

## Quite Time Prayer

Why do we need to pray? Through prayer we develop a relationship with God the Father, the Son and the Holy Spirit. When you have a friend, you constantly communicate with him or her in order to become close to one another. When we pray, we are allowing God to develop our new relationship with Him through our born-again experience.

What is prayer? It is dialogue with God. As we continue to dialogue with Him we discover that our thoughts and attitudes begin to become like His. It is talking and communicating with Him. It involves worship of God, intercession for others and petition for ourselves.

How do we pray? The disciples asked Jesus how they should pray. In response He gave them the prayer that we call the Our Father or the Lord's Prayer. It is a pattern for us, an important guide. We can read in *Matthew 6:5-15*, "**5 And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. 6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. 7 But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking. 8 Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him. 9 After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. 10 Thy kingdom come, Thy will be done in earth, as it is in heaven. 11 Give us this day our daily bread. 12 And forgive us our debts, as we forgive our debtors. 13 And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen. 14 For if ye forgive men their trespasses, your heavenly Father will also forgive you: 15 But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.**" The Our Father prayer or the Lord's prayer provides a very helpful pattern for prayer for us. It can be a guide for our prayers, but it is not meant to be an unthinking, memorized prayer to be said to bring us luck. Prayer should always be from the heart. From this prayer we can discuss the following:

**1. "Our Father":** This intimate phrase was the amazing new thing that Jesus taught His disciples, inviting them into the same close relationship with the Father that He Himself enjoyed. He is not just Almighty God, Sovereign King, but a loving and compassionate Father. At the beginning of our prayer, we worship Him for who He is. In addition to the Father, Sovereign King, Almighty God, He is our rest, our Provider, our Healer, our Rock, our Fortress and hundreds more wonderful names and you can add to this list other important names and characters of God that you can utter to God during your prayer.

**2. "Hallowed be thy name":** God's name is a reflection of who He is. We are not praying that God be holy for He is indeed holy, but that His name may be treated with reverence and not used in vain.

**3. "Thy kingdom come, Thy will be done in earth, as it is in heaven":** God is sovereign, He is King of Kings and Lord of Lords, He is ruler over all things. In this prayer we

acknowledge Him as Lord in our lives. In addition we are asking God's kingdom to come in our lives and in the nations around us. You need to constantly pray for the people around you; your family members, those who are living with you, people in your working place and those whom you meet daily to be saved if they have not met Christ, so for them to meet Jesus and invite Him to be their Savior and Lord. We can also pray for God's Kingdom to come over nations, countries and ethnic groups who had not yet come to hear and know about Jesus.

**4. "Give us this day our daily bread":** Bread refers here to food. We are reminded of the manna in *Exodus 16:13-21*, "**13 And it came to pass, that at even the quails came up, and covered the camp: and in the morning the dew lay round about the host. 14 And when the dew that lay was gone up, behold, upon the face of the wilderness there lay a small round thing, as small as the hoar frost on the ground. 15 And when the children of Israel saw it, they said one to another, It is manna: for they wist not what it was. And Moses said unto them, This is the bread which the LORD hath given you to eat. 16 This is the thing which the LORD hath commanded, Gather of it every man according to his eating, an omer for every man, according to the number of your persons; take ye every man for them which are in his tents. 17 And the children of Israel did so, and gathered, some more, some less. 18 And when they did mete it with an omer, he that gathered much had nothing over, and he that gathered little had no lack; they gathered every man according to his eating. 19 And Moses said, Let no man leave of it till the morning. 20 Notwithstanding they hearkened not unto Moses; but some of them left of it until the morning, and it bred worms, and stank: and Moses was wroth with them. 21 And they gathered it every morning, every man according to his eating: and when the sun waxed hot, it melted.**" The Israelites were given manna from Heaven as their food as they wandered in the wilderness. They were given one omer for each person per day, an amount equal to two liters. The Israelites from the manna learned to depend on God for all their needs. That He would provide enough for each day. **We, too, need to depend on God for all that we need.** We are told in *Matthew 6:33* to seek first the Kingdom of Heaven and His righteousness. Then we are promised that all these things will be given us as well. "**33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.**" (*Matthew 6:33 KJV*) \* **This does not mean that we do not need to work and earn a living, but it does mean that we are not to be anxious about what we will eat and drink, and about other essential things we need knowing that our Father cares for us. \* This also means that we need to put God first in everything, then He will be the one to add to us the good things that we need and desire in our life unto God.**

**5. "And forgive us our debts, as we forgive our debtors":** **We are forgiven by God's grace. This prayer and its fulfillment can and may be blocked by our unforgiveness. No good deed is necessary for God to forgive, but no obstacle must stand in the way of God's forgiveness.** You ask now yourself what person do you need to ask for forgiveness today? Also is there some other person who has hurt you that you need to forgive so that God can forgive you? Verses 14 and 15 relates to this petition, showing us that the key to our being able to pray with expectancy and faith is that we have forgiven those who sin against us, "**14 For if ye forgive men their trespasses, your heavenly Father will also forgive you: 15 But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.**" (*Matthew 6:14-15 KJV*) We can expect to be forgiven if we are willing to forgive others. *Psalms 66:18* says, "**If I regard iniquity in my heart, the Lord will not hear me:**"

6. **“And lead us not into temptation”**: This is not a prayer to keep us from trials and testing. *James 1:2-4* tells us, **“2 My brethren, count it all joy when ye fall into divers temptations; 3 Knowing this, that the trying of your faith worketh patience. 4 But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.”** (*James 1:2-4 KJV*); \* so we know that trials may be expected, because we know that the testing of our faith develops perseverance. Perseverance must finish its work so that we may be mature, complete, and perfect lacking nothing. \* This prayer is a prayer for grace and endurance during testing. But it is also a prayer that we may not foolishly put ourselves in a temptation. Jesus also teaches us in *Matthew 18:8* that if your hand or your foot causes you to stumble, you should cut it off. **“8 Wherefore if thy hand or thy foot offend thee, cut them off, and cast them from thee: it is better for thee to enter into life halt or maimed, rather than having two hands or two feet to be cast into everlasting fire.”** (*Matthew 18:8 KJV*) This means that we should not put ourselves in situations which will lead us to sin.

7. **“but deliver us from evil”**: In this petition we recognize that our warfare is not against flesh and blood but against the rulers, against all the principalities, against all the powers of this dark world and against the spiritual forces of wickedness in the Heavenly realms. **“12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”** (*Ephesians 6:12 KJV*) We acknowledge that in our own strength we cannot stand against the enemy, but we ask God to be our deliverer who has disarmed the powers and authorities triumphing over them by the cross. **“15 And having spoiled principalities and powers, he made a shew of them openly, triumphing over them in it.** (*Colossians 2:15 KJV*)

How do we get started to pray? *Mark 1:35* says **“And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.”** There are three vital elements in this verse to start a disciplined prayer life and as the following:

**A. Find a time during the day to pray.** In *Mark 1:35* Jesus got up early while it was still dark to pray. This is usually the best time to pray since we are not yet caught up in the business of the day’s activities while others still sleeping. Let us be reminded that we should not let our activities move us to pray but that our prayer should move our daily activities.

The length of our prayer time will vary. What is more important is that we make that time a quality one. Our closeness to God in the prayer closet determines our closeness to God outside the prayer closet.

**B. Find a place to pray.** Jesus left the house and went out to a solitary place. Yes, it is important where you pray. You will need to establish a place of prayer where you will find it quiet and others won’t disturb you. Finding a place will also save you from wasting precious time whenever you want to pray.

**C. Have the desire to pray.** Jesus got up while it was still dark. This shows that He had a great desire to pray. It is not easy to get up while it is still dark to pray! What good will it do if you don’t desire to pray at all. It was Jesus’ desire to talk with the Father that helped Him get up to pray. It was that quality time with the Father that made Jesus compassionate, loving,

confident, victorious and effective in His ministry work. It was His desire that made Him disciplined in His time for prayer.

**D. Pray for a purpose and before you do certain tasks:** **“12 And it came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to God. 13 And when it was day, he called unto him his disciples: and of them he chose twelve, whom also he named apostles; 14 Simon, (whom he also named Peter,) and Andrew his brother, James and John, Philip and Bartholomew, 15 Matthew and Thomas, James the son of Alphaeus, and Simon called Zelotes, 16 And Judas the brother of James, and Judas Iscariot, which also was the traitor.”** (*Luke 6:12-16 KJV*) Jesus prayed the whole night in order to choose His twelve apostles during the day from His disciples. We need to concentrate our prayer before we make our choices and before we accomplish certain tasks, so that we would be successful in what we are about to do.

**E. We need to pray for others to overcome their temptations.** Jesus prayed for Simon who was tempted by the devil. Jesus prayed for him that his faith would be strengthened, and when he will come back will strengthen his brethren, the other disciples, **“31 And the Lord said, Simon, Simon, behold, Satan hath desired to have you, that he may sift you as wheat: 32 But I have prayed for thee, that thy faith fail not: and when thou art converted, strengthen thy brethren.”** (*Luke 22:31-32 KJV*) In the same way we need to pray for others who are under devil’s temptation that their faith would be strengthened and that they would come back and other brethren would be strengthened with their faith.

**F. We need to thank God trusting Him by faith that He had answered our prayers:** **“41 Then they took away the stone from the place where the dead was laid. And Jesus lifted up his eyes, and said, Father, I thank thee that thou hast heard me.”** (*John 11:41 KJV*) Jesus thanked God for He was sure that He would raise the dead person. You need to make a list of things you can be thankful to God for, no matter what problems you may be facing.

Put also in your mind that in certain occasions prayers are not answered for the following reasons:

1. **Doubt and lack of faith:** **“5 If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. 6 But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. 7 For let not that man think that he shall receive any thing of the Lord.”** (*James 1:5-7 KJV*)

2. **Lack of seeking God and doing His will:** **“6 But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.”** (*Hebrews 11:6 KJV*) Answered prayer is a reward from God but you need to urgently seek Him to receive His reward and blessings.

3. **Not asking God in the name of Jesus:** **“13 And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son.”** (*John 14:13 KJV*) When you pray to God using other names and not the name of Jesus then be sure that God shall not answer your prayers.

**4. When you are not asking God according to His will: Only when you ask God according to His will He will hear and answer, “14 And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: 15 And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.” (1 John 5:14-15 KJV)**

**5. When our hearts condemn us: “21 Beloved, if our heart condemn us not, then have we confidence toward God. 22 And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight.” (1 John 3:21-22) When you do something wrong and break His commandment and come to God in prayer and you had not corrected your wrong doing and you are still asking God to do wrong things, then that is the time that your heart will condemn you before God.**

**6. When you stand to pray and you are holding things against others and you are not willing to forgive them: “25 And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. 26 But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses.” (Mark 11:25-26 KJV)**

**7. When you lack faith, when you are non persistent and easy to give up: “1 And he spake a parable unto them to this end, that men ought always to pray, and not to faint; 2 Saying, There was in a city a judge, which feared not God, neither regarded man: 3 And there was a widow in that city; and she came unto him, saying, Avenge me of mine adversary. 4 And he would not for a while: but afterward he said within himself, Though I fear not God, nor regard man; 5 Yet because this widow troubleth me, I will avenge her, lest by her continual coming she weary me. 6 And the Lord said, Hear what the unjust judge saith. 7 And shall not God avenge his own elect, which cry day and night unto him, though he bear long with them? 8 I tell you that he will avenge them speedily. Nevertheless when the Son of man cometh, shall he find faith on the earth?” (Luke 18:1-8 KJV) God wants you to be strong in faith and persistent in prayers, trusting God that He will reward you at His perfect time or when He comes to take us.**

**My dear and beloved: \* Prayer is important, because it is the time that God has given us to talk with Him, know Him and develop our relationship with Him. We need to live a disciplined life of prayer, to keep a place, and a time, and daily be in prayer at His feet. We need also to observe ourselves and repent of our sins, correct ourselves, start to seek God, do His will and go along His plan in our lives so God would listen to our prayers and reward us.**

Let us pray ... .

**My prayer:** Father God I come before you in the name of Jesus who died on the cross for my sins to give me eternal life. Lord thank you for your Word that taught me about the importance of prayer in our lives and how to achieve a successful prayer life. Lord thank you for all your promises, for all the answered prayers and for all the spiritual and the material blessings that you had bestowed over my life. Lord thank you for all the teaching, the corrections, the rebukes and the admonishments we received in this message.

*Come now to God and repent and renounce all your sins. Repent of your lack of faith and for all your doubts. Repent of praying to God not by the name of Jesus. Repent of your unforgiveness and holding grudges and ill feeling toward others. Repent of your worldliness and your love for material things. Repent of your lies, anger, fight, lust, immoralities, laziness, and the rest of the works of the flesh in your life. Repent of doing your own will and plan and not the will nor the plan of God. Repent of your lack of seeking God and praying to Him before you take certain decision and made certain choices. Repent of your lack of reading of God’s Word. Repent of your non willingness to serve God and to suffer for Christ. Lord I repent forgive me the following sins \_\_\_\_\_.*

*Lord I commit myself to keep a life of prayer to keep a time and place to daily pray to you. Lord I commit myself to quit sin and live in holiness so that my heart shall not condemn me and you will listen to my prayers. Lord I am willing to forgive the following people \_\_\_\_\_ . Lord answer my prayer and solve the following problem \_\_\_\_\_. Lord I commit myself to the principles we studied in this message and to apply them in my life. Lord increase my faith, fill me with the Holy Spirit and give me the Spiritual gifts that I need to serve you. Lord I commit myself to serve you, doing your will and willing to suffer for you. Lord guide me, protect me and deliver me from the evil one. Lord provide my needs to continue to serve you.*

*Lord bless our Brothers and Sisters who repented of their sins and committed their lives to live a constant life of prayers. Lord solve their problems, answer their prayers, help them in their life and ministries. Lord fill them with the Holy Spirit and give them the Spiritual gifts they need to go on and serve you. Lord protect them from the evil one, provide their needs and set them good examples to others to follow you.*

*Lord bless us as your church and help us to continue to persevere to preach your Word and to declare your will to the people. Lord we ask you to raise more prayer warriors to pray with faith and without ceasing. Lord we commit ourselves to continue to evangelize and spread your Word. Lord enable us to go and make new disciples and to train new workers to serve you to plant new Bible studies and new congregations for the church. Lord we pray for more people to be water baptized and receive the Holy Spirit baptism. Lord take the message and spread it to reach the people who need your Word. Lord fulfill the vision of the church, ‘Multiplication in peace with implementing the whole will of God.’ Lord bless us, enlarge our territory let your hand be with us and free us from harm so that we will not feel pain. May the grace of the Lord Jesus and the love of God and the fellowship of the Holy Spirit be with us all in Jesus name, Amen.*

Dr. Ramiz Khalaf  
The Church Overseer  
Church of God  
United Arab Emirates  
Email: [thebread1@gmail.com](mailto:thebread1@gmail.com)  
Mobile Tel #: 00971551902647

Note: The Bread of Life is a weekly publication from the Church of God, United Arab Emirates. For further issues and more spiritual enrichment you can visit our web site at: [www.churchofgoduae.com](http://www.churchofgoduae.com).

Share the message with your friends.

Please share with us your view about the message and if you have any question.

If you have a prayer request, please send it to this whatsapp Number: 00971551902647, or to this email: [thebread1@gmail.com](mailto:thebread1@gmail.com).

Please send your tithes, your first fruit, and your various offerings to the church to this account

BANK NAME:

First Abu Dhabi Bank (FAB)

ACCOUNT NAME:

RAMIZ BAHNAM ABBO KHALAF

ACCOUNT NO.:

1576003753162014

IBAN:

AE380351576003753162014

SWIFT CODE:

NBADAEEAACPU

Or contact me to this whatsapp Number: 00971551902647, or to this email: [thebread1@gmail.com](mailto:thebread1@gmail.com).

If you need counseling in area of your life, whether about family, children or finances, please be free to contact me to this whatsapp Number: 00971551902647, or to this email: [thebread1@gmail.com](mailto:thebread1@gmail.com).