



Sermon Excerpts:

“The Currency of Truth About Prayer”

Sermon II

August 15, 2021

Currency of Truth: The ability to articulate individually and corporately the global and wholistic truth, both internally—the experiences of different individuals and groups within the church or ministry—and externally—the experiences of different individuals and groups in the community, the neighborhood, the city or town, the nation, and the earth.

Prayer is the loving and lamenting communication of the human soul with God who created the soul. Through prayer, we may find the strength of spirit, guidance, wisdom, joy, and inner peace Prayer may be long or short, alone or in a group, silent or aloud, but it should be a true communication with God.

Matthew 7:7-8 *“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.”*

Matthew 14:22-23 *“Immediately he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up on the mountain by himself to pray.”*

John 14:12-14 *“Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. And I will do whatever you ask in my name, so that the Father may be glorified in the Son. You may ask me for anything in my name, and I will do it.”*

Matthew 6:5-15 The Lord’s Prayer. Seeing the details.

John 6:1-15 Jesus Feeds 5,000 after praying for a miracle. God answers the prayer.

Mark 14:32-42 Jesus prays, and the answer is not what he wanted and prayed for. He did conclude that the will of God was the objective.

Some Health Benefits of Praying by Health Fitness Revolution:

Good for your heart – Prayer helps regulate your heartbeat, making it stronger and less stressed. Though it is a mental and spiritual activity, prayer has been known to speed up the recovery of the heart following heart attacks and cardiac surgery.

Increase lifespan – With all the life-threatening effects of stress and environmental factors, praying helps your body heal more efficiently and age more smoothly.

Gain forgiveness – It is important we are all humans who make mistakes and that praying help us forgive ourselves for those past mistakes made so that we can move on. Also, during prayer you may be able to gain some insight and sense of direction.

Gives us hope – When going through a very emotional phase, prayer helps us believe that there is hope in getting through situations. However, having hope does not mean that things will turn out the way we want it to.

Relieves stress – Day-to-day issues affect our stress levels and mood. Reflecting on our problems through prayer helps relieve the initial stress of the situation. Leaving our problems up to the God of our experience and understanding is beneficial.

Recovery – After a situation leaves you emotionally or physically distraught recovery is a timely process. Prayer serves to deal with the aftermath and keep one’s faith.

According to Charles Stanley, prayer helps us because it:

1. Provides timely direction.
2. Prevents wrong decisions.
3. Produces peacefulness.
4. Invites God into our activity.
5. Produces confidence.
6. Sharpens discernment.
7. Gives us energy.
8. Prevents distractions.
9. Reminds us to act now.
10. Opens doors of opportunity.