



Pastor Titus A. White, Sr.

Wednesday, October 21, 2020

"SPIRITUAL WELLNESS" – Mark A. Copeland

How Well Do You Pray?

Our prayer life is an important indicator of spiritual wellness. It is an expression of our faith in God and reveals if we have lost heart in our service to God. In Luke 18:1, Jesus commands that “men always ought to pray and not lose heart”. Let’s take a look at our prayer lives.

I. DIFFERENT TYPES OF PRAYERS

- A. **Those who never pray** – includes atheists and agnostics, but also those Christians that have lost faith. *Hebrews 3:12-13*
- B. **Those who pray sparingly** – many Christians do not pray on a regular basis
- C. **Those who pray self-righteously** – like the Pharisee in Luke 18:9-14, those who take pride in how much or how long they pray
- D. **Those who pray selfishly** – pray only to make personal requests. Prayer is meant for all men...
1 Timothy 2:1
- E. **Those who pray earnestly** – vigilant in thanksgiving and praying for others, *Colossians 4:2-3*

II. IMPORTANCE OF PROPER PRAYING

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| A. Forgiveness of Sins | 1 John 1:7-10 |
| B. Peace of Mind | Philippians 4:6-7 |
| C. Strength to Live | Ephesians 3:14-16, 20 |
| D. Opportunity to Serve | Colossians 4:3 |
| E. Boldness to Speak | Acts 4:23-31 |
| F. Wisdom to Guide | James 1:5-8 |
| G. Healing from Sickness | James 5:14-16 |
| H. Tranquility and Peace | 1 Timothy 2:1-4 |

III. STEPS TO BETTER PRAYING

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| A. Pray Systematically | Daniel 6:10 |
| B. Pray Spontaneously | Nehemiah 2:4-5 |
| C. Pray Secretly | Matthew 6:5-6, Mark 1:35 |
| D. Pray Simply | Matthew 6:7 |
| E. Pray Steadfastly | Romans 12:12 |
| F. Pray with Posture (reflects humility, not position) | Luke 18:13 |

Prayer is a wonderful privilege to commune with our Father, yet we often do so little of it. We are instructed to “pray without ceasing” (1 Thessalonians 5:17).

“Prayer is not asking. It is a longing of the soul. It is a daily admission of one’s weakness. It is better in prayer to have a heart without words than words without a heart”. – Mahatma Gandhi