

## Prayer 9 — Prayer and Strategy pt. 2

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### Introduction (Connection):

Hey church family, Pastor Scott here, and I'm super excited that we still get to do something like this, so I praise God for this kind of technology.

However, this will never satisfy the deep longing I have to be with you doing all of this together, face to face.

Until that day when we're back together again, this is just a cheap substitute.

I hope you all are encouraged and have leveraged this time well and not wasted it.

I do feel bad for all those husbands who had a honey-do list and kept saying to their wives, "I'll get to it when I have time."

I'm sure that list is now complete.

We're still going to be in the topic of prayer today for the same reasons I mentioned last week.

Philippians 4 says that when we're anxious and worried we should pray; that how we'll get peace.

The other reason can be found in something I came across this week that says this:

"No movies. No concerts. No sporting events. No restaurants. No social gatherings. Limited workload. Now that I've cleared your schedule can we talk? Love, God."

## **Tension:**

And there's no better place in the bible to talk about prayer than the Psalms.

But if you've ever read through them in order, you may have noticed something about the nature of the Psalms.

On one page you can read something like...

"You have put more joy in my heart than they have when their grain and new wine abound."<sup>1</sup>

and...

"In the morning, LORD, you hear my voice..."<sup>2</sup>

Flip the page, and you'll read...

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<sup>1</sup> Psalm 4:6, CSB

<sup>2</sup> Psalm 5:3a, CSB

“LORD, why do you stand so far away? Why do you hide in times of trouble?”<sup>3</sup>

or...

“How long, LORD? Will you forget me forever? How long will you hide your face from me?”<sup>4</sup>

And then you’ll read something like...

“I love you, LORD, my strength. The LORD is my rock, my fortress, and my deliverer...”<sup>5</sup>

only to read a page later...

“LORD,... Your arrows have sunk into me, and your hand has pressed down on me. There is no soundness in my body because of your indignation...”

Talk about highs and lows.

And then what do you do with those Psalms where the author prays...

“Pour out your rage on [my adversaries] and let your burning anger overtake them.”<sup>6</sup>

Like what???

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<sup>3</sup> Psalm 10:1, CSB.

<sup>4</sup> Psalm 13:1, CSB.

<sup>5</sup> Psalm 18:1, CSB.

<sup>6</sup> Psalm 69:24, CSB.

I've heard it said that every emotion that can be experienced by humanity can be found in the book of Psalms...

Which means everything that you think and feel can become a type of prayer to the Lord.

Two weeks ago we were in Ephesians 6 where Paul commands us to suit up with God's armor and then pray, a.k.a. go to war.

He tells us in v. 18 that we're to pray at all times with all kinds of prayer.

Today is part two of us developing a **strategy** for prayer; last week we developed some rules for prayer to guide our strategy.

Today we're going to dive really deep in what Paul means when he says, "All kinds of prayer" and what we're going to do is formulate prayer tactics based on all the different kinds of prayer found in the bible.

These tactics can be used to help structure your prayer time to keep you focused and help reach your own personal prayer goals.

I hope you find this really helpful and encouraging.

## **Exposition:**

Let's first talk really quickly about the different kinds of prayers that can be found in the bible.

You may have heard of the ACTS model for prayer where it's adoration, confession, thanksgiving, and supplication, but it isn't an exhaustive list... there are many more ways to pray.

Paul lists a few in 1 Timothy 2:1 when he says...

“First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people...”<sup>7</sup>

But this is in no way an exhaustive list either.

Let me walk through some of the different categories or kinds of prayer.

First are prayers of...

## **Worship**

These center on the exaltation and adoration of God for who God is, for what he’s done, like...

“O LORD my God, you are very great! You are clothed with splendor and majesty...”<sup>8</sup>

He can be lifted up as the Creator, exalted as the LORD of history, adored as the protector and defender, all because he deserves Praise.

Next would be prayers of...

## **Thanksgiving**

This is where we go to the Lord to express our joy to Him because something went well, circumstances were good, all because God was faithful.

An example would be when God delivered David from Saul in Psalm 18 David writes...

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<sup>7</sup> [\*The Holy Bible: English Standard Version\*](#) (Wheaton, IL: Crossway Bibles, 2016), 1 Ti 2:1.

<sup>8</sup> Psalm 104:1-2, ESV.

“Therefore I will give thanks to you among the nations, LORD; I will sing praises about your name.”<sup>9</sup>

These are often prayers of gratitude for the great works of God.

Another kind of prayer would be prayers of...

## Lament

These make up a majority of the Psalms (sixty to be precise), and they speak to the universal human experience of suffering.

These are expressions of struggles, suffering, or disappointment to the LORD.

These don't win the popularity contest for the Psalms, but they tend to be the most relatable, like...

Psalm 22 — “My God, I cry by day, but you do not answer, by night, yet I have no rest. <sup>3</sup>But you are holy, enthroned on the praises of Israel. <sup>4</sup>Our fathers trusted in you; they trusted, and you rescued them.”<sup>10</sup>

If you're in a place of deep discouragement and heartbreak, like your heart is melting away within you, then look up some Psalms of lament and you will find them very relatable and helpful.

Next we'll find prayers of...

## Confession

These are kinds of prayers that acknowledge your wrongdoings before the Lord with sorrow and remorse.

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<sup>9</sup> Psalm 18:49, CSB.

<sup>10</sup> [Christian Standard Bible](#) (Nashville, TN: Holman Bible Publishers, 2017), Ps 22:2-4.

These don't often make it into our prayer time because these are the hardest to pray.

But we're commanded to confess our sin to the Lord.

So follow David's example in Psalm 51 when he says...

"I know my transgressions, and my sin is ever before me. <sup>4</sup>Against you, you only, have I sinned and done what is evil in your sight..."<sup>11</sup>

That is in no way easy, but it's so necessary and so liberating.

Another kind of prayer is prayers of...

## Questioning

There are times when things in life don't make sense?

When you can't rationalize your circumstances and have deep questions and concerns, you can take those questions to God in prayer as well.

Check out Psalm 13...

"How long, Lord? Will you forget me forever? How long will you hide your face from me? <sup>2</sup>How long will I store up anxious concerns within me, agony in my mind every day?"<sup>12</sup>

Take your questions in prayer to God as well. He won't get offended, trust me.

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<sup>11</sup> [\*The Holy Bible: English Standard Version\*](#) (Wheaton, IL: Crossway Bibles, 2016), Ps 51:3-4.

<sup>12</sup> [\*Christian Standard Bible\*](#) (Nashville, TN: Holman Bible Publishers, 2017), Ps 13:1-2.

He wants to be the one to answer your tough questions because he's your good daddy.

Next are prayers of...

## Imprecation

These are the Psalms that you don't know what to do with and often skip.

This is where you ask God to bring justice to broken circumstances and wicked people who bring harm to the vulnerable.

When we pray, "Come, Lord Jesus," is an imprecation because when he comes he'll bring wrath and justice on the earth.

So pray something like...

"Rise up, LORD, in your anger..."<sup>13</sup>

"Let the evil of the wicked come to an end."<sup>14</sup>

It is ok to pray like this, but be careful because Jesus asks us to pray for our enemies.

Next, we'll come to another kind of prayer which is prayers of...

## Petition

This is simply asking God for personal needs and desires.

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<sup>13</sup> Psalm 7:6, CSB.

<sup>14</sup> Psalm 7:9, CSB.

I've been surprised by how many people say it is a selfish thing to pray for yourself... that couldn't be farther from the truth.

It is the most humble position you can take, because when you ask God for the things you need, you're acknowledging your total reliance upon him.

So pray things like...

"You must increase, I must decrease."<sup>15</sup>

and...

"Make me to know your ways, O LORD; teach me your paths."<sup>16</sup>

From there, we can see a similar kind of prayer called...

### **Intercession**

This is where you're interceding for other people; the word literally means to mediate between two parties.

John 17, the high priestly prayer, is a prayer of intercession where Jesus intercedes for us.

From there, we find another kind of prayer, which is the last one we'll cover today, and it is called...

### **Submission**

This is where we go before the Lord and surrender our lives, our circumstances, all we have and all we are over to the Lord, place them in his caring, gentle hands, and trust him.

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<sup>15</sup> John 3:30, ESV.

<sup>16</sup> Psalm 25:4, ESV.

So we'd pray like David when we said...

"The boundary lines of my life have fallen for me in pleasant places; indeed, I have a beautiful inheritance."<sup>17</sup>

or we'd pray with Jesus when he said...

"Not my will, but yours be done."<sup>18</sup>

So that makes for nine different kinds of prayer that we can find in scripture, and they are so helpful.

None of these should be elevated above the other, all are equally vital to a vibrant prayer life.

In fact, each of these is necessary for the others. They are interactive and stimulate one another.

So when we comprehend and praise God for his greatness and majesty, it leads us to a new grasp of our own sinfulness.

When that happens, it creates a deeper humility that results in increased dependency on God for everything and a willing inclination to surrender to his goodness and sovereignty.

Every one of these kinds of prayer should be present, interactive, and well-balanced when we pray.

## Application/Challenge:

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<sup>17</sup> Psalm 16:6, CSB.

<sup>18</sup> Luke 22:42

So here's what I want to do with you now: I want us to develop our...

**Tactics for Prayer** where we'll utilize these different categories of prayer strategically and implement them into our prayer lives together.

Last week we developed some rules for prayer, and like I said last week, this week we're working on the tactics.

A **tactic** is defined as a **planned action**, and we form these tactics inside of the rules we just went through.

There are four main tactics for prayer that I want us to utilize when we go into prayer, and it is to **P.R.A.Y.**

**Praise**

**Regret**

**Ask**

**Yield**<sup>19</sup>

Praise, Regret, Ask, and Yield is a structure in which we utilize the different kinds of prayers.

So let me walk through this with you by showing you how I'm using this personally.

**Praise**

So in my prayer time I'll start out worshiping him for his character and his attributes... his sovereignty, his goodness, his fierce love, and his unmatched mercy and how I've seen them in my own life.

Then I'll spend time thanking God for all he's done in sending Christ for our salvation, for the fact that my family is safe and well provided for during

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<sup>19</sup> Gleaned from Secret Church 2019 prayer guide, though modified.

this pandemic, that we have food to eat, that we aren't sick and that many around the world are working to fight against what's going on.

From the tactic of Praise, then I move on to the tactic of...

## Regret

This is where we use prayers of confession and repentance, lamentation, questioning and imprecation.

From the views of his majesty I'll start to see and acknowledge my failure to love God with all my heart, soul, mind, and strength and my failure to love others as I love myself.

I'll ask for God's forgiveness, I'll receive it in Christ, and ask him to cleanse me and tear the roots of sin out of me, no matter how painful.

Then I'll take some time declaring my desperate need for the Holy Spirit's grace and power to help me walk in obedience to God.

I'll also spend some time lamenting before the Lord... bringing my grief and sorrow to him.

For example, my grandpa passed away Monday night and they buried him yesterday... and with everything going on, I didn't think it was wise to be nine hours from my family...

I watched his graveside memorial over a computer screen.

It's not supposed to be this way... and I can take that to the Lord with my questions of "Why God?" "How long will this continue?"

And then I may even call upon the Lord to heal the world, to put an end to the pandemic and thwart the plans of those who see this as an opportunity for selfish gain by extorting the vulnerable.

From here I'll move to...

## Ask

Here is where I go to God with my petitions and intercessions.

I'll ask for personal needs of spiritual growth and purity and reordered loves and provision, wielding God's promises as my prayers.

And then I'll intercede for others like my...  
family members.

church leaders and members,  
missionaries and ministries,  
persecuted believers  
unbelieving family, friends, and neighbors  
unreached people groups  
and government leaders

And then lastly I'll move on to...

## Yield

I'll end my prayer time with surrendering my life to following Jesus wherever and however he leads me with whatever he gives or doesn't give me.

I'll intentionally recognize that I don't get things, I don't have perfect understanding, but God does, and he's good, and he's all powerful, and I'll submit my will and intentions and desires to him, and then I'll offer my life as a living sacrifice to him to use as he desires, in caring for the body of Christ and in meeting spiritual and physical needs in my community and in the world.

[These are the tactics](#) I've used for my prayer time, and they've been super helpful for me.

This is what I would recommend to you.

If you want to dive even deeper into all of this, I commend a book called *A Method For Prayer* by Matthew Henry, who is most famous for his commentary on the whole bible.

This book, goes into much more detail on prayer tactics and uses thousands of verses in scripture to do so.

If a book isn't accessible or realistic for you right now, I've done something for you.

I've made a strategic prayer guide for you to download and utilize; you can find it in the bottom of the notes section.

You can also find it on the resources page at the bottom of our homepage.

We'll also have several copies for you available when we can get back together, or you can call me and swing by to pick some up.

## **Conclusion (Cast Vision):**

Alright, I've given you the strategy for prayer... some rules to guide your thinking and some tactics to guide your practices.

We're going to apply this right now actually.

You may be asking, "How do you apply all of this other than to just pray..."

EXACTLY!!!! You're getting the picture.

I'm going to wrap this up by praying for us, we'll pray through a benediction time together, but when this segment of the video closes, a

new segment will begin and it's going to be a guided time of prayer via this video.

You'll be prompted on your screen to pray through the four different tactics of prayer using the different kinds of prayer, each will last about 3-5 minutes, and when that segment is done, you'll hear this sound... {bell sounds}

That means we're moving on to the next tactic to utilize different kinds of prayer again.

No matter who you're with, if you're by yourself or with others, I want you to pray together, right now.

Bring in your family together for this; husbands, lead your homes...

Of course, younger kids may start throwing stuff and it may be rough around the edges, but it is still so beautiful.

Let me pray for us.

[Pray]

Benediction: "Now may the God of hope fill you with all joy and peace as you believe so that you may overflow with hope by the power of the Holy Spirit." — Romans 15:13<sup>20</sup>

I love you, I miss you, and I hope to see you soon, and let's all go to the Lord right now in this guided time of prayer.

Grace and peace to you.

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<sup>20</sup> [Christian Standard Bible](#) (Nashville, TN: Holman Bible Publishers, 2017), Ro 15:13.