

Prayer: The Posture of Prayer

When we talk about prayer, many of us immediately think about our requests. We wonder, *What should I pray for? How should I pray? How long should I pray? What words am I supposed to use?* Yet, when we read Scripture, we discover that prayer is far more than a list of requests. Prayer is an invitation into a relationship. It is the absolute privilege of coming into the presence of our Father.

Prayer is not a religious duty. It is not a Christian checkbox. And it is certainly not simply an emergency number that we call when life falls apart. Prayer is communion with God. It is intimacy with God. It is connection with God. And our pillar statement for today is simply this: **Prayer is not primarily about getting something from God. Prayer is about being with God.**

Perhaps one of the greatest challenges facing the Church today is not that we don't know *how* to pray. Perhaps it's that we've forgotten *why* we pray. We have become so focused on getting answers that we've forgotten the joy of God's presence. But here is the truth: before prayer changes our circumstances, prayer changes us. Before prayer moves the hand of God, prayer draws us closer to the heart of God.

1. Prayer Begins with Humility

If we want to understand how to approach God, we have to start where God starts. **Second Chronicles 7:14** says, *“If My people, who are called by My name, will humble themselves and pray and seek My face...”*

Notice that God does not actually begin with prayer. He begins with humility. Humility is the doorway to prayer. The proud person approaches God with demands; the humble person approaches God with surrender. The proud person says, "God, here's what I need." But the humble person says, "God, here I am." Before we seek God's hand, we must seek His face. Before we ask for His provision, we must seek His presence.

The greatest crisis in the church is not a lack of resources—it is a lack of dependence. Prayer is our declaration that we need God. James 4:6 reminds us that God opposes the proud but shows favor to the humble. Jesus demonstrated this perfectly. Even though He was the Son of God, He continually withdrew to lonely places to pray. Church, if Jesus needed the Father, how much more do we? Prayer starts the moment we stop trying to control everything and begin surrendering everything.

2. Prayer Is About Relationship Before Requests

When Jesus taught His disciples to pray in **Matthew 6:9**, **He began in a remarkable way: “Our Father in heaven, hallowed be Your name.”** He did not begin with needs, problems, or requests. He began with the Father.

The greatest gift of prayer is not answered prayer; the greatest gift of prayer is access to God. Jesus could have told us to pray, "Our King," "Our Judge," or "Our Creator." Instead, He teaches us to pray, "Our Father." That changes everything. It means prayer is not a business meeting; it's a family conversation. It is not coming before a distant, cold God; it is coming before a loving Father. Imagine if every prayer meeting became less about our agendas and more about just enjoying God's presence. What if we simply came saying, "Lord, we just want to be with You."

3. Prayer Aligns Our Hearts With God's Will

Jesus continues in **Matthew 6:10: “Your Kingdom come, Your will be done.”** This is where prayer becomes challenging for our flesh, because prayer is not about getting God to endorse

our plans. Prayer is about aligning our lives with His plans.

The purpose of prayer is not manipulation; it is transformation. The greatest prayers in Scripture are prayers of surrender, like when Jesus prayed in **Luke 22**, "*Not My will, but Yours be done.*" Sometimes God uses prayer to change our circumstances. But often, God uses prayer to change *us* so we can face those circumstances. Either way, prayer works. Every time we pray, we should be asking: "Lord, what are You doing, and how can I join You?"

4. Prayer Is Powerful Because God Is Powerful

One of the reasons many people struggle to pray is because they quietly wonder if it actually works. Yet Scripture repeatedly declares the effectiveness of prayer. **James 5:16** says, "*The prayer of a righteous person is powerful and effective.*"

Look at history: Prayer moved mountains. Prayer opened prison doors. Prayer brought fire from heaven. Prayer strengthened the early church, and prayer changed nations. Why? Because prayer connects us to the God of heaven. Prayer is not powerful because of our eloquent words. Prayer is powerful because of Who hears them. **Ephesians 3:20** reminds us that **He is able to do immeasurably more than all we ask or imagine**. Never underestimate what God can do through one praying believer, one praying family, or one praying church.

5. Prayer Brings Healing and Restoration

Let's look back at **2 Chronicles 7:14**. God says, "*Then I will hear from heaven, and I will forgive their sin and will heal their land.*"

God attaches healing to humble prayer. Notice the progression: Humility. Prayer. Seeking God's face. Repentance. And finally, Healing. How many people need healing today? How many marriages, families, communities, and churches need healing? The answer is not found merely in better strategies. The answer begins in God's presence. Revival has always begun when God's people humbled themselves and prayed.

6. Making Prayer Practical

Many of us genuinely want to pray, but we do not always know where to begin. So let's make it simple using the pattern Jesus gave us. Think of the word **P-R-A-Y-E-R**:

- • **P - Praise:** Start with worship. "Father, You are good. You are faithful. You are holy."
- • **R - Relationship:** Spend time enjoying His presence. Talk with Him as a Father.
- • **A - Alignment:** Pray, "Lord, let Your will be done in my life."
- • **Y - Your Needs:** Bring your requests. Ask Him specifically.
- • **E - Everybody Else:** Pray for your family, our church, this community, and our nation.
- • **R - Resistance:** Pray for protection and spiritual strength against the enemy.

This simple structure turns prayer from something complicated into something relational.

Conclusion

The disciples saw Jesus preach. They saw Him heal. They saw Him perform incredible miracles. Yet, in **Luke 11:1**, they only asked Him to teach them one thing: "*Lord, teach us to pray.*" They understood something profound: prayer was the source behind everything else.

As we establish this pillar in our church, I believe God is not simply calling us to pray *more*.

He is calling us to *know Him* more. Not prayer out of duty, guilt, or routine. Prayer out of relationship, dependence, and love.

Let this become the cry of our church: *"Lord, we don't come first with our wish lists. We don't come with our demands. We come with humble hearts. We seek Your face. We desire Your presence. We want to know You. Teach us to pray."*

Call to Action Options

Because the delivery of a Call to Action depends entirely on the room's atmosphere at the end of the message, here are three different ways to frame your closing appeal based on **2**

Chronicles 7:14.

Option 1: The Posture of Humility

Use this if you want the congregation to move from a place of striving into a place of deep, quiet surrender.

"Church, I want to draw our attention back to the very first step in 2 Chronicles 7:14: *'If my people... will humble themselves.'* We cannot experience the healing of our land, our homes, or our hearts if we are too proud to fall on our knees. Today, the call to action is simple: Drop your agenda. Drop your list of demands. I am asking you to physically or posture-ally humble yourself right now. Whether that means kneeling at your seat, opening your hands, or coming down to the front—let's show God that we are desperate for Him, not just His blessings. Let's make our declaration together: We want Your face before we want Your hand. If you need healing in your life today, it starts right here, in humility."

Option 2: The Cry for Healing

Use this if you want to rally the church to stand in the gap for their families, their city, and their nation.

"God gave us a conditional promise in 2 Chronicles 7:14. He said, *'If'* we humble ourselves, pray, seek His face, and turn... *'Then'* He will hear, forgive, and heal. Church, look around. Our land needs healing. Our families are fracturing. Our communities are hurting. And the responsibility doesn't fall on the politicians or the culture—God said, *'If MY people...'* It falls on us. The call to action today is to take up your mantle as a praying believer. I am calling this congregation to a new level of intercession. We are not just going to talk about prayer; we are going to be a praying church. I want us to stand to our feet right now. We are going to pray for our land. We are going to pray for our city. We are going to ask God to move powerfully among us."

Option 3: Seek His Face

Use this if you want to immediately put the sermon into practice and teach them how to sit in God's presence.

"In 2 Chronicles 7:14, God asks us to *'seek His face.'* So often, we spend our entire prayer lives seeking His hands—asking for what He can give us, fix for us, or do for us. Today, my call to action for you is to shift your gaze from His hands to His face. Right now, before we leave this building, we are going to practice this together. I'm going to ask the band to just play softly. For the next three minutes, we aren't going to ask God for a single thing. No requests. No wish lists. We are simply going to seek His face. Let's sit in His presence. Let's speak out His praises. Let's tell Him we love Him. Church, let's step into this pillar right now and just *be* with our Father."

Transition into Congregational Declaration

Church, before we leave this moment, let's respond together. Not merely with words on a screen, but with surrendered hearts before God. If you are comfortable, open your hands as a sign of surrender, and let us declare this together.

Congregational Declaration

Lord, we humble ourselves before You. We seek Your face before we seek Your hand.

We do not come with demands, but with surrendered hearts. Teach us to pray. Teach us to love Your presence. Heal our hearts, heal our homes, heal our church, and heal our land. We want to be with You. Amen.