called “arrow prayers”, “Jesus Prayers” “sparsisms” or “Breath prayers”:

“Lord, into your hands I commit my spirit/ Redeem me, Oh Lord” (Luke 23:46/Ps 31:5)

“Lord, have mercy.” (non-sarcastic)

“You are my shepherd; I will not want.” Psalm 23

“you are the shepherd, nothing can tear me from your hands.” (John 10)

“My soul glorifies the Lord...” (Luke 1:46- Mary)

“worship the Lord, and serve him only.” (Jesus to Satan; Luke 4:8)

“El Roi, you see me.” (Hagar’s prayer) “I will see the one who sees me”

“Be still and know that I am God” Psalm 46:10

“Your grace is enough for me” (2 Corinthians 12:9)

“Abba, Father” (Romans 8:15- “abba” means something like “pappa”)

Once you start looking for them, you’ll find ones you like all over.

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# Prayer breakdown: Components

## Components of Devotional Prayer:

1. **Silence and solitude**- aloneness for God
2. **Faith**- profession of faith and recognition of God
3. **Guidance**- truths/content to work on and in
4. **Meditation**- something for your soul to consider
5. **Expression**- talk to God and yourself in God's presence
6. **Openness**- desire to see and hear in our soul

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This is where Scripture comes in.

## Part 3 of 3

# Making Prayer

Building prayer that is a great offering and spiritually  
transforming

That combines composition and spontaneity

# Learning by heart takes practice

Forms of prayer with Psalm 1:

## **1. Just pray the psalm as it is, as your prayer.**

Many psalms can be prayed by us exactly as they are. Recognizing they are songs/poems, all the words don't have to be literally exactly what we'd say. Poetry can carry all the truth with evocative and pictural language. If you use other passages (like those we've been memorizing) you can make minor changes to make them a present prayer: 2 Peter 1:3-9

Other passages: Phil 2, 3, 4, Col 3, Ps 51, Rom 12:1-2, Ps 23, Eph 2...

# Learning by heart takes practice

Forms of prayer with Psalm 1:

**2. Just pray the psalm by section, and add your own response.**

Read-Pray vs. 1-2, then pray in response to those verses.

Then read the next section: vs 3-4, then 5-6.

By praying in response to scripture, you can know you are **praying in God's will. It is changing you and getting his ear.**

# Learning by heart takes practice

Forms of prayer with Psalm 1:

**3. Interrogative, meditative prayer: Ask God to show you something and respond.**

Pray Vs 1-2. Ask, “Lord, how am I walking in the counsel of the wicked? Standing in the way of sinners? Or sitting in the seat of mockers?”

This is slower, and doing something different. It can be good to have a journal handy to jot things down that come to mind.

# Learning by heart takes practice

Forms of prayer with Psalm 1:

## **4. Spontaneous prayer AFTER reading scripture and meditating on it.**

Read Psalm 1. Study it, meditate on it, and contemplate your life living in accordance more with it by faith. Then, pray what you just learned, thought about, realized and imagined.

This also works well with journaling btw meditation and prayer.

# My devotional Prayer time:

1. **Intro prayer** verse (ex Isa 66:2b) and Lord's Prayer- until I mean it all. (< 1 min)
2. **Pray 1 or more memorized summery passages-** ex. 2 Peter 1:3ff (< 1 min)
3. **Read and pray:** NT, next psalm- pray both (~ 3-10 min)
4. **Stewardship and kingdom prayers-** Family, leadership, networks, situations (~4-12 min)
5. **3-5 list items-** those I'm drawn to, but haven't prayed for in a bit. (~ 2 min)
6. **Devotional and worship ending/Doxology-** God, I love you, be with me Holy Spirit this whole day. (~2-4 min)

I do all of this maybe 3 times a week, and if I have an hour, I may be asleep for 20 minutes of it.

# Time, giving up and Jesus

## Ecclesiastes 5:1-4 NIBO

“Guard your steps when you go to the house of God. Go near to listen rather than to offer the sacrifice of fools, who do not know that they do wrong. Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. **God is in heaven and you are on earth, so let your words be few.** As a dream comes when there are many cares, so the speech of a fool when there are many words. When you make a vow to God, do not delay in fulfilling it. He has no pleasure in fools; fulfil your vow.”

Start with more silence not more words. Slow down. Say it once. Repeat nothing that is a request. Feel free to repeat praise of emotional expression, though it's not needed. (Romans 8:26)

# Time, giving up and Jesus

## Matthew 6:7-9

“And when you pray, **do not keep on babbling like pagans, for they think they will be heard because of their many words.** **Do not be like them, for your Father knows what you need before you ask him.** ‘This, then, is how you should pray: “Our Father in heaven...””

Prayer should not be nervous talk or babbling repetition. Talk to God like you would talk to a revered, powerful, willing, provident person. You would use fewer words than normal, not more. Fasting is a great way to express devotion for longer- and it does more good in you than nervous babbling.

(Don't be judgy about this with other Christians.)

# Time, giving up and Jesus

**Luke 18:1-8**

“Then Jesus told his disciples a parable to show them that they should **always pray and not give up.** He said: ‘In a certain town there was a judge who neither feared God nor cared about men. And there was a widow in that town who kept coming to him with the plea, “Grant me justice against my adversary.” For some time he refused. But finally he said to himself, “Even though I don't fear God or care about men, yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually wear me out with her coming!”’ And the Lord said, ‘Listen to what the unjust judge says. And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly. **However, when the Son of Man comes, will he find faith on the earth?”**

You don't have to go on prayer forever, you just have to never give up on prayer. Because you pray to Jesus (not because you “pray good”)

# BY HEART

## When Scripture becomes second nature