

## Prayer 303: In My Daily Life

Series: School of Prayer

Ephesians 6:18

July 24, 2022

Good morning class. I am Professor Mullet of Samson. I have been asked to teach this class – Prayer 303: In My Daily Life – because your previous professor has been sacked due to his liberal stance on taking notes. If you want full credit in this class, you must take notes and attend all lessons, and there will be a test at the end of the course.

All who have walked with God have viewed prayer as the main business of their lives. The words of the Gospel of Mark, “And in the morning, a great while before day, he rose and went out to a lonely place, and there he prayed,”<sup>1</sup> stand as a commentary on the life-style of Jesus. David’s desire for God broke the self-indulgent chains of sleep: “Early will I seek You.”<sup>2</sup> When the apostles were tempted to invest their energies in other important and necessary tasks, they determined to give themselves continually to prayer and the ministry of the word.<sup>3</sup>

A few weeks ago, Professor Cow of Patty quoted Martin Luther who declared, “I have so much business I cannot get on without spending three hours daily in prayer.” He held it as a spiritual axiom that “He that has prayed well has studied well.”

John Wesley said, “God does nothing but in answer to prayer,” and backed up his conviction by devoting two hours daily to that sacred exercise.

For those explorers in the frontiers of faith, prayer was no little habit tacked onto the periphery of their lives; it was their lives. It was the most serious work of their most productive years.<sup>4</sup>

Many of us, however, are discouraged rather than challenged by such examples. Those “giants of the faith” are so far beyond anything we have experienced that we are tempted to despair. But rather than beating ourselves for our obvious lack, we should remember that God always meets us where we are and slowly moves us along into deeper things.<sup>5</sup>

Occasional joggers do not suddenly enter an Olympic marathon. They prepare and train themselves over a period of time, and so should we. When such a progression is followed, we can expect to pray a year from now with greater authority and spiritual success than at present.

Paul wrote to the church at Ephesus:

*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,*<sup>6</sup>

This passage is immediately after Paul’s teaching on the armor of God.

---

<sup>1</sup> Mark 1:35

<sup>2</sup> Psalm 63:1

<sup>3</sup> Acts 6:4

<sup>4</sup> Foster, Richard J.. Celebration of Discipline, Special Anniversary Edition (p. 34). HarperCollins. Kindle Edition.

<sup>5</sup> Foster, Richard J.. Celebration of Discipline, Special Anniversary Edition (p. 35). HarperCollins. Kindle Edition.

<sup>6</sup> Ephesians 6:18 (ESV)

*Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.*<sup>7</sup>

Prayer is a big part of winning the conflict with evil.<sup>8</sup> It also helps us in our daily prayer life in seven ways. I take these from the Analytical Bible Expositor, and each point begins with the letter "P":

**First, the practice of prayer.**

"Praying." Few pray; some do not even pray for their meals let alone their spiritual conflicts. Prayer will do no good if it is not practiced.

How many of you learned to play an instrument when you were younger? What was it? Can you still play it? Why not?

Prayer will do no good if it is not practiced.

**Second, the perpetualness of prayer.**

Paul told the people to pray "At all times." This does not mean praying every minute of every day. That would be impractical. Rather it means praying about everything. Always being ready to pray.

We are to pray at all times, and on every occasion, in midst of everything we do, inwardly praying without ceasing.

**Third, the power in prayer.**

We are to pray "in the Spirit." The Spirit helps us pray. Romans 8:26 reads:

*And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.*<sup>9</sup>

Praying in the Spirit makes our prayers effective and powerful. Too many of our prayers are nothing but mere words and have little if any effectiveness and power. We must pray in the Spirit.

**Fourth, the parts of prayer.**

The text says, "With all prayer and supplication" Prayer is composed of praise (such as thanksgiving) and petition. The word "prayer" speaks of the entire work of prayer; "supplication" emphasizes the petition part.

If you need more than that, a simple pattern of prayer is the ACTS prayer. "A" stands for adoration. "C" stands for confession. "T" stands for thanksgiving. And "S" stands for supplication, that petition part. Use the ACTS prayer as part of your daily prayer life.

**Fifth, the precaution in prayer.**

Paul says, "Keep alert."

The word means to be alert, to stay awake. This is both a physical and spiritual exhortation. Drowsiness in prayer makes our prayers ineffective or stops them altogether.

Jesus was never more disappointed with His disciples than when He took them to the Garden of Gethsemane. They knew He was distressed about something when He asked them to join Him in prayer. But what did they do? Fall asleep. Not once, but

---

<sup>7</sup> Ephesians 6:11 (NLT2)

<sup>8</sup> Following from Analytical Bible Expositor, Ephesians 6:18

<sup>9</sup> Romans 8:26 (NLT2)

twice.<sup>10</sup> He was in agony to the point of sweating blood, and His disciples cared enough to sleep.

We are to keep alert in prayer.

**Sixth, the perseverance in prayer.**

The text reads, "With all perseverance."

Praying is difficult to keep doing especially if answers have not come quickly.

"Perseverance" says praying must continue in spite of circumstances, in spite of physical tiredness, and in spite of lack of answers.

**Finally, the people in prayer.**

Paul concludes by saying to engage in "Supplication for all saints."

This part of the exhortation may surprise some. One may expect it to say to pray for lost souls to be saved. That indeed is a proper matter for which to pray to the Lord, but here the emphasis is on praying for believers. When one gets saved, we should not quit praying for them or quit teaching the Bible to them. Like a newborn babe, a new believer/saint needs much attention and care. In fact, all believers need our prayers, and our text does indeed say "all" saints.

Wrestling in fervent, continued intercession for others, especially for the faithful, that they may do all the will of God, and be steadfast to the end.

In John Wesley's Commentary on the New Testament, he wondered, "Perhaps we receive few answers to prayer, because we do not intercede enough for others."<sup>11</sup>

Paul wrote to the church at Ephesus:

*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,*<sup>12</sup>

Chuck Sackett did not grow up in a Christian home. But he joined the Boy Scouts and wanted to complete the "God and Country" merit badge. So, he walked a few blocks to a small church for several weeks. He filled out his papers and did what he had to do get that badge.

While at the church, he met an older couple who befriended him. He even worked for them for a while doing yard work. But he soon left all that behind and went on with his life.

Twelve years later, the Holy Spirit began to work in his life and brought him to faith. He became a Christian. He and his wife decided to pay that older couple a visit to thank them for all the nice things they did for him.

They remembered him immediately. In the course of their conversation, they said something that stunned Chuck. They not only remembered him, but they also said that for the last twelve years, they had not missed a day praying for Chuck. He knew right then and there that he was a direct beneficiary of the prayers of the saints. He was prayed into the kingdom and now teaches upcoming Christian leaders.

Friends, get serious about your prayer life. You never know the impact it will make.

---

<sup>10</sup> See Mark 14:37, 38; Luke 22:46

<sup>11</sup> Explanatory Notes upon the New Testament, Ephesians 6:18

<sup>12</sup> Ephesians 6:18 (ESV)