

## HABITS OF GRACE



Based on the book by David Mathis

## Habits of Grace

### "Prayer, Part 1"

Alan Rathbun  
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### Quick and short list of the benefits of prayer:

- We get **BURDENS** off our **SHOULDERS** and experience the **PEACE** of God. (Philippians 4:6-7)
- We learn to **TRUST** the Father's **LOVE** for us. (Matthew 6:9, 25-34)
- We become more **ALIGNED** with the Father's **WILL** for us and the **WORLD**. (Matthew 6:9-13)
- We grow in **GRATITUDE**. (Colossians 4:2)
- We become more **AWARE** of God's **WORK IN** us, **THROUGH** us, and **AROUND** us. (Colossians 4:2)

### The joyful goal of spiritual habits

The goal of spiritual habits is **NOT** to be **FAITHFUL** in **PRACTICING** spiritual habits. The goal of spiritual habits is to **RECEIVE GRACE** from God to live in **PARTNERSHIP** with Him and His people. (2 Peter 1:3-7)

### Helpful ideas for experiencing richer partnership with God through prayer

- Remember God WANTS to hear from you. (Philippians 4:6-7)
- Have a REGULAR PLACE and TIME to pray. (Matthew 6:6; Daniel 6-10)
  - MIX it up as needed to keep prayer FRESH.
- Let SCRIPTURE shape your prayer. (Acts 4:23-31)
  - Use MODELS for prayer FLEXIBLY.
- Set up PROMPTS to pray THROUGHOUT THE DAY. (1 Thessalonians 5:17)
  - Let prayer become like BREATHING. (Nehemiah 2:4, 6:9)
- Pray often WITH OTHERS. (Acts 2:42)
  - You'll get to KNOW GOD better.
  - Your FRIENDSHIPS will grow.