

# Stepping Up In Our Prayers

## (Philippians 4:6-7)

Prayer is something that many Christians struggle with. While every Christian agrees prayer is important, for many it remains an area where they feel guilty because they know they don't take advantage of it as much as they should.

Does this describe you? If so, what do you need to do to step up in your prayers?

Consider three things.

### **I. Make More Time For It (1 Thessalonians 5:16-18)**

- A. Jesus always made time for quiet moments with God.
  - 1. He made time for prayer in the morning.
  - 2. He made time for prayer in the evening (Matthew 14:22-23; Luke 5:15-16).
  - 3. He made time for prayer at night (Luke 6:12).
- B. Unless we have this issue down like Jesus, we need to step up!
  - 1. We need to start every day with prayer.
  - 2. We need to carve out time to pray throughout the day.
  - 3. We need to remind ourselves to pray at certain times in the day (set the timer on your cell phone to help you with this). Also, finding an accountability partner can be useful in this.
  - 4. We need to make sure that prayer is the last thing we do before we go to bed.

### **II. Include More Things (Philippians 4:6)**

- A. Too often we become redundant and passionless in our prayers.
  - 1. Instead of being specific, we can be too broad and full of generalities.
  - 2. We find ourselves only using prayer to ask God for stuff.
- B. If we have fallen into this trap, we need to step up!
  - 1. It would be helpful to write our blessings down and thank God for them. Doing this will help us be more thankful and content (1 Thessalonians 5:17-18).
  - 2. We need to ask for things like **wisdom** and **open doors** for evangelism (James 1:5; Colossians 4:2-4).
  - 3. When confessing our sins, we need to be specific and sincere when we pour our hearts out to God.

### **III. Develop More Faith**

- A. So often we treat prayer as a last ditch effort when we know of nothing else to do.
  - 1. When we finally do decide to pray, we don't really believe the effort is going to work.
  - 2. We don't really believe that God is going to hear and respond to our prayer.
- B. Have you ever found yourself feeling that way? If so, then it is time to step up!
  - 1. It is time to pray with confidence and faith (Mark 11:22-23).
  - 2. It is time to pray knowing that God cares about your situation (1 Peter 5:6-7).
  - 3. It is time to pray knowing that God hears and will respond in your best interest.

**Conclusion:** Prayer is certainly a great \_\_\_\_\_ for \_\_\_\_\_.  
Are you part of God's family?