



**Introduction:**

- Living the Christian life as God intends, always involves two strategies: 1) dealing with our sin, and 2) pursuing godliness. The Bible tells us “train yourselves to be godly” (1 Timothy 4:7). Last week, we walked into “God’s Gym” and examined the treadmill of Scripture reading.
- This morning we are going to learn how to properly use the “bench press” of prayer. But before we begin, let’s be honest about a few things:
  - We don’t \_\_\_\_\_ as we should (James 4:2,3).
  - Consequently, we lack spiritual \_\_\_\_\_ and personal \_\_\_\_\_ (Ephesians 6:10-18; Philippians 4:6-7).
  - Therefore, we need help to change our habit of \_\_\_\_\_ (Luke 11:1-13).
- If you are the exception to the above, God bless you! But if you’re like the rest of us, take heart! You are not alone. Even Christ’s disciples struggled with their prayer life. And no one was better able to teach them to pray than Jesus!

**1. Follow A Simple \_\_\_\_\_**

*He said to them, “When you pray, say...”*

Luke 11:2

- \_\_\_\_\_ for our Heavenly Father  
*Our Father hallowed be your name, your kingdom come...* (v.2b)
- \_\_\_\_\_ for our needs (v. 3,4)
  - \_\_\_\_\_ needs  
*Give us this day our daily bread...*

- Spiritual \_\_\_\_\_  
*Forgive us our sins...*

- Spiritual \_\_\_\_\_  
*And lead us not into temptation...*

**2. Be \_\_\_\_\_, Be \_\_\_\_\_,  
Be \_\_\_\_\_ (v. 7-9)**

**NIV – “boldness”**

*Let us come boldly to the throne of grace that we may obtain mercy and find grace to help in our time of need.*

Hebrews 4:16

**NASB – “persistence”**

*The Greek word for “persistence” literally means “shamelessness.” He wasn’t concerned about social graces. He didn’t care if he wakened the whole neighborhood. He needed bread, and he shamelessly persisted until he received it.*

Bryce Klabunde, **The Declaration of Something Mysterious**, p. 113

Just to encourage and motivate us to keep praying, Jesus tells us to:

**3. Remember Two \_\_\_\_\_ About God!**

• God will \_\_\_\_\_ our prayers – all of them (v. 9,10).

• He will only give us what’s \_\_\_\_\_ (v. 11-13).

**Conclusion:**

So how ‘bout it, church family? Are you ready and willing to do some serious bench pressing with me?

Prayer always begins and ends with \_\_\_\_\_.