

**So why don't we pray?**

**Don't trust God** (don't understand Him) – maybe don't think he cares

**Don't think God is able** to change things

Think **my life/concerns are too trivial for God**

Don't think God is **able** to change things

We think God knows it all – **why should I pray?**

**Anger** –feel let down, feel that God has not heard my prayers

We **don't feel we are worthy** to ask God for things

**Shame**

**We need to get to know our loving, powerful God better through His word.**

**Ephesians 3:20-22**

<sup>20</sup>Now to him who is **able to do immeasurably more** than all we ask or imagine, according to his power that is at work within us, <sup>21</sup>to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.

*You could do a word study and look at passages that talk of :*

*\* God's "love"*

*\*He is "able"*

*\*He "will"*

**Matthew 7:7-11**

<sup>7</sup>"Ask and it **will** be given to you; seek and you will find; knock and the door will be opened to you. <sup>8</sup>For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.

<sup>9</sup>"Which of you, if his son asks for bread, will give him a stone? <sup>10</sup>Or if he asks for a fish, will give him a snake? <sup>11</sup>If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

*God will not always answer yes to our prayers. We need to keep getting to know Him in His word so that we can trust Him and understand Him more.*

**Matthew 10:29-31**

<sup>29</sup>Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. <sup>30</sup>And even the very hairs of your head are all numbered. <sup>31</sup>So don't be afraid; you are worth more than many sparrows.

**Romans 8:32**

**"He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?"**

**Hebrews 2:18**

Because he himself suffered when he was tempted, he is **able** to help those who are being tempted.

**Romans 5:8**

**While we were still sinners, Christ died for us.** Jesus calls us to persevere and to have faith in Him even when we struggle and fail. He does not

**We don't listen** to our conscience or God

**Satan** doesn't want us to pray –praying is something we all struggle with and need to keep working at.

Keep trying to **control** our lives by ourselves

**Too busy thinking and stewing/being anxious** to take time to pray

**We are too busy/caught up in the moment/ consumed with our lives.**

We **forget/ get distracted** by other things or even our own thoughts

**We put off praying** until a better/quieter time when we might be able to concentrate

**Don't feel ready** to pray

We **don't plan** to pray

call us to be perfect (until the last day when he will take us home).

*Confess your sins to God, yourself (and if appropriate to others) and seek forgiveness*

**1Peter 5:6-10**

<sup>6</sup>Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

<sup>7</sup>**Cast all your anxiety on him because he cares for you.**

<sup>8</sup>Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. <sup>9</sup>Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.

<sup>10</sup>And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

**Practical Ideas to try —**

**Plan** to pray at **regular times** eg meals, bedtime, during "Play School", while driving, hanging washing...

**Work at making prayer a habit** –give yourself physical reminders at first if you need to eg a red sticker on the dashboard, beside your bed...

Create and use a **prayer list**

**Meet with other Christians regularly** to read the bible and pray– could even pray on the phone or email

**Don't put off praying -**

**1 Thessalonians 5:17-18** "pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus."

**Pray anyway** and often you will then begin to feel like praying.

Take time to plan when and what to pray.