

**“LORD,  
TEACH  
US TO  
PRAY!”**

ADOPTING  
A POSTURE  
OF PRAYER  
DURING  
A TIME OF  
TURMOIL

**29<sup>th</sup> March 2020 | The Cry for Mercy**

A silhouette of a person kneeling on the left side of the image, with their hands raised towards the sky. The background is a vibrant sunset or sunrise sky with warm yellow and orange tones. The word "Mercy" is written in a large, elegant, red cursive font with a white outline, positioned in the upper right quadrant.

# *Mercy*

seeking God's favour  
by appealing to His pity



**Psalm 143:1**

Hear my prayer, O LORD...

**How is God  
teaching Us  
to Pray ?  
[5 Dimensions]**

- I. **Honesty (vv1-4)**
- II. **Remembrance (vv5-6)**
- III. **Desperation (v7)**
- IV. **Assertion (vv8-11)**
- V. **Submission (v12)**



**How is God  
teaching Us  
to Pray ?  
[5 Dimensions]**

**I. Honesty: Prayer is founded  
on Good News (vv1-4)**





## Psalm 143:2

<sup>2</sup> Enter not into judgment with your servant, for no one living is righteous before you.



**Psalm 143:1**

Hear my prayer, **O LORD**...



Relationship  
comes before  
Obedience





## Hebrews 4:16

Let us then with confidence draw near  
to the throne of grace, that we may  
receive mercy and find grace to help in  
time of need.

**How is God  
teaching Us  
to Pray ?  
[5 Dimensions]**

**II. Remembrance: Prayer requires  
Divine Assistance (vv5-6)**

**I. Honesty: Prayer is founded on Good News (vv1-4)**

# SONGS TO SING IN A PANDEMIC

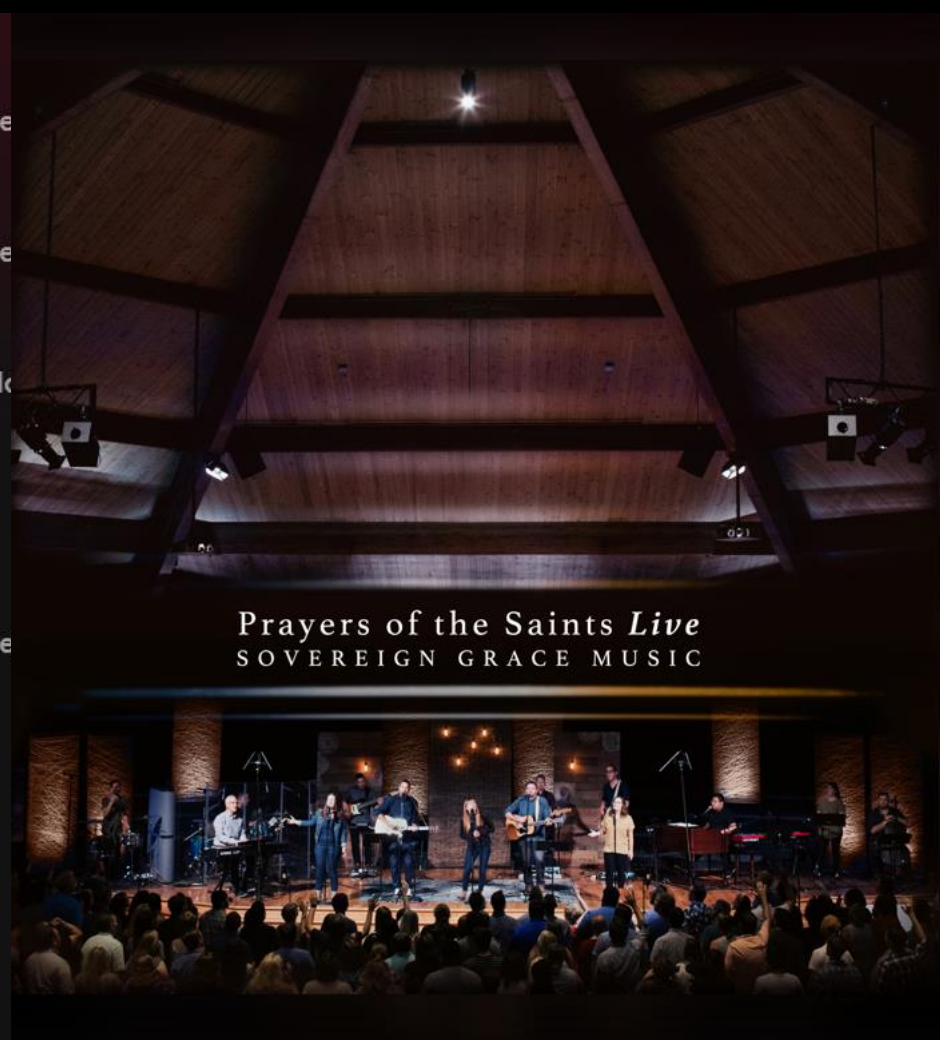
## Songs to Sing In a Pandemic

sgmspotify

PLAY



- ♪ **A Christian's Daily Prayer - Live**  
Sovereign Grace Music · Prayers of the Saints (Live
- ♪ **All Creatures of Our God and King - Live**  
Sovereign Grace Music · Prayers of the Saints (Live
- ♪ **All Must Be Well [Matthew Smith]**  
Indelible Grace Music · Wake Thy Slumbering Child
- ♪ **All My Ways Are Known to You**  
CityAlight · Only a Holy God
- ♪ **All Praise to Him - Live**  
Sovereign Grace Music · Prayers of the Saints (Live
- ♪ **Ancient of Days**  
CityAlight · Yet Not I
- ♪ **Behold Our God**  
Sovereign Grace Music · Risen
- ♪ **God Is for Us**  
CityAlight · Yet Not I
- ♪ **Christ Our Glory - Live**



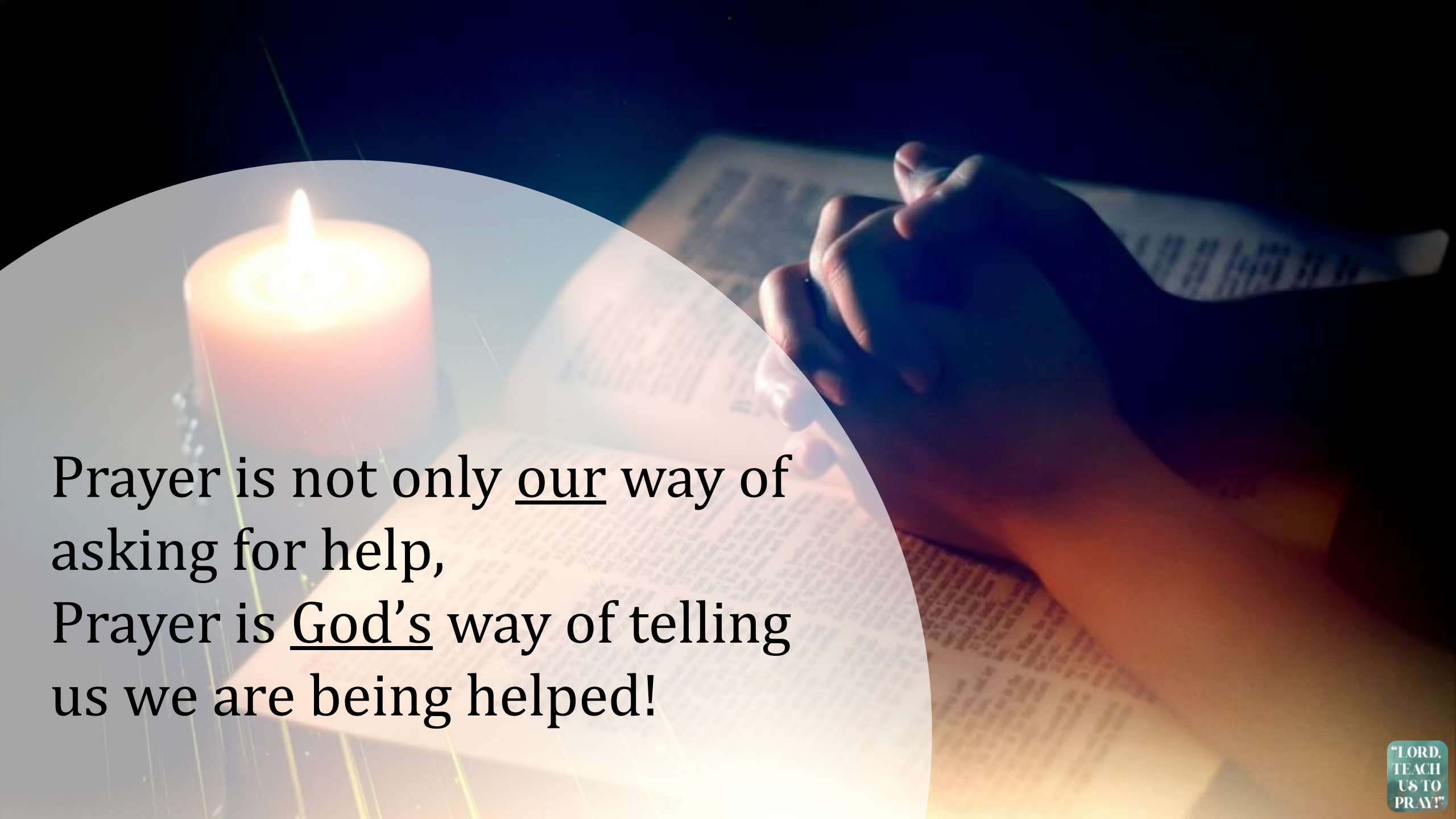
4:29

"LORD,  
TEACH  
US TO  
PRAY!"



## Hebrews 7:25

Consequently, he is able to save to the uttermost those who draw near to God through him, since he always lives to make intercession for them.



Prayer is not only our way of  
asking for help,  
Prayer is God's way of telling  
us we are being helped!



**John 17:11b**

Holy Father, keep them in your name,  
which you have given me, that they  
may be one, even as we are one.



**John 17:15**

I do not ask that you take them out of the world, but that you keep them from the evil one.



**John 17:22b-23**

[may they] be one even as we are one,  
I in them and you in me, that they may  
become perfectly one, so that the world  
may know that you sent me and loved  
them even as you loved me.



**How is God  
teaching Us  
to Pray ?  
[5 Dimensions]**

### **III. Desperation: Prayer is Warfare (v7)**



- I. Honesty: Prayer is founded on Good News (vv1-4)**
- II. Remembrance: Prayer requires Divine Assistance (vv5-6)**

A golden sword with an ornate hilt and a hand in prayer. The sword is positioned vertically, with its hilt at the top and its blade pointing downwards. The hilt is highly detailed with intricate carvings. A hand is shown in a prayerful gesture, with fingers slightly spread, positioned behind the sword's hilt. The background is a soft, warm glow, possibly from a window, with a purple fabric draped across the bottom. The overall mood is solemn and spiritual.

All prayer is warfare

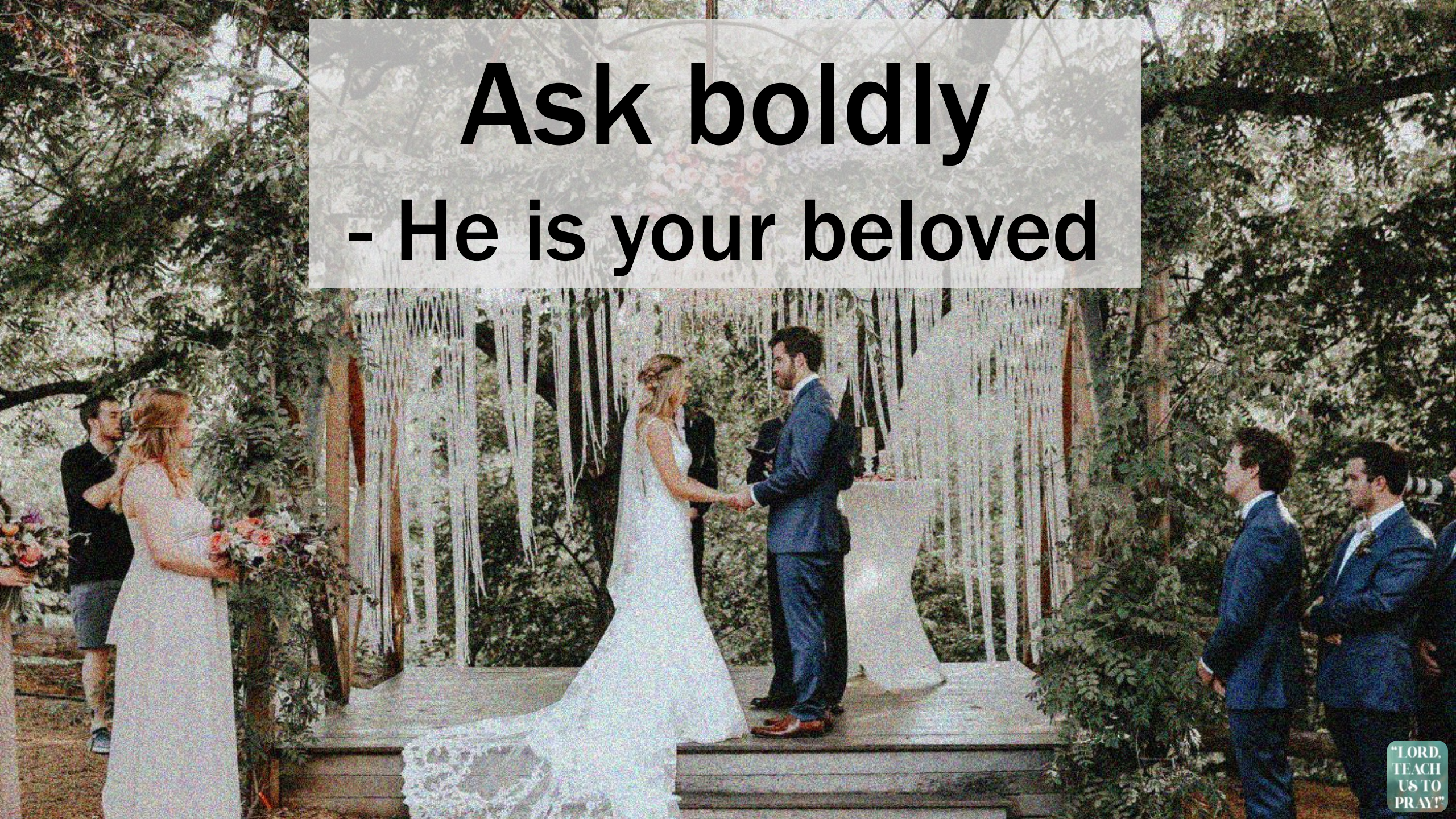
**How is God  
teaching Us  
to Pray ?  
[5 Dimensions]**

**IV. Assertion: Prayer is wrestling  
with God's Goodness (vv8-11)**

- I. Honesty: Prayer is founded on Good News (vv1-4)**
- II. Remembrance: Prayer requires Divine Assistance (vv5-6)**
- III. Desperation: Prayer is Warfare (v7)**



**Ask boldly**  
**- He is your beloved**



**How is God  
teaching Us  
to Pray ?  
[5 Dimensions]**

**V. Submission: Prayer is resting  
in God (v12)**

**I. Honesty: Prayer is founded on Good  
News (vv1-4)**

**II. Remembrance: Prayer requires  
Divine Assistance (vv5-6)**

**III. Desperation: Prayer is Warfare (v7)**

**IV. Assertion: Prayer is wrestling with  
God's Goodness (vv8-11)**

**PRAY**

with The End close to heart