

**Body Building God's Way**  
**Spiritual Body Building With Prayer**

**PERSONAL APPLICATION**

Review the main lesson outline briefly

1. How do you get alone to pray? How often are you able to do this? What plan do you have, if any, to help you focus when you are praying?
2. What can you put into place in your life to help you pray more affectively in the future?

**PRIVATE MEDITATION**

Read the Scripture and identify 1 thought to take with you for that day  
Write down your daily thought under each day

**Monday** – Luke 11:1-4

*Thought:*

**Tuesday** – Matthew 14:23

*Thought:*

**Wednesday** – Luke 5:16

*Thought:*

**Thursday** – Mark 1:29-35

*Thought:*

**Friday** – Hebrews 4:14-16

*Thought:*

**Saturday** – Philippians 4:6-8

**Sunday** – *“How will prayer change me?”*

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**Body Building God's Way**  
*Spiritual Disciplines & Why They are Important*



**Spiritual Body Building**  
**With Prayer!**

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***Spiritual Body Building with Prayer***

How Do I Pray?

*(The way Jesus did)*

***Luke 11:1-4***

- I. Privately** – Luke 9:18 (Matthew 14:23; Mark 1:35)
  
- II. On Purpose** – Mark 1:35 (Matthew 14:23, 26:36, 39, 42, 44; Luke 5:16, 6:12)
  
- III. Often** – Luke 5:16 (1 Thessalonians 5:17 “without ceasing”)
  
- IV. Uninterrupted** – Mark 1:35 (29-34)
  
- V. Focused** – Luke 11:1-4; Matthew 6:5-14
  - 1. Who God is – Hebrews 4:14-16
  - 2. What God wants – John 15:7-8
  - 3. What we need – Philippians 4:6-7
    - a. Physically
    - b. Spiritually
  - 4. How we live – Psalm 66:18; 1 Peter 3:7
    - a. Forgiveness
    - b. Obedience

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**NOTES**