



## I. WIFI

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## II. A LOT OF ASKING, AND THAT'S OKAY

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### I. WHAT IS INWARD PRAYING?

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Because we feel depressed, oppressed, or blessed

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Prayer: to relax in the reality of being loved

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{ Psalm 51 }

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### I. INWARD PRAYING GOES WAYWARD WHEN...

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...I pray about myself to endorse myself.  
 (Luke 18:9ff; Matthew 6:5ff)

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...I don't move back into upward and/or outward praying.  
 (Psalm 51:15, 18)

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...I believe in my ability to use prayer more than in God's ability to move through prayer.  
 (Acts 8)

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### I. GOOD INWARD PRAYER LINES

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- ✧ “Lord, have mercy on me” (Psalm 51:1; Luke 18:13)
- ✧ “Search me & know me” (Psalm 19:14)
- ✧ “Open my eyes” (Psalm 119:18; Mark 10:46ff)
- ✧ “Lift up my head” (Luke 21:28; Psalm 24:7,9; Psalm 42:5)
- ✧ “Please be my strength” (Philippians 4:13)
- ✧ “Increase our faith” (Luke 17:5)
- ✧ “Help me overcome my unbelief” (Mark 9:24)
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## VI. BOOST YOUR SIGNAL

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- Wash hands before/during/after inward praying
- Simply Pray booklet
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Psalm  
51

our prayer connection  
**Inward Praying**

## DISCUSSION QUESTIONS

How much of praying is asking—20%, 50%, 80%? Do you ever wonder if you should feel guilty for doing too much asking in your prayers?

Prayer is often best done in a “secret” place (Matthew 6:6). How could the imagery of Psalm 91:1—taking cover under the shadow of the Almighty—help motivate us to get away into secret moments of prayer?

Read Romans 12:12. What do you think this statement means: “Perseverance happens by praying”?

Which of the suggested prayer lines have you already worked into your prayer vocabulary? Which ones do you want to try to use more?

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Another very simple prayer line could be “Lord, hear our prayers.” Daniel 9:17 would be a biblical example. (You may want to read Daniel’s whole prayer—v4-19.) What kind of heart might a person have to pray this way?

What is your growth goal in prayer this week?

- Wash hands before/during/after inward praying
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- other:



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