

## CAYA Series – “Understanding the Purpose and Power of Prayer”

### **CHAPTER 6 - “JESUS’ MODEL PRAYER”**

**Mark 1:35** – <sup>5</sup> Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.

Based upon the Scriptures, we can deduce that Christ prayed for approximately 4-5 hours every morning as well as other times. Then He would say, “Let’s go to Jerusalem or somewhere...where He would spend 2 seconds healing a blind man, a leper or cast out a demon. We can surmise that what Jesus did in the morning is even more important than everything else He does during the day.”

Martin Luther, one of the greatest Catholic monks in history, started the Reformation that created the Protestant movement and changed the course of the world. He said something to the effect, “When I have a lot to do in a day, I spend more time in prayer, because more work is done by prayer than by work itself.

We need to ask the Lord for our day’s agenda. We do many things in God’s day that He didn’t plan for us to do. One hour with God could accomplish 10 hours of work because you wouldn’t be dealing with trial and error any longer. God would tell you what is really important, compared to what seems urgent. God will supernaturally give you wisdom to address your situation. Prayer will enable you to think clearly and wisely. It will also give you discernment. Hours with God makes minutes with men effective.

### **THE RESULTS OF INTIMACY WITH THE FATHER**

A truth Jesus was teaching:

**John 1:16-17** - <sup>16</sup> So, because Jesus was doing these things on the Sabbath, the Jewish leaders began to persecute him. <sup>17</sup> In his defense Jesus said to them, “My Father is always at his work to this very day, and I too am working.”

In essence, Christ was saying to those who questioned His healing, “I spent time with My Father this morning. I already had my whole day worked out for Me because I had fellowship with the One who made days. My Father

has already healed the people I'm touching. Their healing is a result of My knowing what My Father is doing. I'm just manifesting it. My Father works; therefore I work." In essence, what we do should be a manifestation of what God the Father has already done.

**John 1:19-20** - <sup>19</sup> Jesus gave them this answer: "Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does. <sup>20</sup> For the Father loves the Son and shows him all he does. Yes, and he will show him even greater works than these, so that you will be amazed.

We spend most of our time during the day trying to figure out what God wants us to do, Christ is saying to us, "I go to the Father first; I see what He's already done, and I do it." This is the pattern He wants us to follow. Remember that prayer is the medium which man discovers what God has already done in the unseen so that he can give heaven permission through his faith to manifest it on earth.

Prayer saves you time, but we put off praying because we think it's a waste of time, or at least less important than our other activities. God is saying to us, "You will get more done in My presence than you accomplish in the presence of other people. We often discover that when we spend time in prayer, God begins to use us to change circumstances.

## **MANIFESTING THE THOUGHTS OF GOD**

Prayer is coming into union with God's mind. There is nothing more intimate than your thoughts. Words are an extension of our thoughts, but we are our thoughts. A thought is a silent word. A word is a manifested thought. In effect, Jesus was saying, "When I go before God in prayer and spend time with Him, He gives Me His thoughts." When Jesus was asked why He healed the sick man, He said, in essence, "I just saw that thought this morning. I am the Word. I manifest the thoughts of God. I have to heal this man because that is what I saw."

Jesus spent time with the Father to find out what He was thinking, what was on His mind. Ninety-nine percent of the time God will speak to your mind through your spirit. People don't hear from God because they're waiting in the wrong way. God doesn't generally speak verbally. That's not intimate enough. He speaks directly to our spirits.

## **HEARING FROM GOD**

The Father loves you, and He wants the same communion or common-union with you that He had with Jesus. Your prayer life can make you so intimate with God that you will walk around and naturally manifest the works, or thoughts, of God, just as Jesus did. Halleluiah!

Jesus' continual reference to the "the Father" is critical, because the word Father is the Hebrew word Abba, which means 'source and sustainer.' In essence, prayer is the source manifesting its thoughts through the resource.

## **PRAYER DOES NOT COME AUTOMATICALLY**

Prayer is a personal and private relationship and responsibility. Corporate prayers should never be a substitute for personal and private time with the Father.

The disciples were brought up in the temple and were taught to pray but they saw that Jesus' prayers were different from what they were used to. They saw that there was something distinct about them. They prayed but He **prayed**. They were busy, but He obtained results.

When the disciples asked Jesus to teach them to pray, he agreed that they needed to learn how to pray; He confirmed that prayer is not automatic, but rather a function that must be taught.

### **A PATTERN FOR PRAYER**

1. Our (not just you!) Father (source)
2. In Heaven (outside my realm)
3. Hallowed (reverenced, set apart, or sanctified) Be Your Name (Worship the Father as the Holy One)
4. Your Kingdom Come, Your Will Be Done (We are interested in God's Kingdom and what He wants to accomplish)
5. Give Us Our Daily Bread (when we are asking God to be faithful to fulfill His will on earth, include this statement)
6. Forgive Us Our Sins, For We Also Forgive (**Matthew 6:14-15; 23-24**)  
– We can't do business at a holy altar when we have a bitter heart. Forgiveness will free your prayers so that they can work.
7. Do Not Lead Us Into Temptation (ask God for wisdom so we won't put ourselves into situations that will cause us to compromise). Ask God for strength and wisdom to stop making bad decisions and to stop going into bad situations that will tempt us to sin.

8. Yours Is the Kingdom, Power, And Glory Forever – Worship the Father again because I know You're going to answer this prayer; therefore, I'm going to thank You ahead of time.

**PRAYER:**

*Heavenly Father,*

*Like Jesus' disciples, we, too need to learn to pray. Thank You for giving us this model prayer so we can now how to pray as Jesus did and be effective in ministry as He was. Your Word says, "The one who call you is faithful and he will do it: **(1 Thessalonians 5:24)**. You have called us to a lifestyle of prayer, and we ask You to fulfill that calling in us. Give us a heart to seek an intimate relationship with You every day and to follow Your thoughts and ways rather than our own thoughts and ways—or others' opinions. We pray this in the name of Jesus our Great Intercessor. Amen.*

## [Individual/Small Group Activity]

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### **BREAKOUT QUESTIONS**

**What information presented in Chapter 6 impacted/influenced each team member the most?** (It could be a principle, revelation, understanding, insight or obstacle, etc.)

1. Prayer saves you time, but we put off praying because we think it’s a waste of time, or at least less important than our other activities. Why is this statement important to you?
  
2. Select one person in your group to pray about any topic or one related to our lesson today. After they have prayed, then the group should share what they heard them pray. Share with them any word you heard from the Holy Spirit and offer them positive feedback to encourage them.

***\*If you have time, repeat the process with another member of the group.***