

—A Life of— PRAYER



*If the FOUNDATIONS are destroyed,
What can the righteous do?*
— Psalm 11:3

*“Call to Me, and I will answer you, and show you
great and mighty things, which you do not know.”*
— Jeremiah 33:3

PART 1
“What Prayer Means to Me”
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**“If the FOUNDATIONS are destroyed,
What can the righteous do?”**
PSALM 11:3

FOUNDATIONS are a vital part in building anything that is strong, enduring and substantial. If we want to be great at anything, whether it be in a sport, business, marriage, or life, there are always **foundations and fundamentals** that will be required for us to succeed. We will never be able to build or go forward beyond the strength of our foundations.

For those of us who have decided to pursue God’s will for our lives and to live our lives for His glory, certain foundations and fundamentals are also critical. One such FOUNDATION is the essential foundation of **establishing a consistent, personal prayer life**.

The following are some personal revelations that I pray will inspire you as you seek to gain consistency in developing a strong and consistent prayer life.

The Holy Spirit revealed this to me:

“So many of the problems and issues that we currently face are simply a result of PRAYERLESSNESS.”

The good news is this: Things can begin to change and improve QUICKLY as we return to this foundation of a personal prayer time and give ourselves consistently to prayer.

Do you have an established, personal prayer life? Do you keep a consistent prayer time or times with the Lord? Many think they do until they honestly and objectively look at their past record of time spent in prayer.

Many think because they know that they should pray that they actually do pray. Only the DO-ERS of the Word of God will get results. Attending church prayer times and corporate meetings is good, but these corporate opportunities are no substitute for one’s own personal life of prayer.

Prayer is MY TIME with Him.

(The more I have this mindset about prayer, the more I will guard and be possessive about my prayer life. I know I can’t function successfully in life with God without it!)

Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

What an invitation! What an opportunity! I am invited to pray about EVERYTHING, making my requests known to the Living God—My Father. As I recognize this opportunity, I begin to guard it and become possessive about it.

For me, Prayer is not just a duty. It’s a place of fellowship which gives me the opportunity to establish my faith and trust in God.

In times of prayer I take time to rehearse what God has said and get “in faith” with Him from my heart. For example, by taking time to “make my requests known to Him.”

For me, Prayer is a place where I can “acknowledge Him” with various matters and receive His direction.

Proverbs 3:5-6

*Trust in the Lord with all your heart,
And lean not on your own understanding;
In all your ways acknowledge Him,
And He shall direct your paths.*

Without a time of prayer I am subject to living life based upon my own “understanding” rather than with God’s direction.

For me, Prayer is a time of “sowing to the Spirit”, which allows me to feel satisfied and on-top of things in life, where I don’t feel like I am always playing catch-up.

Galatians 6:7-8

*Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.
For he who sows to his flesh will of the flesh reap corruption, but **he who sows to the Spirit will of the Spirit reap everlasting life.***

Keeping a regular Prayer Time helps me to ACTIVATE, to TAP INTO, and to LIVE from the flow of the Spirit of God within me.

John 7:37-39

*On the last day, that great day of the feast, Jesus stood and cried out, saying, “If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, **out of his heart will flow rivers of living water.**” But this He spoke concerning the Spirit...*

Proverbs 4:23

*Keep your heart with all diligence,
For **out of it spring the issues of life.***

1 Corinthians 14:14 (AMPC)

For if I pray in an [unknown] tongue, my spirit [by the Holy Spirit within me] prays, but my mind is unproductive [it bears no fruit and helps nobody].

God’s Order is SPIRIT FIRST

1 Thessalonians 5:23

*Now may the God of peace Himself sanctify you completely; and may your whole **spirit, soul, and body** be preserved blameless at the coming of our Lord Jesus Christ.*

Mark 14:38

*“Watch and pray, lest you enter into temptation. **The spirit indeed is willing, but the flesh is weak.**”*

It helps me when I remember **I’m designed by God to live from the INSIDE-OUT.**

I have been designed by God to spend the majority of my life purposefully ACTING at His direction, rather than REACTING to circumstances. A Life of Prayer enables me to do that.

When I find myself merely REACTING and living from the OUTSIDE-IN it makes me feel uncomfortable. And I should feel uncomfortable! Something is not right! A consistent prayer life helps me keep things in the right order—spirit first!

WHY I LIKE TO PRAY:

Here are a few reasons I enjoy living a consistent lifestyle of personal prayer.

(See if you can identify with any of these for yourself. You won’t contend for something with little or no perceived benefit.)

- It allows me to build up my INNER MAN (Jude 20)
- It's my opportunity to make my petitions known and sort things out from my heart with God. (Phil 4:6)
- It keeps me in a state of readiness and watchfulness. I feel on top of things! (Mk 14:38)
- It helps me to remain spiritually offensive. (Rom 8:14)
- It keeps me genuinely EXPECTANT because I'm really on the lookout both within and without for what I have been praying about. (Mk 11:24)

As you establish a personal and consistent time of personal prayer you will almost immediately reap some of the following benefits:

- peace of mind
- rest
- confidence
- a sense of readiness

What benefits do you notice when you enjoy quality times of personal prayer?

We should each establish the foundation of A ROUTINE PRAYER LIFESTYLE. (We regularly take time out to pray.)

If a prayer life is so crucial to our success **why don't we do it?** Why isn't it getting done? (Two areas highlighted by the Holy Spirit)

1. We have not yet made prayer a PRIORITY. (We fail to prioritize it.)

- We are not intentional about praying.
- We are not deliberate about praying.
- We leave prayer to chance, based upon how we feel or if we have left-over time.
- THERE IS NO PLAN.

"We should each establish HABITS, ROUTINES, and RITUALS that serve us."

"Wise people determine what matters most in their lives and then they prioritize it—they make time and even schedule time for it."

Do you have any habits, rituals, or routines that you have thoughtfully put into place to make sure that your personal prayer life remains a priority and is not an afterthought? Is there any sort of gameplan?

2. We lack DISCIPLINE.

- We may have the best of intentions, but something always gets in the way.
- We lack boundaries.
- We stay up too late.
- We feed on worthless shows and content.
- We say yes to everyone and everything.

We know that Satan hates you having a prayer life! He will do whatever he can to deter and distract you from establishing this foundation. But we also know that he is defeated and is powerless against a child of God who moves with faith and intention.

If we become serious and intentional about establishing a regular prayer time, the Holy Spirit will help us with STRATEGIES in regards to the best TIMES and PLACES to pray, even helping us to troubleshoot potential prayer obstacles in advance.

WE MUST HAVE A PLAN!