

# Prayer Helpers

Psalm 24:3 – 6

## I. Intro

- A. Last week – prayer stoppers: busyness, disobedience, laziness, idolatry, unforgiveness, unconfessed sin, broken relationships, lack of faith
- B. Tonight – prayer helpers
- C. **READ Psalm 24:3 – 6**
- D. **3 absolute essential criteria for effective prayer life**

## II. A Holy Heart

- A. **1<sup>st</sup> requirement for a holy heart – presence of the Holy Spirit**
- B. **One of names Jesus used to refer to the Holy Spirit – Helper: John 14:16-17 (ESV)**  

<sup>16</sup> And I will ask the Father, and he will give you another **Helper** (also **Counselor, Advocate**), to be with you forever, <sup>17</sup> even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.
- C. **Paul says: Romans 8:26 (NIV)**  

<sup>26</sup> In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express.
- D. **Illustration** for word “helps” (Greek – *sunantilambano*) – to come alongside someone to help them lift a load; when we don’t know what to pray the Spirit stands on other side of our prayer burden and “helps” us pick up our prayer burden load and lift it up to the Father
- E. **REFER v. 3: No unholy thing can enter into, come before, the presence of Holy God**
- F. **Can’t live a sinful, rebellious life against the Lord and expect Him to hear and answer your prayers**
- G. **v. 4: The Psalmist answers his own question – *He who has clean hands and pure heart* – to enter in the Lord’s presence in prayer there has to be a cleansing and a purification**
- H. **ASK: How is that cleansing and purification done? It was done through blood of Jesus on the cross**
- I. **As we believe by faith that Jesus is the Son of God who died on the cross for our sin and who rose from the grave defeating death, His Spirit, the Holy Spirit, comes and lives in us – again, the 1<sup>st</sup> requirement for a holy heart**

- J. **Isaiah 59:2-3 (NIV)** <sup>2</sup> But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear. <sup>3</sup> For your hands are stained with blood, your fingers with guilt. Your lips have spoken lies, and your tongue mutters wicked things.
- K. **1 John 1:9 (NIV)** <sup>9</sup> If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.
- L. **Ezekiel 36:25-27 (NIV)**  
<sup>25</sup> I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. <sup>26</sup> I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. <sup>27</sup> And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.

### III. A Hungry Heart

- A. **Question:** Think of someone you're extremely close to (spouse, parent, child, etc.), do you always talk to that person in a very calm, serene, quiet tone? No
- B. **Question:** Do you think a person who has a very close, intimate relationship with God is always going to talk to Him in a very calm, serene, quiet tone?
- C. **ASK:** What do you think God loves more – a casual, monotonous prayer or a passionate, heart-rendering prayer? **Gaines words:** Sometimes praying is like birthing a baby – loud, desperate, and messy
- D. **Hebrews 5:7 (NIV)** <sup>7</sup> During the days of Jesus' life on earth, he offered up prayers and petitions with loud cries and tears to the one who could save him from death, and he was heard because of his reverent submission.
- E. **Jesus praying – sweat drops of blood**
- F. **Maybe why Jesus tells us - Matthew 6:6 (NIV)** <sup>6</sup> ... when you pray, go into your room, close the door and pray to your Father ...
- G. **God listens to those who are hungry and thirsty for Him; Psalm 42:1-2 (NIV)** <sup>1</sup> As the deer pants for streams of water, so my soul pants for you, O God. <sup>2</sup> My soul thirsts for God, for the living God. When can I go and meet with God?
- H. **Having a hunger, thirst for God also means having a hunger, thirst for His Word – as we meditate and feed on His Word it overflows within us to the point of coming back out in prayer – praying scripture**
- I. **Jesus said: John 15:7 (NIV)** <sup>7</sup> If you **remain in me** (**ASK:** How do we remain in Jesus?) and my words remain in you (**Question:** How can His

words remain in us if we don't know what His words are?), ask whatever you wish, and it will be given you.

- J. **As we hunger and thirst for the Word of God, and to understand better the will of God, our hearts become hungry for more of God and God hears and answers the prayers of those whose hearts long for Him and long to live according to His will**
- K. **REFER v. 6**

#### IV. **A Humble Heart**

- A. **Micah 6:8 (NIV)** <sup>8</sup> He has showed you, O man, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.
- B. **God demands humility**
- C. **1 Peter 5:5 (NIV)** <sup>5</sup> ... All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but gives grace to the humble."
- D. **God demands that we show humility to one another; Question: If that's the case, how much more should we show humility in God's presence?**
- E. **Isaiah 66:2 (ESV)** <sup>2</sup> ... But this is the one to whom I will look: he who is humble and contrite in spirit and trembles at my word.
- F. **Song words: *Angels bow before Him, heaven and earth adore Him, what a mighty God we serve***
- G. **Gaines quote: *When we go before God in prayer, we must be sure that we become little and God becomes big***

#### V. **Close**

- A. **READ Daniel 10:4 – 12**
- B. **READ again words in v. 12**
- C. **3 helps for effective, powerful life of prayer – holy heart, hungry heart, humble heart**