

## LESSON SIX

# Fourth Encounter “The Peak of Habit”

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### Conquering the Peak:

#### The Necessity of a Prayer Habit

- The Prayer Habit Developed
- The Prayer Habit Sustained

#### *Timeless Insights*

“When a man is born from above, the life of the Son of God is born in him, and he can either starve that life or nourish it. Prayer is the way the life of God is nourished.”

—Oswald Chambers

#### *Foundational Scripture*

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.

Daniel 6:10 (NLT)

#### Reaching the Peak . . .

Developing Consistency in Daily Prayer

### *Timeless Insights*

“None can believe how powerful prayer is, and what it is able to effect, but those who have learned it by experience.”

—Martin Luther

## I. The Prayer habit \_\_\_\_\_!

### Four Objectives

#### Objective One:

Establish a specific \_\_\_\_\_ for daily prayer.

#### *Scripture:*

Then He came to the disciples and found them sleeping, and said to Peter, “What! Could you not watch with Me one hour? Watch and pray, lest you enter into temptation. The spirit indeed *is* willing, but the flesh *is* weak.”

Matthew 26:40-41 (NKJV)

#### Objective Two:

Establish a set \_\_\_\_\_ for daily prayer.

#### *Scripture:*

Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice.

Psalms 55:17 (NKJV)

One day Peter and John were going up to the temple at the time of prayer—at three in the afternoon.

Acts 3:1 (NIV)

### *Timeless Insights*

“The first and decisive battle in conjunction with prayer is the conflict which arises when we are to make

arrangements to be alone with God every day.”

—O. Hallesby

### **Objective Three:**

Establish a suitable \_\_\_\_\_ for daily prayer.

### **Scripture:**

“Here’s what I want you to do: Find a quiet, secluded place so you won’t be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.”

Matthew 6:6 (MSG)

While it was still night, way before dawn, he got up and went out to a secluded spot and prayed.

Mark 1:35 (MSG)

### **Timeless Insights**

“The first thing the Lord teaches His disciples is that they must have a secret place for prayer; every one must have a solitary spot where he can be alone with his God. Every teacher must have a schoolroom.”

—Andrew Murray

### **Objective Four:**

Establish a systematic \_\_\_\_\_ for daily prayer.

### **Scripture:**

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

Ephesians 6:18 (NIV)

“...All manner of prayer and entreaty.”

Ephesians 6:18 (AMPC)

## II. The Prayer habit \_\_\_\_\_!

### Three Suggestions

#### Suggestion One:

Keep a Prayer \_\_\_\_\_.

#### *Scripture:*

We give thanks to God always for you all, making mention of you in our prayers, remembering without ceasing your work of faith, labor of love, and patience of hope in our Lord Jesus Christ in the sight of our God and Father, knowing, beloved brethren, your election by God.

1 Thessalonians 1:2-4 (NKJV)

Therefore I also, after I heard of your faith in the Lord Jesus and your love for all the saints, do not cease to give thanks for you, making mention of you in my prayers...

Ephesians 1:15-16 (NKJV)

#### Suggestion Two:

Keep a Prayer \_\_\_\_\_.

#### *Scripture:*

At the Lord's direction, Moses kept a written record of their progress. These are the stages of their march, identified by the different places where they stopped along the way.

Numbers 33:2 (NLT)

“Get a scroll, and write down all my messages against Israel, Judah, and the other nations. Begin with the first message back in the days of Josiah, and write down every message, right up to the present time.”

Jeremiah 36:2 (NLT)

### Suggestion Three:

Keep a Prayer \_\_\_\_\_.

### Scripture:

After Hezekiah received the letter from the messengers and read it, he went up to the Lord’s Temple and spread it out before the Lord. And Hezekiah prayed this prayer before the Lord: “O Lord, God of Israel, you are enthroned between the mighty cherubim! You alone are God of all the kingdoms of the earth. You alone created the heavens and the earth.”

2 Kings 19:14-15 (NLT)

“Aaron will regularly carry the names of the sons of Israel on the Breastpiece of Judgment over his heart as he enters the Sanctuary into the presence of God for remembrance. Place the Urim and Thummim in the Breastpiece of Judgment. They will be over Aaron’s heart when he enters the presence of God. In this way Aaron will regularly carry the Breastpiece of Judgment into the presence of God.”

Exodus 28:29-30 (MSG)

### Timeless Insights

“According to Jesus, by far the most important thing about praying is to keep at it.”

—Frederick Buechner

