

A Woman Devoted to Prayer

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This material is taken in large part from the first chapter of Isaac Watt's *A Guide to Prayer*.

I. **Invocation:** calling upon God.

- A. Mention one or more of the names or titles of God
"O Lord my God, most high and most holy God and Father."
- B. A declaration of our desire and design to worship Him
"We come into Your presence and bow before You in humility."
- C. A desire of His assistance and acceptance
"Hear my prayer and give me the help of Your Spirit to come before Your throne of grace."

II. **Adoration:** honor paid to God by the creature.

- A. A mention of His nature as God with the highest admiration and reverence
"There is none like You. Nothing in the heavens or on earth can be compared to You. You are the only true and living God and Your name is exalted above all else."
- B. The mention of His many attributes
His understanding, His power, His purity, His mercy, goodness, truth, etc.
- C. The mention of His many works, of creation, of providence and of grace.
"You have made all things and You rule over all."
- D. The mention of His relation to us
Creator, Father, Redeemer, King, Friend, our Everlasting Portion

III. **Confession**

- A. A humble confession of the lowliness of our original nature; our distance from God, as we are creatures; our subjection to Him; and our constant dependence on Him.
"What is man that You are mindful of Him?"
- B. A confession of our sins
Sins of our thoughts, our lips, our lives; sins of omission and commission
(READ pp. 14-15)
- C. A confession, arising from our sense of all our aggravated sins, that we deserve punishment and are unworthy of mercy.
"If you should mark iniquities, O Lord, who shall stand?"
- D. A confession or humble representation of our wants and sorrow of every kind.

IV. Petition

- A. A desire of deliverance from evil
The power of our sins, the natural darkness of our minds, the corruptions of our hearts, perverse tendencies of our appetites and passions, daily temptations and snares, our enemies, etc.
- B. A request of good things to be bestowed
Our sanctification; for the Holy Spirit to teach us the knowledge of God in Christ Jesus; for the evidences of the Spirit's work in our hearts; to form our hearts according to God's will; (READ pp. 17-18)
- C. These are to be offered up for ourselves and for all saints.

V. Pleading

- A. We may plead with God from the greatness of our wants, our dangers or our sorrows.
“My sorrows, O Lord, overpress me and endanger my dishonoring of Thy name and Thy gospel. My pains and my weaknesses hinder me from Thy service that I am rendered useless upon earth and a burden to the earth.”
- B. The many perfections of the nature of God provide another kind of argument in prayer:
“For Thy mercies' sake...” Thou art almighty, sovereign, forgiving....
- C. Another argument in pleading with God may be drawn from the several relations in which God stands to men—particularly His own people.
Creator, Father, My God
- D. The name and honor of God in the world
- E. The name and mediation of Jesus Christ
“Whatever you shall ask the Father in My name...”

VI. Profession or Self-Dedication

- A. A profession of our relationship to God
Belonging to Him
- B. A profession of our former transactions with God
Given ourselves to Him; Put our trust in Him; Drawn near to Him
- C. A present surrender of ourselves to God and a profession of the present exercise of our affections and graces towards him.
I give myself to You; I hope in You, there is none that I desire in comparison to You.
- D. A profession of our humble and holy resolutions to be the Lord's forever

VII. Thanksgiving

To give thanks is to acknowledge the bounty of that hand from which we receive our blessings, and to ascribe honor and praise to the power, the wisdom and the goodness of God upon that account (29).

- A. Those benefits which God has bestowed on us without our asking
Reconciling sinners to yourself; for the gospel; for Your guarding of the gospel throughout the ages; for being born into a land of freedom; for preservations from dangers which we could never foresee; for not cutting us off in a state of nature and sin; for saving us from eternal wrath; for so many conveniences and comforts—and all this before we began to know thee or sought any of the mercies of this life or the other at Your hands! (31).
- B. For benefits we have received as an answer to prayer.
Deliverance from evil; for mercies on our churches, nation, governors, relatives and friends and on ourselves, etc. (READ 31-32)

VIII. Blessing

- A. Mentioning the many attributes and glories of God with inward joy, satisfaction and pleasure.
We rejoice and bless the Lord. We take pleasure in Your exaltation.
- B. Wishing the glories of God may forever continue, and rejoicing at the assurance of it.
May the name of God be blessed forever and all glory be Yours forever.

IX. Amen

- A. A belief of all that we have said
- B. A desire to obtain all that we have prayed for
- C. A confirmation of our professions
- D. The hope and sure expectation of our acceptance

A Method for Prayer

I. Praise (Eph 1:3)

A. Address

1. Mention one or more of the names or titles of God.
2. Declare your desire and intent to worship Him.
3. Express your desire for His assistance and acceptance, with a sense of your own insufficiency and unworthiness.

B. Adoration

1. Because of His uniqueness as the One True and Living God, existing eternally as Father, Son, and Spirit.
2. Because of His Glorious Perfections
3. Because of His Magnificent Works.
4. Because of Your Relation to Him as Creator, Redeemer, Master, and Father.

C. Acknowledgement

1. Of your complete dependence upon Him.
2. Of His providential care and redemptive blessings.
3. Of His many gifts which have come both without asking and in answer to prayer.
4. Of the great privilege it is to approach Him in the name of Jesus Christ with the help of the Holy Spirit.

II. Repent (1 John 1:9)

- A. Confession of our general depravity and specific disobediences (whether commission or omission, including thoughts, actions, and words).
- B. Conviction regarding the awfulness of sin, the horribleness of taking pleasure in it, and the contradiction it is to God's love for you.
- C. Cleansing sought in Christ's work for God's glory and by the Spirit's power.

III. Ask (John 15:7-8; Eph 6:18)

- A. Petition: offering up your desires to God for things agreeable to His will.
- B. Intercession: seeking for God's grace in other people's lives for God's glory and their good.
- C. Pleading: beg for the hearing of your prayers on the basis of Christ's work and name, God's promises, and the greatness of your needs.

IV. Yield (Rom 12:1-2)

- A. Commitment: express your trust in Christ, your desire to grow in grace, and the longing to love Him more fully and live for Him more faithfully.
- B. Consecration: present yourself and all you have to the Lord for His use.
- C. Control: seek God's guidance and the Spirit's work to empower and purify you as you serve Christ.

Praying for Your Children: 12 Ways to Keep Your Precious Ones before the Lord

ICBC Homebuilders ABF

- 1. Pray that they will know Christ as Savior early in life and treasure their inheritance as Sons of God; that they will not accept Satan's design against them, but walk in the light.**
 - Ps 63:1-4
 - Eph 2:1-10
 - 1 Pet 2:9,10
 - 1 Thess 5:23,24
- 2. Pray that they will have a hatred for sin.**
 - Rom 12:9
 - Ps 119:129-136
 - Eph 5:11
 - 1 Thess 5:15
 - Phil 4:8
 - 1 Pet 5:8,9
 - 3 Jn 1:11
- 3. Pray that they will appreciate discipline and instruction and be quick to repent; that they will be caught when guilty.**
 - Prov 6:20-23
 - Heb 12:5-11
 - Ps 23:8,9
 - Ps 51:1-12
 - Rom 2:4-10
- 4. Pray that they will be protected from the evil one in each area of their lives: spiritual, emotional, and physical.**
 - Matt 6:13
 - Jn 17:6-9,11,15
 - Rom 12:21
 - Ps 121
- 5. Pray that they will have a responsible and loving attitude in all their interpersonal relationships.**
 - Rom 12:9-21
 - Rom 14:13
 - Rom 15:1,2
 - Js 2:1-9
 - Gal 6:1,2,9,10
 - 1 Thess 5:14,15
 - 2 Tim 2:24,25
 - Eph 4:29-31
 - Phil 2:3,4
 - Col 3:12-16
 - Col 4:6
 - 1 Thess 5:14,15
- 6. Pray that they will respect God's lordship over them and that they will respect those He has placed in authority over them.**
 - 1 Pet 2:13-17
 - Js 4:4-7
 - Rom 13:1-5
 - Ps 40:8
 - 1 Pet 5:6
 - Eph 6:1-3

7. Pray that they will choose godly influences; that they will desire the right kind of friends and be protected from the wrong friends; that they will be ‘hedged in’ so they cannot find their way to wrong people or wrong places and that the wrong people cannot find their way to them; that they will be kept from the wrong mate and saved for the right one.

- Ps 1:1-3
- Phil 4:8
- Prov 1:10-15
- 2 Cor 6:14-18
- Ps 37:4
- Prov 31:10-31

8. Pray that they would desire inner beauty and godly character, and that they would grow more Christlike daily; that they, as well as those they marry, would be kept pure before and after marriage.

- Eph 5:1-11
- 1 Tim 2:9
- 1 Cor 6:18-20
- Heb 13:4

9. Pray that they will learn to totally submit to God and actively resist Satan in all circumstances.

- Eph 6:10-17
- Prov 3:5-7
- Prov 4:32
- 1 Pet 5:6-10
- Ps 143:10

10. Pray that they will be single-hearted, willing to be sold out to Jesus Christ and joyfully invested in the cause of His gospel.

- Rom 12:1,2
- Col 3:1,2
- Ps 84:10
- Ps 119:10
- 1 Cor 15:58
- 2 Cor 9:6-8
- Phil 2:14-16
- Heb 12:1,2

11. Pray that they would grow in faith and obedience and in love for God; that they would not love the world nor the things of the world.

- Eph 1:16-19
- Eph 3:14-19
- 1 Jn 2:15-17
- Heb 13:5,6

12. Pray that they would treasure God’s Word and stand up for the truth; that they would be free from deception and from the lies of the evil one, and have great understanding of the Word.

- Prov 2:1-4
- P 119:4-20
- Js 1:5-8

Adapted by Pearson Johnson from “Prayer Guide for Parents” from Bethlehem Baptist Church, Minneapolis, MN.