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MY DEFENSES

Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." - (Luke 11:1)

INTRODUCTION:

In the days that we are living there are many diseases that are attacking people due to low temperatures, such as influenza and the flu. People get sick because they have low defenses. Linking this with prayer, prayer is our "defense" before everything we face every day. The only way that humans can connect with God is through prayer.

1. WHY IS PRAYER IMPORTANT?

The disciples of Jesus did not know how to pray, but they heard how beautiful Jesus prayed to the Heavenly Father, and Peter told Jesus to teach them to pray and we now have a model of prayer. (Matthew 6: 9-13)

- God's children are known because we pray, that is why prayer is important. It is the only way to connect with our Father in heaven. It is the way to receive an answer from God; through it we get to know our Heavenly Father, we know mysteries, we receive strength, we are guided when it comes to decisions we have to make, etc. It is a powerful tool. (Matthew 7: 7-8)
- Everyone prays. Some pray to different idols or gods and people in their despair put their faith in things that have no life. Inside us, God put a part that only He can fill be-

cause He does have life, and with the coming of our Lord Jesus Christ He gave us access to the Father.

- We pray because only He has the supernatural power to give us the answer to what we are in need of. He is the only one who can bless us, through prayer we obtain divine protection on this earth.

- Prayer is like an incense that rises up to His throne. Every prayer that we make, God puts them in a deposit and keeps them, and in due time He answers us. (Revelation 5: 6-8)

2. WHY DO PEOPLE PRAY AND ARE NOT HEARD?

- Because they pray to a dead god, not to a living God (Psalm 135: 15-20) It is not possible to say that we are children of God if we do not pray. God is the Father for His children.

3. HOW DOES GOD CONNECT WITH HIS CHILDREN?

- He could not present himself to the People of Israel because of his great power and glory, because the people were not ready. In past times, God assigned angels as voices for a territory, for a prophet, for a leader, etc. because they were not prepared and used to make idols

of everything.

- We are spirit, and we are a soul that lives in a body: The spirit is what God put in humans to connect with Him.

That is the part that hungers for God and desires to do good. The soul is what does what we say or want: “I do not want to pray” and then the soul answers: “Well, let’s not pray”.

The soul only obeys the order that I give it. The spirit is always willing, but the flesh is weak. (Matthew 26:41)

- Humans can be happy only if they stay connected with the part that God has given us to have an intimate relationship with Him. If that spiritual part is not filled with the love of God, all the achievements that we obtain won’t matter. Without God we will never be happy, we will feel empty, discontented and dissatisfied because only God can fill that part.

4. PRACTICAL TIPS FOR PRAYING

- Find a still place, when the children have already gone to school, or to sleep, or before going to work; at the time that suits you, but without bustle, because your prayer must be in the secret closed the door. (Matthew 6: 6)
- Turn off your phone so nothing will distract you.

CONCLUSION:

If you had not received a response from God, today is an opportunity for you to experience it through prayer.

We can have many things that God has for our lives, but you need to execute a plan and start it to begin receiving your blessings.

What you have to do first is give your life to Christ so that you are not only God’s creation, but his son.

SALVATION PRAYER:

Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and I ask for forgiveness. I give you my life and my heart so that you may be my personal Lord and Savior, amen.

Interactive Questions: Are you praying? Do you really know God? Have you had fellowship with your Heavenly Father? Are you resting in God in the difficult moments you face in life? Are you receiving all the blessings that God created for you since your mother’s womb?

Practical Application:

- In the end, have people pray for each other, for their requests or personal statements declaring the Word of God.
- If you do not have a habit of praying, ask someone you trust in your group to wake you up during the week at a certain time to pray, and you can even pray together for 10 minutes over the phone.
- Pray in the group so that God will give them hunger for knowing God, hunger for prayer, that will give them a need to pray more and spend more time with the Lord.