The Main Ingredients Of Prayer

**INTRODUCTION**

1. In a survey recently conducted it was asked of more than one thousand believers what they believed the contents of prayer should be…

2. One of the questions was this: **What do you think is the main**

 **important purpose of prayer?**

3. Here are their responses...

 a. To seek God's guidance (**29%**)

 b. To thank God (**20%**)

 c. To be close to God or the divine (**14%**)

 d. To help others (**12%**)

 e. To improve a person's life (**10%**)

 f. Other (**8%**)

 g. Don't know (**7%**)

As the answers above suggest, there are many reasons to pray. One way to remember **"The Purpose Of Prayer"** is

with the use of the small little word…. **ACTS**

**The first letter stands for the following…**

**I. ADORATION**

 **A. EXPRESSING ADORATION CAN BE SEEN AS AN ACT THAT ….**

 1. God is certainly worthy of our praise, worship and our adoration

 2. Many use songs in praising God, however we can also praise God though our prayers.

 **B. LETS LOOK AT EXAMPLES OF ADORATION IN PRAYER...**

 1. When Paul prayed for the Ephesians, he took time to praise God

[**Ep 3:14-21**](http://biblia.com/bible/nkjv/Ep%203.14-21)

 2. David provides an example of offering adoration and praise in

[**1Ch 29:10-13**](http://biblia.com/bible/nkjv/1Ch%2029.10-13)

Notice that the survey did not mention Adoration but it is certainly an important part and purpose of prayer.

The next letter… **"C"**

**II. CONFESSION**

 **A. CONFESSING OUR SINS...**

 1. There is mercy to be found in confessing one's sins –

[**Pr 28:13**](http://biblia.com/bible/nkjv/Pr%2028.13)

 2. The Christian enjoys cleansing of sin by the blood of Jesus

[**1Jn 1:7-10**](http://biblia.com/bible/nkjv/1Jn%201.7-10)

 **B. EXAMPLES OF CONFESSING SINS...**

 1. Jesus provided an example in the parable of the Pharisee and

 the publican –

[**Lk 18:10-14**](http://biblia.com/bible/nkjv/Lk%2018.10-14)

 2. Again, David provides an example with his confession of sin

[**Ps 51:1-13**](http://biblia.com/bible/nkjv/Ps%2051.1-13)

[Obtaining forgiveness by **confessing** sins is a blessing now enjoyed only

through Christ

([**Jn 14:6**](http://biblia.com/bible/nkjv/Jn%2014.6)). Once we have put on Christ

[**Ga 3:27**](http://biblia.com/bible/nkjv/Ga%203.27)),

prayer is crucial to remaining forgiven.

**The letter "T"** represents...

**III. THANKSGIVING**

 **A. OFFERING THANKSGIVING...**

 1. Being thankful is emphasized repeatedly in exhortations to pray in the following scriptures….

[**Ep 5:20**](http://biblia.com/bible/nkjv/Ep%205.20)**;**

[**Col 4:2**](http://biblia.com/bible/nkjv/Col%204.2)**;**

[**1Th 5:17-18**](http://biblia.com/bible/nkjv/1Th%205.17-18)

 2. Beloved the cure to anxiety is to pray for everything, with

 thanksgiving –

[**Php 4:6**](http://biblia.com/bible/nkjv/Php%204.6)

 **B. EXAMPLES OF OFFERING THANKSGIVING...**

 1. Christ set an example of thanksgiving –

[**Mt 11:25**](http://biblia.com/bible/nkjv/Mt%2011.25)**;** [**26:27**](http://biblia.com/bible/nkjv/Mt%2026.27)**;**

[**Jn 6:11**](http://biblia.com/bible/nkjv/Jn%206.11)**;** [**11:41**](http://biblia.com/bible/nkjv/Jn%2011.41)

 2. Daniel had the custom to thank God three times a day –

[**Dan 6:10**](http://biblia.com/bible/nkjv/Dan%206.10)

[We cannot discount the importance of **thanksgiving** in our prayers.

Especially if we expect God to answer us as we make requests for future

blessings.

The final letter, in our study is the letter “S” which stands for ….

**IV. SUPPLICATION**

 **A. MAKING SUPPLICATION...**

 1. We are encouraged to let our requests be known to God –

[**Php 4:6**](http://biblia.com/bible/nkjv/Php%204.6)

 2. We are commanded to make supplications for all men –

[**1Ti 2:1-2**](http://biblia.com/bible/nkjv/1Ti%202.1-2)

 **B. EXAMPLES OF MAKING SUPPLICATION...**

 1. "Real widows" are known for their supplications night and day

[**1Ti 5:5**](http://biblia.com/bible/nkjv/1Ti%205.5)

 2. Solomon made supplication at dedication of the temple

[**1 Kin 8:28-29**](http://biblia.com/bible/nkjv/1%20Kin%208.28-29)

 3. Jesus made supplication as He was crucified; Stephen also, as

 he was being stoned –

[**Lk 23:34**](http://biblia.com/bible/nkjv/Lk%2023.34)**;**

[**Ac 7:59-60**](http://biblia.com/bible/nkjv/Ac%207.59-60)

**CONCLUSION**

1. If you remember the word… (**ACTS**), like in the book of Acts

 **"The Purpose Of Prayer" will enhance your prayer life beyond your wildest expectations**...Just remember…..

 a. **A**doration

 b. **C**onfession

 c. **T**hanksgiving

 d. **S**upplication

As part of your prayer life. May God continue to bless you mightily!

Evangelist, Minister and Teacher Carlos.