

Teach Us to Pray: Hindrances and Helps

CATEGORY 3: _____ AND _____ NEGLECT

*Those who shut their ears to the cries of the poor
will be ignored in their own time of need.
Proverbs 21:13 (NLT)*

*When you come to worship me,
who asked you to parade through my courts with all your ceremony?
¹³ Stop bringing me your meaningless gifts;
the incense of your offerings disgusts me!
As for your celebrations of the new moon and the Sabbath
and your special days for fasting—
they are all sinful and false.
I want no more of your pious meetings.*

*I hate your new moon celebrations and your annual festivals.
They are a burden to me. I cannot stand them!
¹⁵ When you lift up your hands in prayer, I will not look.
Though you offer many prayers, I will not listen,
for your hands are covered with the blood of innocent victims.
Isaiah 1:12-15 (NLT)*

*We have fasted before you!' they say.
'Why aren't you impressed?
We have been very hard on ourselves,
and you don't even notice it!'
"I will tell you why!" I respond.
"It's because you are fasting to please yourselves.
Even while you fast,
you keep oppressing your workers.
⁴ What good is fasting
when you keep on fighting and quarreling?
This kind of fasting
will never get you anywhere with me.
You humble yourselves
by going through the motions of penance,
bowing your heads*

like reeds bending in the wind.
You dress in burlap
and cover yourselves with ashes.
Is this what you call fasting?
Do you really think this will please the Lord?
⁶ "No, this is the kind of fasting I want:
Free those who are wrongly imprisoned;
lighten the burden of those who work for you.
Let the oppressed go free,
and remove the chains that bind people.
Share your food with the hungry,
and give shelter to the homeless.
Give clothes to those who need them,
and do not hide from relatives who need your help.
⁸ "Then your salvation will come like the dawn,
and your wounds will quickly heal.
Your godliness will lead you forward,
and the glory of the Lord will protect you from behind.
Isaiah 58:3-8 (NLT)

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Isaiah 58:7-8 (NLT)

NOW ON TO HELPS:

1. USING THE _____ AS A TEMPLATE.
2. THE _____ OF THE HOLY SPIRIT.

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.²⁷ And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers^l in harmony with God's own will.
Romans 8:26-27 (NLT)

3. _____ AND _____.

The earnest prayer of a righteous person has great power and produces wonderful results.

James 5:16 (NLT)

4. _____.

Afterward, when Jesus was alone in the house with his disciples, they asked him, "Why couldn't we cast out that evil spirit?"²⁹ Jesus replied, "This kind can be cast out only by prayer."^[a]

Mark 9:29 (NLT)

One day as these men were worshiping the Lord and fasting, the Holy Spirit said, "Appoint Barnabas and Saul for the special work to which I have called them."³ So after more fasting and prayer, the men laid their hands on them and sent them on their way.

Acts 13:2-3 (NLT)

Paul and Barnabas also appointed elders in every church. With prayer and fasting, they turned the elders over to the care of the Lord, in whom they had put their trust.

Acts 14:23 (NLT)

Anna, a prophet, was also there in the Temple. She was the daughter of Phanuel from the tribe of Asher, and she was very old. Her husband died when they had been married only seven years.³⁷ Then she lived as a widow to the age of eighty-four. She never left the Temple but stayed there day and night, worshiping God with fasting and prayer

Luke 2:36-37 (NLT)

5. PRAYING IN THE _____ OF GOD.

And we are confident that he hears us whenever we ask for anything that pleases him.¹⁵ And since we know he hears us when we make our requests, we also know that he will give us what we ask for.

1 John 5:14-15 (NLT)

Peter and John went to the Temple one afternoon to take part in the three o'clock prayer service.² As they approached the Temple, a man lame from birth was being carried in. Each day he was put beside the Temple gate, the one called the Beautiful Gate, so he could beg from

the people going into the Temple. ³ When he saw Peter and John about to enter, he asked them for some money.

⁴ Peter and John looked at him intently, and Peter said, "Look at us!"⁵ The lame man looked at them eagerly, expecting some money. ⁶ But Peter said, "I don't have any silver or gold for you. But I'll give you what I have. In the name of Jesus Christ the Nazarene, get up and walk!"
Acts 3:1-6 (NLT)

There was a believer in Joppa named Tabitha (which in Greek is Dorcas^[a]). She was always doing kind things for others and helping the poor.³⁷ About this time she became ill and died. Her body was washed for burial and laid in an upstairs room. ³⁸ But the believers had heard that Peter was nearby at Lydda, so they sent two men to beg him, "Please come as soon as possible!"

So Peter returned with them; and as soon as he arrived, they took him to the upstairs room. The room was filled with widows who were weeping and showing him the coats and other clothes Dorcas had made for them.⁴⁰ But Peter asked them all to leave the room; then he knelt and prayed. Turning to the body he said, "Get up, Tabitha." And she opened her eyes! When she saw Peter, she sat up! ⁴¹ He gave her his hand and helped her up. Then he called in the widows and all the believers, and he presented her to them alive.
Acts 9:36-41 (NLT)

6. THE POWER OF _____.

These all continued with one accord in prayer and supplication, with the women and Mary the mother of Jesus, and with His brothers.
Acts 1:14 (NKJV)

All the believers devoted themselves to the apostles' teaching, and to fellowship, and to sharing in meals (including the Lord's Supper¹), and to prayer.
Acts 2:42 (NLT)

When they heard the report, all the believers lifted their voices together in prayer to God..
Acts 4:24 (NLT)

Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose.
Philippians 2:2 (NLT)

Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters.^[a] Be tenderhearted, and keep a humble attitude.

1 Peter 3:8 (NLT)