Introduction.
A. The gospel calls us all to repent. When we obeyed it, we determine to repent and live out that commitment the rest of our days.
B. Repentance is not just a negative thing, it is a turning away from sin.
   1. It has a positive side too, a turning toward God and walking with him.
C. We want to emphasize now that one essential way that we live out our repentance is by living a life of prayer, of persistent, habitual prayer.
   1. Hebrews 4:16 (NKJV) ---- 16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.
D. The boldness that is found here is not a boldness of arrogance or of pride.
   1. It is not the boldness of standing before God - literally
   2. It is not the boldness or over confidence of reliance on our goodness and works.
   3. But it is the boldness of confidence that “God is Our Father”
      a. Thus, “He hears our prayers”
      b. Welcomes our “petitions and supplications”
      c. And welcomes us as “His Child” to come near.
   4. This does not remove the fear and respect we are to have -
      a. The casual flippant approach of - “hey buddy” - ect is unscriptural and sinful.
      b. The communication of our lips must demonstrate our reverence - not necessary to only use the “Thee and Thou’s of the old Queens language”.
   5. This approaching of the Throne must be met with the same restraint and fear as if we have come “face to face” with a lion in the wild.
      a. We know its power, we know its strength and we are mindful that in that situation we are at the bottom of the food chain.
      b. Yet, death is not necessarily the outcome because of it.
E. So to when we approach the Throne of God with boldness - we are to be mindful that we are worthy of death and we are in the presence of the only one who can destroy of soul in hell fire!
   1. And yet, one might ask - WHY APPROACH?
   2. And also what may be the obstacles that we have to overcome.
   3. The Christian’s walk with God is a walk of communion in prayer - it is a life led and lived with the understanding how few there are that can actually do this.
      a. It is a privilege to have this honor.
      b. As we walk with our King, let us “Approach His Father’s Throne With Boldness”.

II. REASONS TO COME IN PRAYER TO GOD'S THRONE.
A. THIS IS HOW WE LIVE OUT & KEEP ALIVE OUR REPENTANCE.
   1. Our new life is one of communion with God, expressed in faith, worship, obedience--and also daily, private prayer.
      a. See how we are called to such a life:
         (1) By the example of ancient saints: Moses; Elijah; Daniel.
   2. By Christ.
      a. His words. Mt 6:5-13; 7:7-11; Lk 18:1ff.
         (1) Matthew 6:5-13 (NKJV) ---- 5 “And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. 6 But you,
when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. 7 And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. 8 Therefore do not be like them. For your Father knows the things you have need of before you ask Him. 9 In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. 10 Your kingdom come. Your will be done On earth as it is in heaven. 11 Give us this day our daily bread. 12 And forgive us our debts, As we forgive our debtors. 13 And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

(2) Matthew 7:7-11 (NKJV) ---- 7 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 8 For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. 9 Or what man is there among you who, if his son asks for bread, will give him a stone? 10 Or if he asks for a fish, will he give him a serpent? 11 If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!

(3) Luke 18:1 (NKJV) ---- 1 Then He spoke a parable to them, that men always ought to pray and not lose heart,

b. His deeds. Mk 1:35, etc.
(1) Mark 1:35 (NKJV) ---- 35 Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.

3. By the apostles and the N.T. church.
   a. Examples--Acts 2:42; 6:3; 12:12; etc
      (1) Acts 2:42 (NKJV) ---- 42 And they continued steadfastly in the apostles’ doctrine and fellowship, in the breaking of bread, and in prayers.
      (2) Acts 6:3 (NKJV) ---- 3 Therefore, brethren, seek out from among you seven men of good reputation, full of the Holy Spirit and wisdom, whom we may appoint over this business;
      (3) Acts 12:12 (NKJV) ---- 12 So, when he had considered this, he came to the house of Mary, the mother of John whose surname was Mark, where many were gathered together praying.
   b. Commands--1 Th. 5:17-18; Phil 4:6; Col 4:2
      (1) 1 Thessalonians 5:17-18 (NKJV) ---- 17 pray without ceasing, 18 in everything give thanks; for this is the will of God in Christ Jesus for you.
      (2) Philippians 4:6 (NKJV) ---- 6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;
      (3) Colossians 4:2 (NKJV) ---- 2 Continue earnestly in prayer, being vigilant in it with thanksgiving;

B. IT IS FOR YOUR OWN WELL-BEING AND BENEFIT.
   1. Just as Moses' face shone after communing with God, so will we benefit from close communion with God in prayer.
      a. Mark 9:29 (NKJV) ---- 29 So He said to them, “This kind can come out by nothing but prayer and fasting.”
      b. Without prayer, our Christian life is powerless, fruitless, joyless.
         (1) It is an error to think, I don't need to pray.
   2. It is here that we bring our spiritual enemies to slay them. Here at least we fight the devil on our own ground.
   3. It is here that we overcome our troubles, instead of being overcome by them. Here they lose their
fictitious stature.

a. We cannot do it without Christ (Jn 15:1-6).

(1) **John 15:1-6** (NKJV) ---- 1 “I am the true vine, and My Father is the vinedresser. 2 Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit. 3 You are already clean because of the word which I have spoken to you. 4 Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. 5 “I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. 6 If anyone does not abide in Me, he is cast out as a branch and is withered; and they gather them and throw them into the fire, and they are burned.

b. It is in prayer that we draw essential strength from the vine.

C. **IT IS A PART OF "THE WORK OF THE LORD."**

1. **Rom. 15:20; Col 4:12.**
   a. Romans 15:20 (NKJV) ---- 20 And so I have made it my aim to preach the gospel, not where Christ was named, lest I should build on another man’s foundation,
   b. Colossians 4:12 (NKJV) ---- 12 Epaphras, who is one of you, a bondservant of Christ, greets you, always laboring fervently for you in prayers, that you may stand perfect and complete in all the will of God.

2. Christians are bad to be defeated, or to wonder, What can be done?
   a. There is always something you can do, even if there be little labor that you can do.
   b. You can pray for good to be done.
      (1) EX: Pray for specific lost people to be saved; for specific weak Christians to be strengthened; for sick to be healed.

3. We will be a living, fruitful church only if we all labor in prayer as well as laboring in good works.

III. **OVERCOME, THEN, THESE OBSTACLES TO PRAYER.** ---- (The devil knows these things about prayer, so we can be sure to find many obstacles to prayer. It is because of these that Christ had to do much of his teaching on prayer **Luke 18:1** (NKJV) ---- 1 Then He spoke a parable to them, that men always ought to pray and not lose heart,

A. **PHYSICAL OBSTACLES.**

1. Of time.
   a. It's a challenge in our busier and busier age to find time for anything.
   b. If we want time to pray, we will find time or make time, just as we find time to do all the things we really want to do.

2. Of place.
   a. Again, it is a challenge sometimes to find a place alone to pray.
   b. We need to find a quiet, private place to pray, like Daniel in his room at his window. We should seek it out, like Christ sought out his places of prayer (mountains; the garden).
   c. Some resort to "car praying." Taking a walk would be better (not to mention safer).

3. Of energy.
   a. Fatigue is a problem, esp. if you wait until bedtime to pray.
   b. Choose a time when the body will be able to respond to the call to pray to God.

B. **INWARD OBSTACLES.**

1. Kinds of inward obstacles
   a. Mental--inability to concentrate; wandering mind; spiritually unimaginative mind.
   b. Emotional--When you just don't feel like praying.
1. It is an error, though, to think you have to wait for the praying mood to hit.

2. Overcome these obstacles by preparing to pray. Prepare the inner self. A suggestion--Rehearse in your heart "the beliefs of prayer":
   a. God is present (Jer. 23:23-24)
   b. God wants me to pray to him (Mt. 7:7; text).
      (1) Matthew 7:7 (NKJV) ---- 7 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.
   c. I am able to pray to him, even in my weaknesses and inadequacies of expression (Rom. 8:26).
      (1) Romans 8:26 (NKJV) ---- 26 Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.
   d. He will hear and answer my prayer (Jas. 5:16).
      (1) James 5:16 (NKJV) ---- 16 Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

C. WORLDLINESS.

1. Prayer is not defined as words necessarily. Surely "mental prayer" and even silence are valid forms of prayer (cf 1 Sam. 1:12-13; Rom. 8:26).
   a. 1 Samuel 1:12-13 (NKJV) ---- 12 And it happened, as she continued praying before the Lord, that Eli watched her mouth. 13 Now Hannah spoke in her heart; only her lips moved, but her voice was not heard. Therefore Eli thought she was drunk.
   b. Romans 8:26 (NKJV) ---- 26 Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.

2. Wordliness is less a problem when we consider the variety of prayer. Prayer is not only petition and intercession (it need not be always Lazarus at the rich man's gate, begging; it can be also Lazarus in Abraham's bosom, communing). It can include...
   a. Adoration (Psa. 145).
      (1) Psalm 145 (NKJV) ---- 1 I will extol You, my God, O King; And I will bless Your name forever and ever. 2 Every day I will bless You, And I will praise Your name forever and ever. 3 Great is the Lord, and greatly to be praised; And His greatness is unsearchable. 4 One generation shall praise Your works to another, And shall declare Your mighty acts. 5 I will meditate on the glorious splendor of Your majesty, And on Your wondrous works. 6 Men shall speak of the might of Your awesome acts, And I will declare Your greatness. 7 They shall utter the memory of Your great goodness, And they shall sing of Your righteousness. 8 The Lord is gracious and full of compassion, Slow to anger and great in mercy. 9 The Lord is good to all, And His tender mercies are over all His works. 10 All Your works shall praise You, O Lord, And Your saints shall bless You. 11 I will speak of the glory of Your kingdom, And talk of Your power, 12 To make known to the sons of men His mighty acts, And the glorious majesty of His kingdom. 13 Your kingdom is an everlasting kingdom, And Your dominion endures throughout all generations. 14 The Lord upholds all who fall, And raises up all who are bowed down. 15 The eyes of all look expectantly to You, And You give them their food in due season. 16 You open Your hand And satisfy the desire of every living thing. 17 The Lord is
righteous in all His ways, Gracious in all His works. 18 The Lord is near to all who call
upon Him, To all who call upon Him in truth. 19 He will fulfill the desire of those who
fear Him; He also will hear their cry and save them. 20 The Lord preserves all who love
Him, But all the wicked He will destroy. 21 My mouth shall speak the praise of the Lord,
And all flesh shall bless His holy name Forever and ever.

b. Confession (1 Jn 1:9; Psa. 32; Ezra 9:6ff).

(1) 1 John 1:9 (NKJV) ---- 9 If we confess our sins, He is faithful and just to forgive us our
sins and to cleanse us from all unrighteousness.

(2) Psalm 32 (NKJV) ---- 1 A Psalm of David. A Contemplation. Blessed is he whose
transgression is forgiven, Whose sin is covered. 2 Blessed is the man to whom the Lord
does not impute iniquity, And in whose spirit there is no deceit. 3 When I kept silent, my
bones grew old Through my groaning all the day long. 4 For day and night Your hand
was heavy upon me; My vitality was turned into the drought of summer. Selah 5 I
acknowledged my sin to You, And my iniquity I have not hidden. I said, “I will confess
my transgressions to the Lord,” And You forgave the iniquity of my sin. Selah 6 For this
cause everyone who is godly shall pray to You In a time when You may be found; Surely
in a flood of great waters They shall not come near him. 7 You are my hiding place; You
shall preserve me from trouble; You shall surround me with songs of deliverance. Selah
8 I will instruct you and teach you in the way you should go; I will guide you with My
eye. 9 Do not be like the horse or like the mule, Which have no understanding, Which
must be harnessed with bit and bridle, Else they will not come near you. 10 Many
sorrows shall be to the wicked; But he who trusts in the Lord, mercy shall surround him.
11 Be glad in the Lord and rejoice, you righteous; And shout for joy, all you upright in
heart!

(3) Ezra 9:6 (NKJV) ---- 6 And I said: “O my God, I am too ashamed and humiliated to lift
up my face to You, my God; for our iniquities have risen higher than our heads, and our
guilt has grown up to the heavens.

c. Thanksgiving (Phil 4:6).

(1) Philippians 4:6 (NKJV) ---- 6 Be anxious for nothing, but in everything by prayer and
supplication, with thanksgiving, let your requests be made known to God;

d. Consecration (Rom. 12:1).

(1) Romans 12:1 (NKJV) ---- 1 I beseech you therefore, brethren, by the mercies of God,
that you present your bodies a living sacrifice, holy, acceptable to God, which is your
reasonable service.

e. Meditation (Psa. 8)

(1) Psalm 8 (NKJV) ---- 1 To the Chief Musician. On the Instrument of Gath. A Psalm of
David. O Lord, our Lord, How excellent is Your name in all the earth, Who have set
Your glory above the heavens! 2 Out of the mouth of babes and nursing infants You have
ordained strength, Because of Your enemies, That You may silence the enemy and the
avenger. 3 When I consider Your heavens, the work of Your fingers, The moon and the
stars, which You have ordained, 4 What is man that You are mindful of him, And the son
of man that You visit him? 5 For You have made him a little lower than the angels, And
You have crowned him with glory and honor. 6 You have made him to have dominion
over the works of Your hands; You have put all things under his feet, 7 All sheep and
oxen— Even the beasts of the field, 8 The birds of the air, And the fish of the sea That
pass through the paths of the seas. 9 O Lord, our Lord, How excellent is Your name in
all the earth!

f. Recollection (Acts 4:24ff)
IV. Conclusion
   A. Do you find yourself slow and reluctant to pray?
   B. Do not be so.
      1. See the good reasons to pray.
      2. Overcome the obstacles to prayer.
   C. Day by day, keep on coming boldly before the throne of grace.

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