

# Being Biblically Spiritual

A Series of Short Teachings

## How To: Pray

Dads' UNI

## Table Of Contents

<b>Introduction</b>	<b>3</b>
<b>Scripture Reference</b>	<b>3</b>
<b>What is Prayer ?</b>	<b>4</b>
<b>Who Do We Pray To?</b>	<b>5</b>
"We Pray To Our Heavenly Father God, Through Jesus Christ His Son"	5
<b>How Do You Physically Pray</b>	<b>6</b>
<b>What is our Attitude in Prayer</b>	<b>7</b>
<b>Simple Keys to Success in Prayer</b>	<b>8</b>
Faithfulness in Prayer	8
Praying in Secret	8
Praying in Faith	8
<b>Some Biblical Types of Prayer</b>	<b>9</b>
Supplications	9
Prayers	9
Intercessions	9
Giving of Thanks	9
<b>Aspects Of Prayer Found in 'The Lord's Prayer'</b>	<b>10</b>
<b>The Ministry Of Dads' UNI</b>	<b>13</b>

## Being Biblically Spiritual

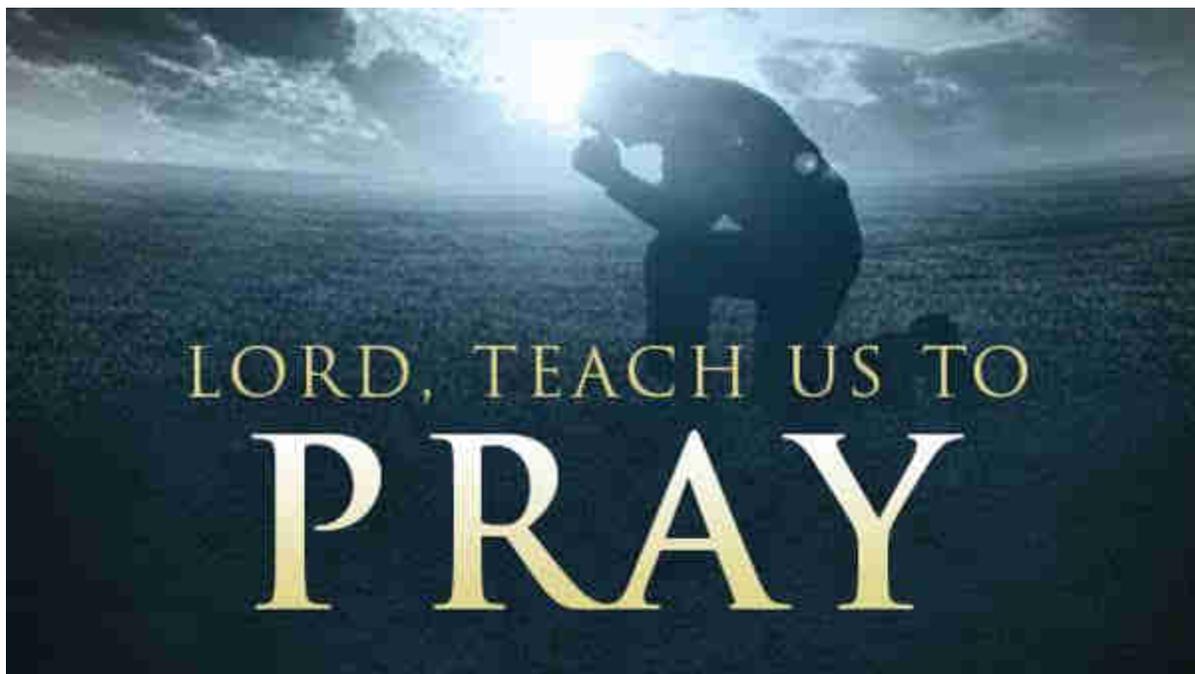
Being Biblically Spiritual is a collection of short teachings that focus on the practical application of some of the spiritual truths found within the scriptures of the Bible. In no way should this be considered an exhaustive list, nor should it be considered the only way to spiritually apply these biblical truths. We hope that you find simple spiritual keys that will encourage and inspire your Christian faith and daily spiritual walk with God.

## Introduction

Prayer is universal among the nations of the world, although it is often found in different religions and practiced in different ways, the fact remains that mankind is drawn inexorably to pray. The reason for this is that man is primarily a spirit being, who lives in a body and has an eternal soul. Man came from God, and it is back toward God that we are drawn through the exercise of prayer. This blog will lay some foundations about the fundamentals of prayer, a foundation that I encourage every person to build upon themselves.

## Scripture Reference

*In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done On earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, As we forgive our debtors. And do not lead us into temptation, But deliver us from the evil one... (Matthew 6:9-13)*

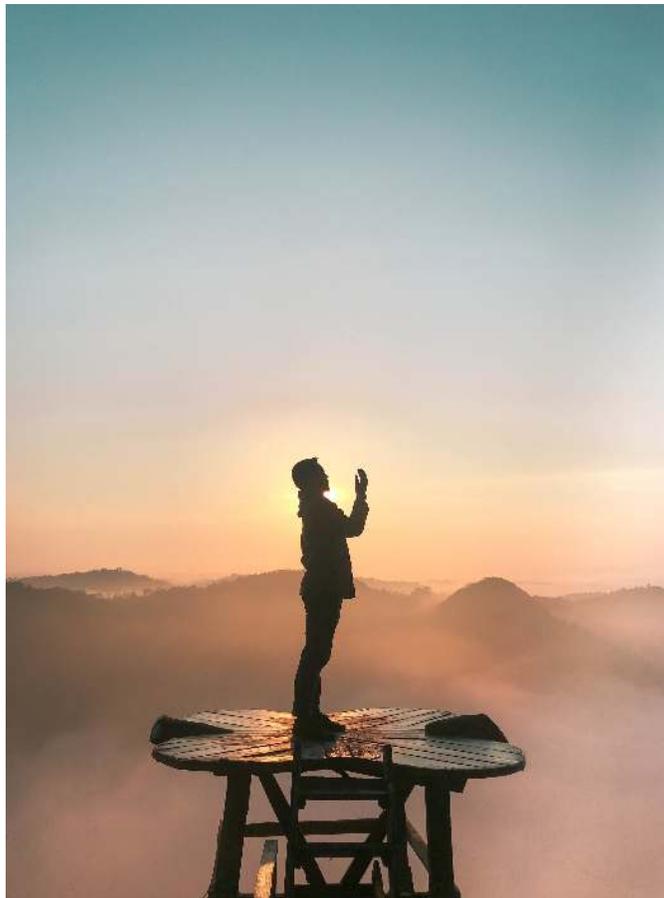


## What is Prayer ?

*(Genesis 4:26) And as for Seth, to him also a son was born; and he named him Enosh. Then men began to call on the name of the Lord.*

Prayer in it's simplest form is basically calling upon God for help.

In whatever circumstance we find ourselves in, we come to God because He alone is Almighty and has the power to do things that we can not. We come seeking His assistance through the act of prayer.



## Who Do We Pray To?

*(John 14:6) Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me*

"We Pray To Our Heavenly Father God, Through Jesus Christ His Son"

Jesus Christ came to reveal God our Heavenly Father back to mankind. Mankind came from Him and walked with Him in the beginning, but through the deception of Satan in the Garden of Eden mankind lost that daily sense of communion with God.

The inner nature of man became perverted and sinful as we fell under the control of Satan, and our thoughts and lives became selfish and carnal as that fallen nature manifested in our daily lives.

\*Through Faith in the Resurrection of Jesus Christ and by yielding to His Lordship in our lives we receive forgiveness of all of our sins and are accepted back into God's family and have access to God renewed through faith and prayer.

Through Jesus Christ, we can now come into God's presence in prayer with confidence because we have our past forgiven and our conscience cleansed by the Holy Spirit.

[The Resurrection of Jesus Christ](#)

## How Do You Physically Pray

Here are some ways to pray that are found in the Bible.

*(Nehemiah 1:4) So it was, when I heard these words, that I sat down and wept, and mourned for many days; I was fasting and praying before the God of heaven.*

*(Mark 11:25) "And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses*



*(2 Kings 4:35) He returned and walked back and forth in the house, and again went up and stretched himself out on him; then the child sneezed seven times, and the child opened his eyes*

*(Exodus 34:8) So Moses made haste and bowed his head toward the earth, and worshiped*

*(1 Timothy 2:8) I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting*

*(Luke 22:41) And He was withdrawn from them about a stone's*

*throw, and He knelt down and prayed*

*(Matthew 26:39) He went a little farther and fell on His face, and prayed, saying, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will."*

### What is our Attitude in Prayer

*(Psalm 24:3-5) Who may ascend into the hill of the Lord? Or who may stand in His holy place? He who has clean hands and a pure heart, Who has not lifted up his soul to an idol, Nor sworn deceitfully. He shall receive blessing from the Lord, And righteousness from the God of his salvation*

We need to humble ourselves and prepare our hearts before we enter into God's Presence through prayer. God is not to be trifled with or treated the way we treat our fellow man, we are not on the same level as Him because He is our Creator, He is Holy, All-Knowing, All-Seeing, and Almighty. Although He welcomes us into His family as children of God, we should never forget that He deserves our worship, honor, and praise.

Asking for His forgiveness and cleansing often and continually yielding our lives to Him enables His process of transformation to continue and ensures the channels of prayer stay open between us.

#### Forgiveness and Cleansing

## Simple Keys to Success in Prayer

### Faithfulness in Prayer

*(Luke 18:1) Then He spoke a parable to them, that men always ought to pray and not lose heart,*

Faithfulness in prayer is a wonderful habit to develop as it transforms our hearts daily as we see God's goodness in our lives and provides many answered prayers.

### Praying in Secret

*(Matthew 6:6) But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.*

When we can separate ourselves from the distractions of life, we are released to enter into a beautiful relationship with our loving Heavenly Father in prayer.

### Praying in Faith

*(Hebrews 11:6) But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him*

Always remember these 2 things,

1. **God is there and**
2. **He wants to reward you**

when you seek Him earnestly in prayer.

## Some Biblical Types of Prayer

*(1 Timothy 2:1) Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men,*

### Supplications

Supplications ask God to supply specific benefits or needs.

### Prayers

Prayers are respectful devotion.

### Intercessions

Intercessions are earnest appeals made on behalf of others.

### Giving of Thanks

Thanksgivings are expressions of gratitude for mercies received.

# Aspects Of Prayer Found in 'The Lord's Prayer'

### *Our Father in heaven*

**Relationship:** Is the close personal bond we continue to develop with God throughout life (Luke 12:32)

### *Hallowed (or Holy) be your name*

**Praise:** Is the act of verbally thanking God for His goodness and mercy (Psalm 50:23)

### *Your kingdom come*

**Purpose:** God's kingdom is partially experienced in the spiritual lives of believers now, but will eventually physically come when Jesus returns (Luke 17:21)

### *Your will be done*

**Submission:** The life of every believer is to be yielded to God's will and choices for their life, no longer living for ourselves but now living for God. (1 Corinthians 6:19)

### *On earth as it is in heaven*

**Dominion:** God created the earth and the heavens and therefore owns them, the rule of the earth was given to mankind but usurped through deception by Satan. God rules in heaven and when Jesus returns will rule again on earth. (Isaiah 66:1)

### *Give us this day our daily bread*

# How To: Pray

**Provision:** When man was created in the Garden of Eden God provided everything he needed for life, this level of provision is restored when we come to Christ. (Genesis 2:9)

*And forgive us our debts (Sins)*

**Forgiveness:** Even as disciples of Jesus Christ we can at times fall back into sinful actions that are not acceptable to God. When this happens we can come confidently to Jesus and receive forgiveness and cleansing afresh. (1 John 1:9)

*As we forgive our debtors*

**Reconciliation:** We are called not only to receive God's forgiveness of our sins but also to give forgiveness to our fellow man when they sin against us. (Matthew 6:14-15)

*And lead us not into temptation*

**Protection:** Temptation will always be present while we live within a fallen world, but God provides a way of escape for us as His children (1 Corinthians 10:13)

*But deliver us from the evil one*

**Deliverance:** When we yield our lives to Jesus Christ, the Holy Spirit destroys the powers of evil that had dominion over us. This same mighty power is available for all believers to deliver us from the snares that the devil sets for us in life. (John 14:30), (1 John 4:4)

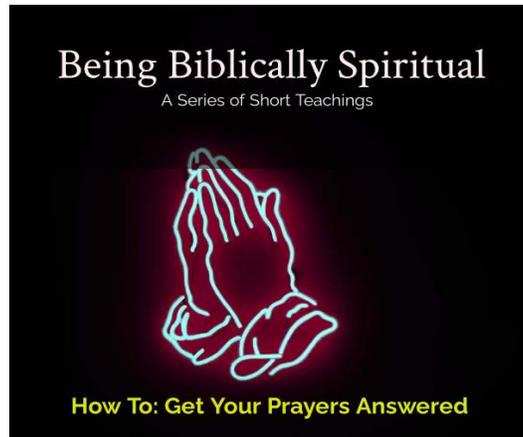
I would encourage every believer to memorize the 'Lord's Prayer' and to say it every day at the beginning of their prayer time. This is the prayer that Jesus gave to His disciples when they asked Him to teach them how to pray and is a prayer that is filled with wisdom and understanding about how we should approach our Father in Heaven.

# How To: Pray

God Bless

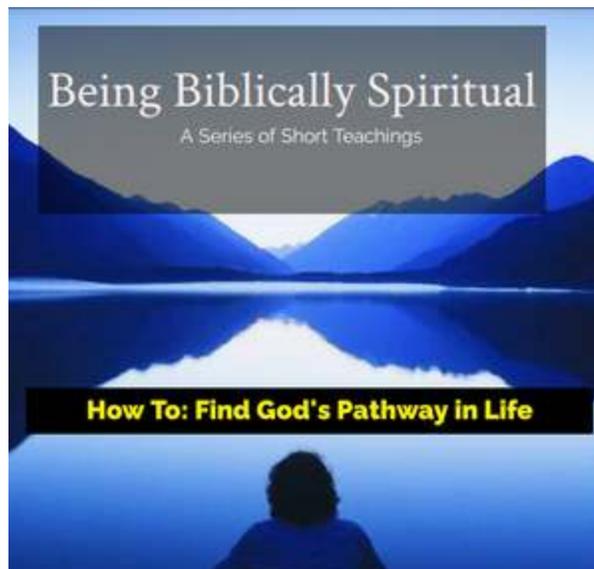
\*For further study on the subject of Prayer you might also be interested in our Free eBook

"How To Get Your Prayers Answered"



You might also be interested in our Free eBook

"How To: Find God's Pathway in Life"



### The Ministry Of Dads' UNI

Dads' UNI is an Online Ministry based in Australia and is focused on providing simple biblical teaching to assist young men in Growing Families God's Way.

All Dads' UNI resources are provided free of charge, and we encourage those who enjoy our teachings to share them freely among family and friends.

Dads' UNI can be found online in the following locations:

Facebook: <https://www.facebook.com/Dadsuni/>

Instagram: <https://www.instagram.com/dadsuni/>

You Tube: [https://www.youtube.com/channel/UCV1vuth1FMmKxiJw\\_xQZpQg](https://www.youtube.com/channel/UCV1vuth1FMmKxiJw_xQZpQg)

Website: <https://www.dadsuni.com/>

We hope you enjoyed this eBook and will visit Dads' UNI online regularly to see our [latest blogs](#) and [eBooks](#)

