

Urban Potential

# What is Prayer?

# Urban Potential

## PRAYER EXPLAINED

(adapted from *Fasting & Prayer 2000* materials)

### **The Role of Prayer.**

Establishing a closed communion with God is the very reason for fasting and prayer. We desire a closer relationship with God and achieve this through prayer, reading His Word, and fellowship with Him.

### **What is Prayer?**

Simply put, prayer is communicating with God. Real prayer is expressing our devotion to our heavenly Father, and inviting Him to talk to us as we talk to Him.

### **Who Can Pray?**

Anyone can pray, but only those who walk in faith and obedience to Christ can expect to receive answers to their prayers. Contact with God begins when we receive Jesus into our lives as Savior and Lord (John 14:6). Praying with a clean heart is also vital to successful prayer. We cannot expect God to answer our prayers if there is any unconfessed sin in our life or if we are harboring an unforgiving spirit (Psalm 66:18; Mark 11:25). For God to answer our prayers, we must have a believing heart and ask according to His will (Matthew 9:29; 21:22; 1 John 5:14, 15).

### **Why Are We to Pray?**

God's Word commands us to pray (Luke 18:1; Acts 6:4; Mark 14:38; Philippians 4:6; Colossians 4:2; 1 Timothy 2:1,2). We also pray to have fellowship with God, receive spiritual nurture and strength to live a victorious life, and maintain boldness for a vital witness for Christ. Finally, **Prayer releases God's great power to change the course of nature, people, and nations** (Matt 6:33; 18:19; 21:21-22; James 5:17). This is the basis of Pray UP Prayer Teams, and our dependence on the Lord for our provision through prayer.

## To Whom Do We Pray?

We pray to the Father in the name of the Lord Jesus Christ through the ministry of the Holy Spirit. When we pray to the Father, our prayers are accepted by Jesus and interpreted to God the Father by the Holy Spirit (Romans 8:26, 27, 34).

## When Should We Pray?

God's Word commands us to "Pray continually" (1 Thessalonians 5:17). We can be in prayer throughout the day, expressing and demonstrating our devotion to God as we go about our daily tasks. It is not necessary to be on our knees, or even in a quiet room to pray. God wants us to be in touch with Him constantly wherever we are. We can pray in the car, while washing dishes, or while walking down the street.

However, in joining a Pray Up team you commit to significant, regular prayer. This means a regular period of time you commit to solely praying in your secret closet of prayer for the staff, clients, and ministries of Urban Potential. We strongly encourage you to develop this spiritual discipline of regular, concentrated time in solitude and prayer with the Lord.

## What Should We Include in Our Prayers?

Although prayer cannot be reduced to a formula, certain basic elements should be included in our communication with God, such as:

- **Adoration** (praising and worshiping Him)
- **Confession** (repenting of sin)
- **Thanksgiving** (acknowledging all we have and are comes from God, and thanking Him for His blessings and challenges to us)
- **Supplication** (asking for our own needs and others', including salvation for those not saved, provision, blessing, protection, and fulfillment of the Great Commission)