

TRANSFORMED BY PRAYER

There are many great reasons to pray. Today we'll focus on just one reason—transformation. Prayer places us in an environment where God can transform our lives. Prayer—authentic, genuine, heartfelt prayer—creates the perfect opportunity for the Holy Spirit to transform us. “Prayer does not bring God down to us, but brings up to Him.” (*Steps to Christ*, p. 93) Prayer changes us!

A. HOW DOES PRAYER TRANSFORM US?

A.C.T.S. Prayer maximizes the transforming power of prayer...

1. Adoration: We become like those whom we admire. By beholding we become changed.

2 Corinthians 3:18 ESV “beholding the glory of the Lord, [we] are being transformed into the same image...”

2. Confession: Creates a longing for changed hearts, for transformation.
Psalm 51:1-3, 10 NLT “Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sin. For I recognize my rebellion... Create in me a clean heart, O God. Renew a loyal spirit within me.”

3. Thanksgiving: An attitude of gratitude changes the way we think.
1 Thessalonians 5:16-18 NLT “Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.”

4. Supplication: As God answers our prayer requests, faith grows strong.
Philippians 4:6-7 NLT “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

B. HOW DO WE PRAY TRANSFORMING PRAYERS?

1. By being regular & habitual in prayer.

Daniel 6:10 NLT “But when Daniel learned that the law had been signed, he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done, giving thanks to his God.”

Luke 22:39 NLT “Jesus left the upstairs room and went as usual to the Mount of Olives.”

Steps to Christ, p. 98 “It is impossible for the soul to flourish while prayer is neglected.”

2. By focusing on our relationship with God.

John 17:3 NLT “And this is the way to have eternal life—to know you, the only true God, and Jesus Christ, the one you sent to earth.”

Psalm 143:6-8 CEV “I lift my hands in prayer, because my soul is a desert, thirsty for water from you... Each morning let me learn more about your love because I trust you.”

Steps to Christ, p. 93 “Prayer is the opening of the heart to God as to a friend.”

3. By being honest and genuine in prayer.

Psalm 143:4 NLT – *David tells God about his fears:* “I am losing all hope; I am paralyzed with fear.”

Psalm 22:2 ESV – *David is angry with God:* “Why are you so far from saving me, from the words of my groaning? O my God, I cry by day, but you do not answer, and by night, but I find no rest.”

Numbers 11:11-15 MSG – *Moses complains to God:* “Why are you treating me this way? What did I ever do to you to deserve this? Did I conceive them? Was I their mother? So why dump the responsibility of this people on me?... Where am I supposed to get meat for all these people who are whining to me, ‘Give us meat; we want meat.’ I can’t do this by myself—it’s too much, all these people. If this is how you intend to treat me, do me a favor and kill me... I’ve had enough.”

Steps to Christ, p. 100 “Keep your wants, your joys, your sorrows, your cares, and your fears before God.”

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