



**JOIN US FOR A 6-WEEK
ZOOM BIBLE STUDY**

A Guide on Getting to Know God

Tuesday Evenings @ 7:00 pm ~ November 10 - December 15

For more Information and Registration
ChristianWorkingWoman.org

A Guide on Getting to Know God

Prayer Journal: Praising God

Zoom #3 – November 24, 2020

Psalm 90:14: Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.

Psalm 119:11: I have hidden your word in my heart that I might not sin against you.

The main purposes of a prayer journal are:

- To help structure your praise and prayer time so that you don't forget things you want to pray about and people you want to pray for.
- To keep a record of answered prayer
- To help in praying, especially on days when you don't really feel like it.
- To help you pray with purpose and eliminate shallow prayers.
- To generate new enthusiasm and excitement for prayer.

How is it structured?

The Lord's Prayer was intended to give us a format, an outline of what prayer should contain. Jesus gave us this prayer in Matthew 6 and Luke 11 in answer to the disciple's request.

Matthew 6:7-9a: And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him. ⁹ This, then, is how you should pray:

What is Jesus telling us about prayer?

According to Jesus, prayer is something to be learned. So, let's take a look at the structure of The Lord's Prayer and use that as our guide in how we should pray.

It has a simple structure:

Praise and Adoration

"Our Father in heaven, hallowed be your name

Commitment

"Your kingdom come, your will be done on earth as it is in heaven.

Petition

"give us today our daily bread.

Repentance and Forgiveness

"Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one"

(Matthew 6:9b - 13)

Based on this, My Prayer Journal is divided into four sections:

Section 1: Praise and Thanksgiving

Section 2: Confession and Dedication

Section 3: Intercession

Section 4: Prayer Requests and Answers

This lesson is about the importance of praising God. **Psalm 100** tells us to enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. It is biblically correct to begin our prayer time with praise.

Psalm 150:1: Praise the LORD. Praise God in his sanctuary; praise him in his mighty heavens.

Psalm 22:23: You who fear the LORD, praise him! All you descendants of Jacob, honor him! Revere him, all you descendants of Israel!

Psalm 33:1: Sing joyfully to the LORD, you righteous; it is fitting for the upright to praise him.

Praise is the occupation of Heaven:

Revelation 4:8: Each of the four living creatures had six wings and was covered with eyes all around, even under its wings. Day and night they never stop saying: "Holy, holy, holy is the Lord God Almighty, who was, and is, and is to come."

Revelation 19:6: Then I heard what sounded like a great multitude, like the roar of rushing waters and like loud peals of thunder, shouting: "Hallelujah! For our Lord God Almighty reigns.

There is more about praise in the Bible than about prayer. It is more important than petition.

Do you think most people spend more time praising God or petitioning him?

Why should we praise God?

We praise God because it transforms us into God-centered rather than self-centered.

And there are times when we need to praise God with our lips even when our heart may not be feeling it. I encourage you not to let your emotions determine whether or not you'll praise God. Praising God is not necessarily an emotional experience. I also urge you to praise God out loud when you can.

How Do We Praise God?

- Praise him for who he is and what he has done
- Thank him for his particular blessings in your life

1. Praising God for who he is and what he has done

Praising God the Father

- He is our Father

Isaiah 64:8: Yet you, LORD, are our Father. We are the clay, you are the potter, we are all the work of your hand.

- **He gives us good gifts**

Matthew 7:11: If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

- **We have fellowship with the Father**

1 John 1:3: We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ.

- **He is holy**

Psalms 99:9: Exalt the LORD our God and worship at his holy mountain, for the LORD our God is holy.

- **He is gracious, compassionate, and just.**

Isaiah 30:18: Yet the LORD longs to be gracious to you; therefore he will rise up to show you compassion. For the LORD is a God of justice. Blessed are all who wait for him!

- **He is love**

1 John 4:8: Whoever does not love does not know God, because God is love.

- **He is almighty—has all power—and he is faithful.**

Psalms 89:8: Who is like you, LORD God Almighty? You, LORD, are mighty, and your faithfulness surrounds you.

We praise God for his care for us:

- **He knows you intimately.**

Psalms 139:1-4: You have searched me, LORD, and you know me. ²You know when I sit and when I rise; you perceive my thoughts from afar. ³You discern my going out and lying down; you are familiar with all my ways. ⁴Before a word is on my tongue you, LORD, know it completely.

- **God knows the number of hairs on your head**

Matthew 10:30: And even the very hairs of your head are all numbered.

- **God will never leave you or forsake you**

Hebrews 13:5: Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."

Praising God the Son

- **Jesus is our Savior**

1 John 4:14: And we have seen and testify that the Father has sent his Son to be the Savior of the world.

- **Jesus is our friend**

John 15:15: I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

- **Jesus is our great high priest**

Hebrews 4:14: Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess.

- **Jesus became a servant for you, and was obedient to death for you**

Philippians 2:6 – 8: Who, being in very nature God, did not consider equality with God something to be used to his own advantage;⁷ rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.⁸ And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!

- **Jesus intercedes for you**

Romans 8:34: Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us.

Praising God the Holy Spirit

- **The Holy Spirit is your teacher and advocate**

John 14:26: But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

- **The Holy Spirit resides in you**

1 Corinthians 6:19: Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own

- **The Holy Spirit empowers you**

Acts 1:8: But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

This is a partial list but it would give you a good start to your praise section. Your list will grow the more you read the Bible.

I encourage you to practice reciting the attributes of the Triune God and their ministry in your life in praise to God. After a while the list will be memorized. You won't even need to open your prayer journal to remember them.

2. Thanking God for his particular blessings in your life

1 Thessalonians 5:16 – 18: Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

What does it mean to thank God in all circumstances?

Ephesians 5:19 – 20: speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord,²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

We are to give thanks for everything! Thanksgiving is not dependent upon our feelings or our circumstances. It is a decision we make to obey—to be thankful in for all things and in all things. Why? Because it is the will of God for us.

