

* Bulking Up My Spiritual Life

Best Prayer Ever

Pastor Jeff Souders - January 12, 2025

1 Thessalonians 5:17

"Pray continually "

Philippians 4:6

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God

Colossians 4:2

Devote yourselves to prayer, being watchful and thankful.

Why Pray???

Psalm 34

A psalm of David, regarding the time he pretended to be insane in front of Abimelech, who sent him away.

- ¹I will praise the Lord at all times. I will constantly speak his praises.
- ²I will boast only in the Lord; let all who are helpless take heart.
- ³Come, let us tell of the Lord's greatness; let us exalt his name together.
- ⁴I prayed to the Lord, and he answered me. He freed me from all my fears.
- ⁵Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces.

- ⁶ In my desperation I prayed, and the Lord listened; he saved me from all my troubles.
- ⁷ For the angel of the Lord is a guard; he surrounds and defends all who fear him.
- ⁸ Taste and see that the Lord is good.
 Oh, the joys of those who take refuge in him!
- ⁹ Fear the Lord, you his godly people, for those who fear him will have all they need.
- ¹⁰ Even strong young lions sometimes go hungry, but those who trust in the Lord will lack no good thing.
- ¹¹ Come, my children, and listen to me, and I will teach you to fear the Lord.

The righteous cry out, and the Lord hears them;
 he delivers them from all their troubles.
 The Lord is close to the brokenhearted and saves those who are crushed in

spirit.

Takeaways from the best prayer ever

- 1. Verse 6 The key to growing in prayer is to learn... I'm always desperate.
- 2. Verse 7 For the angel of the Lord is a guard; **He surrounds** and defends all who fear him.
- 3. Verse 4 I prayed to the Lord, and he answered me. **He freed me from all my fears.**

4. Verse 7 - All Who fear Him; Verse 9 fear the Lord; Verse 11 I will teach you to fear the Lord

1 Peter 2:17 "Fear God: honor the king."

POINT: FEAR OF GOD PUTS EVERYTHING IN RIGHT PLACE

5. **Psalms 34** 17 The Lord hears his people when they call to him for help. He rescues them from all their troubles. 18 The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.

I AM DESPERATE: JESUS HELP