

## Steps to finding real Peace!

Philippians 4:1-9

Part 3B

### I. Step 5 in the process to finding peace is PRAYER

- What is prayer?
  - Webster defines prayer in the following ways: An address to God, A set order of words used in praying, an earnest request or wish, the act or practice of praying to God!
  - The Holman Bible Dictionary describes it in this way: Dialogue between God and people, especially His covenant partners.
  - In the most basic sense of the definition prayer is simply talking to God
- This set of messages on prayer is the parenthesis in our discussion on finding peace with God.

### II. How do I pray?

- One of the most common questions that I get as a pastor is how do I pray.
  - I Thessalonians 5:17 and Luke 18:1 teaches we should always be in prayer or to pray without ceasing
  - Psalm 51:17 “The sacrifices of God [are] a broken spirit: a broken and a contrite heart, O God, thou wilt not despise.
  - **Our prayer life is an attitude towards prayer!**

### III. Jesus’ model prayer for us

- Read Matthew 6:5-13
  - Jesus teaches some very important attitudes about prayer in verses 5-8
    - In verse 5 Jesus teaches that we are not to pray like the hypocrites
    - In verse 6 Jesus teaches that we must have a private prayer life
    - In verse 7 Jesus teaches us that we should not just keep saying the same things again over and over because we think we gain God’s favor by doing so. I Kings 18:26-29 (Trying to make God do something)
  - Jesus teaches us the Lord’s prayer in verses 9-13
    - Jesus here is giving a model prayer not a prayer that must be prayed verbatim. If we pray the Lord’s Prayer without understanding it, the prayer then becomes empty words.
  - In these verses of scripture I find 4 principles that can guide us in our prayer life (A.C.T.S.)
    - Step 1 in our prayer life should be Adoration
    - Step 2 in our prayer life should be Confession
    - Step 3 in our prayer life should be Thanksgiving
    - Step 4 in our prayer life should be Supplication

### IV. Jesus prays “Your will be done.”

- The type of person Jesus was.
  - Isaiah 53:3 teaches us Jesus was a man of sorrows!
  - Matthew 8:20 teaches us Jesus did not even have a home
  - Matthew 26:47 teaches us that Jesus was betrayed by one of his own disciples
- What I can tell you is the following two Psalms remind us that God will walk with us!
  - Psalm 84:11 “The Lord God is a sun and a shield, He will give grace and glory: no good thing will He withhold from them that walk uprightly.”
  - Psalm 23:1-6
- The Garden of Gethsemane
  - Read Mathew 26:36-46 (5 Points about Jesus in the Garden)
  - Point 1- Jesus was in great agony as He entered into the Garden
  - Point 2-Jesus called on His friends to pray with Him in this time (Verse 37)
  - Point 3-Jesus knows who to call upon “the Father” (Verse 39)
  - Point 4-Jesus does not pray His will to be done but the Father’s will to be done. (Verse 39 and 42)
  - Point 5-Jesus’ prayer time in the Garden of Gethsemane gave Him the strength to go through not around the trial (Verse 46)