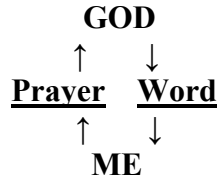


GOD'S GYM – Part 3 *Talking to the Trainer*

“Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come” (1Timothy 4:7,8).



1. Prayer is the simplest, most natural expression of my relationship with Abba.

And He was saying, “Abba! Father! All things are possible for Thee; remove this cup from Me; yet not what I will, but what Thou wilt” (Mark 14:36).

“For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, ‘Abba! Father!’” (Romans 8:15)

2. Prayer tunes my heart in to my Father’s heart.

“Our Father who art in heaven, hallowed be Thy name. Thy kingdom come. Thy will be done, on earth as it is in heaven” (Matthew 6:9,10).

“Three times I pleaded with the Lord to take it away from me. But He said to me, ‘My grace is sufficient for you, for My power is made perfect in weakness’” (2Corinthians 12:8,9).

3. Prayer puts me in the game of my Father’s activity in this world.

“Call to Me, and I will answer you, and I will tell you great and mighty things, which you do not know” (Jeremiah 33:3).

“Truly, truly, I say to you, he who believes in Me, the works that I do shall he do also; and greater works than these shall he do; because I go to the Father. And whatever you ask in My name, that will I do, that the Father may be glorified in the Son” (John 14:12,13).

4. Prayer is the expression of my humble dependence on my Father.

“If My people, who are called by My name, will humble themselves and pray and seek My face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land” (2Chronicles 7:14).

“Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God to seek from Him a safe journey for us, our little ones, and all our possessions. For I was ashamed to request from the king troops and horsemen to protect us from the enemy on the way, because we had said to the king, ‘The hand of our God is favorably disposed to all those who seek Him, but His power and His anger are against all those who forsake Him.’ So we fasted and sought our God concerning this matter, and He listened to our entreaty (Ezra 8:21-23).

5. Prayer lets me stand in the gap (intercede) for other people.

“Epaphras, who is one of your number, a bonds slave of Jesus Christ, sends you his greetings, always laboring earnestly for you in his prayers, that you may stand perfect and fully assured in all the will of God” (Colossians 4:12).

6. Prayer keeps us from making some really big mistakes!

“So the men of Israel took some of their provisions, and did not ask for the counsel of the LORD. And Joshua made peace with them and made a covenant with them, to let them live; and the leaders of the congregation swore an oath to them” (Joshua 9:14).

“. . . to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of His splendor” (Isaiah 61:3).

Taking your Prayer-life to the next level:

- 1. Decide that Prayer is a Priority.**
- 2. Work out a Prayer Plan.**
- 3. Select some Prayer Places.**
- 4. Follow some Prayer Patterns.**
- 5. Find a few good Prayer Partners.**

Don't forget to get your Daily Training Tips on our website Monday – Friday. Click on God's Gym and follow the links to the Tips.

There are many excellent books on prayer. Let me recommend just two that are very practical: *Prayer Coach*, by James Nocodem. *Too Busy Not to Pray*, by Bill Hybels.