

PRACTICAL PRAYER

KEY TEXT: Psalm 126:1-6

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What about when I don't *feel* like praying?

- Try verbally enumerating the **BLESSINGS** you possess or have experienced - this *usually* brings a response of thanksgiving
- Try a classic prayer
- Try praying a psalm (change pronouns where necessary) or an actual Scripture passage - example: PSALM 96
- *Minimally* prayer should produce **dependence & gratitude – change it up / various approaches**

CLASSIC PRAYERS

1) Augustine, Confessions BK 10 - prayer to God

But What do I love when I love Thee? It is not the beauty of bodies or the fair harmony of time. Nor the brightness of the light, so gladsome to our eyes. Nor sweet melodies of varied songs, Nor fragrant smells of flowers. Not limbs acceptable to the embracements of the flesh. None of these I love when I love You God AND YET, I love a KIND of light, a kind of melody and fragrance, a kind of meet and embracing. When I love You God, there shineth upon my soul a kind of embracing that space cannot contain, and there sounds what time cannot bear away, there smells that breathing disperses not, there tastes that eating diminishes not, **there clings what satiation divorces not.** This is that which I love when I love my God."

2) Outstanding - THE PRAYER OF SIR FRANCIS DRAKE

Disturb us, Lord, when We are too well pleased with ourselves, When our dreams have come true Because we have dreamed too little, When we arrived safely Because we sailed too close to the shore. Disturb us, Lord, when with the abundance of things we possess We have lost our thirst For the waters of life; Having fallen in love with life, We have ceased to dream of eternity And in our efforts to build a new earth, We have allowed our vision Of the new Heaven to dim. Disturb us, Lord, to dare more boldly, To venture on wider seas Where storms will show your mastery; Where losing sight of land, We shall find the stars. We ask You to push back The horizons of our hopes; And to push into the future In strength, courage, hope, and love.

3) British author John Baillie;

Let me use my **disappointment** as material for **patience**
Let me use **success** as material for **thankfulness**
Let me use **trouble** as material for **perseverance**
Let me use **danger** as material for **courage**
Let me use **reproach** as material for **longsuffering**
Let me use **praise** as material for **humility**
Let me use **pleasures** as material for **temperance**

Let me use **pain** as material for **endurance**

BASIC PRAYER TYPES

- **1. ADORATION**
- **2. CONFESSION**
- **3. THANKSGIVING**
- **4. SUPPLICATION / PETITION**
- ***5. LAMENT / CRY FOR HELP***
- All are concrete practices as well as profound experiences.

PRACTICE - PRAYING our despair and Spiritually INVESTING our heartaches

1) Plant despairs & heartaches/Pray despairs & heartaches in a VISION of God's GREAT GOODNESS AND GRACE (gratitude reflection in the face of suffering)

PRAY them - express them to God – FOCUS on them in the Presence of GOD in PRAYER

Your anxieties belong in pre-reflective outbursts in prayer to God

Speak and Feel truly in God's presence where it is safe and He understands desperation - take these issues to Him (Garden of Gethsemane – perfectly balanced prayer)

INVEST your heart cries in a realization of God's understanding and grace

2) Plant tears /Pray tears in a vision of the cross

a) Jesus was described as “a man of sorrows, acquainted with grief” ISAIAH 53

b) You will rid yourself of corrosive & toxic SELF-PITY

c) Expect to lack context and comprehension

Example: **“I don't see what good God could possibly be bringing out of this!”** – YES, *but that does not mean that there is no good!*

3) Plant them / Pray them in an ASSURANCE of God's Glory - “sorrows WILL return with songs of joy”

If you know that ALL prayer will end in praise and that we win in the end & that we will be with Him forever... If you truly believe this and confess it, it will change you