Sermon Summary: Mar 24, 2019

**Living the Larger Christian Life: Prayer**

* Spiritual disciplines are important because they keep us stable during the storms of life. Prayer is that essential, and often unseen, discipline that keeps us grounded in God daily.
* There exists an underlying belief in many of our minds that prayer doesn’t actually change anything.
  + This is a cultural folk belief and not the Biblical truth (2 Kings 20:1-6, 1 John 5:14-15).
  + Prayer, as a spiritual discipline, will only draw us deeper to God if we truly believe that God hears prayer and responds to it.
* Prayer should be a consistent practice in our lives (Colossians 4:2, 1 Thessalonians 5:17).
* Prayer is a learned practice.
* Prayer Guidelines:
  + Start off slow and build up.
  + Pray when you are at your best.
  + Give time to settle your thoughts.
* There are a variety of ways to pray but most basic and fundamental is “simple prayer.”
  + Simple prayer means praying for what’s on your heart not what should be on your heart.
* Spiritual disciplines are important because they keep us stable and grounded in God during the storms of life.

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