



# PRAYER

THE GREATEST TOOL  
IN MINISTRY

A RIDE NATURE MINISTRY RESOURCE

# "PRAYER"

THE GREATEST TOOL  
IN MINISTRY

PUBLISHED AND PRODUCED BY  
THE RIDE NATURE ORGANIZATION  
AS A RESOURCE AND TOOL FOR  
ACTION SPORTS FOCUSED DISCIPLESHIP.

AS AN ORGANIZATION AND STAFF  
WE MOST REGULARLY UTILIZE  
THE ENGLISH STANDARD VERSION (ESV) BIBLE.

WE ADVOCATE THE USE OF THIS TRANSLATION  
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WHEN LOOKING UP THE SCRIPTURE VERSES LISTED.

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# INTRO TO PRAYER



INTRODUCTION

## PRAYER

What is prayer? Simply put, prayer is talking to God. It is an amazing truth that the God of the universe hears the prayers of his creation. Prayer is a time to communicate to the Lord your worship, petition to Him your needs, and even desires. We can take comfort in knowing that God loves and cares about us so much and He wants to hear from us, even though he already knows what we need before we bring it to Him.

# HOW TO PRAY

## POSTURE

### GET ALONE

Matthew 6:6 "But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."

### HUMBLE YOURSELF

You are praying to the God of all, we must come to Him in reverence and in humility.

### HAVE FAITH

James 1:6 "But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind."

### PRAY FROM THE HEART/SPIRIT

Romans 8:26-27 "Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

"I LIFT UP MY EYES TO THE HILLS. FROM WHERE DOES MY HELP COME?  
MY HELP COMES FROM THE LORD, WHO MADE HEAVEN AND EARTH."

- PSALM 121:1-2

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# MATTHEW 6:9-13



Pray then like this:

“Our Father in heaven, hallowed be your name.  
Your kingdom come, your will be done, on earth as it is in heaven.  
Give us this day our daily bread, and forgive us our debts,  
as we also have forgiven our debtors.  
And lead us not into temptation, but deliver us from evil.

## PRAISE

Praise God for who He is. Acknowledge that He is God and praise Him for what He has done. Thank Him for all of His blessings.

## ASK

Ask God to supply your needs. Ask for physical needs, wisdom, guidance, and deliverance. Ask God to meet the needs of others as well as yourself.

## REPENT

Ask God to forgive you for anything that you may have done that was not right and ask Him to help you so you do not continue to sin. Ask God to help you forgive others.

## YIELD

Surrender to God's plan and God's will. Yield to Him in every area of life.

# DIFFERENT WAYS TO PRAY

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"GREAT TALENTS YOU MAY NEVER HAVE, BUT YOU WILL DO WELL ENOUGH WITHOUT THEM IF YOU ABOUND IN INTERCESSION."

- CHARLES SPURGEON

## INTERCESSION

Intercessory prayer for others is so important. It is the unseen support that is immeasurably helpful in our walk with the Lord. There are so many examples throughout the bible that shows intercession as a powerful weapon in the kingdom of God. 1 Timothy 2:1 says, "First of all, then, I urge that entreaties and prayers, petitions and thanksgivings, be made on behalf of all men." There is an old story that has been told of a preacher who had faithfully preached sermon after sermon for many years and saw countless people come to faith in Jesus. The man said that it was supernaturally revealed to him that not one of the conversions was owed to his talents or eloquence, but all to the prayers of an illiterate lay-brother, who sat on the pulpit steps, pleading all the time for the success of the sermon. Now that is a beautiful revelation from heaven that intercession is a gift.

# DIFFERENT WAYS TO PRAY

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"OF ALL THE THINGS CHRIST WANTS FOR US,  
LOVING HIM AND FOCUSING OUR ATTENTION  
ON HIM ARE THE MOST IMPORTANT."

- CHARLES STANLEY

## PRAISE

If you know not what to pray, you can begin by praising. God is worthy of all praise, honor, and worship. If we were in his immediate presence face to face, I am sure of it that we would be alongside the angels singing holy, holy, holy is the Lord God almighty as they are depicted in the book of Revelation. If you begin to think about the One whom you are speaking to, you will not be able to withhold your praise. He is the author of life itself, surely He is worthy of it. I believe that this is the truth, if you fervently praise Him in your prayers, you will not be able to withhold your praise for Him in the streets.

# DIFFERENT WAYS TO PRAY

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"LET US THANK GOD HEARTILY AS OFTEN AS WE PRAY THAT WE HAVE HIS SPIRIT IN US TO TEACH US TO PRAY. THANKSGIVING WILL DRAW OUR HEARTS OUT TO GOD AND KEEP US ENGAGED WITH HIM; IT WILL TAKE OUR ATTENTION FROM OURSELVES AND GIVE THE SPIRIT ROOM IN OUR HEARTS."  
- ANDREW MURRAY

## THANKSGIVING

This is one that many people tend to lean towards in their normal prayer time and rightfully so. There are many things that we can thank God for, in fact, we can thank God for everything. The very breath we breathe is a gift from God. You could start by going through the attributes of God and giving Him thanks for exercising those attributes, and while you do this, you end up praising Him for His very nature! If you ever get to the end of all of His attributes, maybe begin thanking Him for the person and work of Jesus, and with the off chance that you somehow exhaust that topic then kindly start your thankfulness of the presence of the Holy Spirit. Not to mention that we are called to be thankful for persecution and hardship! Colossians 4:2 says, "Continue steadfastly in prayer, being watchful in it with thanksgiving." We could fill a lifetime with prayers of thanksgiving, and I pray that we do just that.



# DIFFERENT WAYS TO PRAY

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"REPENTANCE, AS WE KNOW, IS  
BASICALLY NOT MOANING AND  
REMORSE, BUT TURNING AND CHANGE."  
- J.I. PACKER

## REPENTANCE

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land." - 2 Chronicles 7:14

Repentance is one of the main things that Jesus preached about when He was doing his ministry. When God calls us to repent, He is calling us not to just turn from our sin, but He is calling us to turn to Him! We need to take our sins to the Lord in prayer in a posture of true sorrow for grieving the Lord is what we have done. The beautiful thing is that the bible says that we can boldly approach the throne of grace. The Lord delights in us bringing our sin and shame to Him. He is gentle and lowly at heart, slow to anger, and abounding in steadfast love. Jesus paid the ultimate price and showed his love for us in while we were still sinners, Christ died for us. He calls for us all to repent, because the kingdom of God is at hand.

# DIFFERENT WAYS TO PRAY

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"LEARNING TO LIVE AS A CHRISTIAN IS  
LEARNING TO LIVE AS A RENEWED HUMAN  
BEING, ANTICIPATING THE EVENTUAL NEW  
CREATION IN AND WITH A WORLD WHICH IS  
STILL LONGING AND GROANING FOR THAT  
FINAL REDEMPTION."

- N.T. WRIGHT

## IN DESPERATION

"Give ear to my words, O Lord; consider my groaning. Give attention to the sound of my cry, my King and my God, for to you do I pray." - Psalm 5:1-2. As much as it hurts a father to see their child hurting, it makes him feel good knowing that the child would come to the father with their problems. God feels the same way about when we come to Him in prayer desperate for His mighty hand. The Lord is pleased to see His children turn to Him for help instead of searching the world. There will be times in life that you feel desperate for help, healing, provision, comfort, or love and the Father of all will be happy to be your ever present help in times of trouble. Romans 8:26-27 says, "For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And He who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God". God cares so much for you that He knows what you need before you even ask. Take comfort in taking these things to Him in prayer.

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ACTION SPORTS MISSION ORGANIZATION  
THAT WAS FOUNDED IN 2009,  
AND DEDICATED TO GIVING GENEROUSLY,  
PROCLAIMING THE GOSPEL OF JESUS CHRIST,  
AND MAKING DISCIPLES  
TO THE ENDS OF THE EARTH.

TO LEARN MORE ABOUT THE ORGANIZATION  
OR TO DISCOVER HOW YOU CAN GET INVOLVED  
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"YOU WILL RECEIVE POWER WHEN THE HOLY  
SPIRIT COMES ON YOU; AND YOU WILL BE MY  
WITNESSES IN JERUSALEM, AND IN  
ALL JUDEA AND SAMARIA, AND  
TO THE ENDS OF THE EARTH."

ACTS 1:8