

Ephesians 6:18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; 19 And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel, 20 For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.

Having all the armour we are ready for the battle. There is no area unprotected. Now all that remains is for our Captain and Lord to lead us on. To Impart wisdom for the walk and the battle, and this is accomplished by Prayer. In our own strength we can do nothing against the enemy. Therefore, PRAYING always in humble prayer for assistance, lest with all this armor we are still defeated in the fight.

“Prayer does not deserve an answer, and yet we are to pray without ceasing, neither may we hope to have if we refuse to ask. The cup must be held under the flowing fountain, or it will not be filled, yet the cup does not create the water or purchase it.” ~ Thomas Manton 1620-1677

1. **The time for prayer, —‘Praying always.’** The Greek is ‘in every season.’ implying every opportunity and urgent situation or need. Watch ye therefore, and pray always Luke 21:36 - and also - And he spake a parable unto them to this end, that men ought always to pray, and not to faint. Luke 18:1

When one doesn't pray Doubts come, Unbelief comes and we loose courage and faint.

Praying always night or day. That doesn't mean that we are always on our knees praying. We have other duties both Christian duties and everyday life duties we must fulfill. **But we may pray in all places in all situations.** *“And shall not God avenge his own elect, which cry day and night unto him, though he bear long with them?” (Luke 18:7, KJV)*

We pray for *both* weighty spiritual situations, and everyday situations, praying always. It was said of Spurgeon that if He went 30 minuets without prayer during the day he thought something was wrong.

Short emergency prayers in our heart – our hearts lifted to the Lord. We read in Nehemiah 2: Nehemiah the kings cup bearer is sad in His presence - and the King says you are not sick this is nothing but sorrow of the heart. Nehemiah became dreadfully afraid. He could have easily been put to death... He says, oh King live forever. He says why should I not be sad when the city of our father's tombs lie in waste and the gates have been burned with fire. **Then the**

King said what do you request? SO, I PRAYED TO THE GOD OF HEAVEN- He did not go out of the room; he did not kneel down upon the carpet; he uttered no words; but he pleaded to God for his influence and assistance. **Most likely silently in his heart** - We must also do this and offer up arrow payers in all the pressures of the day. If we are in a very **difficult situation**, or in **danger**, or under a cloud, **we are to lift up our hearts to him**. In all our ways we are commanded to **acknowledge the Lord, and he will direct our steps**. *“Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.” (Psalms 37:5, KJV)*

This is how we will get strength to conquer our many enemies and to **bear our heavy trials, and perform our difficult duties**. *Romans 12:12 Rejoicing in hope; patient in tribulation; continuing instant in prayer;*

He will cause your thoughts to become agreeable to His will so shall your plans be established and succeed.

When something is heavy and burdensome to us, Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved. Psalm 55:22.

The verse says **All prayer. A variety of prayer and supplication**. We don't only pray one kind of prayer only. **Some people only always ask for things**. Their entire prayer-life consists of asking only. Let us beware of selfish prayers — prayers which are wholly taken up with our own needs, and in which there is no place for other souls, only our own.

- Rather we name all who we love and lift them before God continually.
- Let us pray for all — the **worst**, the **hardest**, and the **most unbelieving**.
- Let us continue praying for them year after year, in spite of their continued unbelief. God's time of mercy may be a distant one. Our eyes may not see an answer to our intercession. The answer may not come for ten, fifteen, or twenty years. It may not come until we have gone to heaven, and are far away from this world. **But while we live on this earth**, let us pray for others. **It is the greatest kindness we can do to anyone**, to speak for them to our Lord Jesus Christ.

That final day when we all stand before the Lord **will show that one of the greatest ways in drawing souls to God, has been the intercessory prayer of friends.**” This privilege of prayer is always ours The gate of prayer is always open.

And then 'supplication'. Supplication means begging, pleading, asking for things. Of course there is praise, there is adoration of God, and thanksgiving.

a seeking, asking, entreating. We ask our Father we come in prayer to the Father.

To make a request. "do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

(Philippians 4:6, ESV). **To Ask.** "Whatever you ask in my name, this I will do, that the Father may be glorified in the Son." (John 14:13, ESV).

There is so much that is called prayer but is not scriptural. The famous quote "Instead of telling God how big your problems are, tell your problem how BIG your God is." In other words, speak to your problem command it to Go – take authority over it. **We have all heard that kind of teaching.** It may sound plausible, but the Bible is very very clear. **You have not because you ask not.** Prayer is asking, then prayer is thanking God for the answer. For all that we need – we should call upon God. - And from all that we fear – we should flee unto God. we don't speak to our burdens we cast them upon Him.

"Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved." (Psalms 55:22, KJV)

If we would pray to the Lord more in **reverence and truth**, and faith- We would have more strength to carry our crosses - more patience to bear our afflictions – more comfort in the midst of life's problems. **With all prayer and supplication In the Spirit.** In the Spirit means that you are **praying according to the mind of the Spirit**, in a way that is **agreeable to him**, in a way that the Holy Spirit will be pleased to take up for us. We have the spirit of adoption - *And because you are sons, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!"* (Gal 4:6).

It is the Spirits influence and working in us whereby we cry, *Abba, Father*, The Holy Spirit influences not only the believers words in prayer, but also the heart is stirred in **fervour** and in **Zeal** and **Faith** and **holy boldness** which **make the prayer acceptable.** **To Pray "in the Spirit"** is to pray with our heart, soul, and spirit engaged in it; To pray **with a true heart**, and a **right spirit**, and **without hypocrisy**; in a spiritual way, and with fervency, and under the influence, and by the assistance of the Spirit of God. When the heart is wicked. *"The face of the LORD is against them that do evil, to cut off the remembrance of them from the earth. The righteous cry, and the LORD heareth, and delivereth them out of all their troubles."* (Psalms 34:16-17, KJV)

Some of the sure signs we are praying in the Spirit - **Prayer is a sin-killer.** But Sin is a prayer killer. **Prayer Brings the Power of God.** It is the hand that touches the hem of His garment, and causes grace and life to flow into us. **Prayer promotes Holiness.** The gentle dew of the Holy Spirit falls upon the thirsty and causes them to be refreshed and to be fruitful. **Prayer reveals Christ.** It gives clarity to our vision and enables us to see the unseen Christ.

Praying in the Spirit also involves using the **sword of the Spirit**, the Word of God . **There is so much of Scripture that in some way we can turn into prayer**, and the more we do this, the more you will find it like a well of living water. We will never fail to find help and refreshment from it. The more we will be built up. I was reading Psalm 119 prayerfully and made part of it my prayer. Lord let me seek you with my whole heart. Let me not wonder from your commandments. Grant me wisdom to hide your word in my heart that I may not sin against you. Blessed are you oh Lord, you teaches me your ways. Blessed are you who have opened my eyes to rejoice in your Word more than in riches. We could say we take up the Sword of the Spirit on your lips in prayer.

Praying in the Spirit building yourself up in your most holy faith. The Holy building is and everlasting building. We build with lasting materials. Not wood or silver or Gold, But Faith Hope and Love these remain. Does not Gods word cause **faith to arise.** **Hope to arise** Deepen our **love for him** and our brethren. The element and atmosphere of prayer— is “In the Spirit.” A fish cannot swim in in the air, nor an eagle fly in the water. In the same way the power of prayer depends largely on the element in which it works. The only effective prayer is “**in the Spirit,**” *that is* under the impulse and direction of the Spirit of God. *“Likewise the Spirit also helps our infirmities. 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.” (Romans 8:26, MKJV)*

With all prayer and supplication in the Spirit. Rough places will be made smooth - trials disarmed of their bitterness - even the things we enjoy blessed and refined. But oh the one **who have allowed the key of prayer to rust** have the treasures locked up from them, their hands hang down without prayer, they are like a sailor without a compass, like a soldier unarmed in the fierce battle.

Watching thereunto. Always being alert. Always awake. Unwavering perseverance. This is the secret of all true victory! **All is, all must be well, when we are in a prayerful**, meditating on Scripture, when we are watchful, alert and awake. We find all things go badly, when this heavenly recipe is neglected; when the hands droop, and the knees faint, and prayer seems dead and motionless in our hearts. Let there be in the soul an abiding spirit of prayer, and victory is sure. Satan has little power against the soul that has an abiding spirit of prayer, and is "watching thereunto with all perseverance." **But without this spirit of prayer**, we are a prey to all his temptations, and can neither take, wear, nor use the only armour against them. *Therefore watch; for you do not know what hour your Lord comes.* Mat 24:32. - *Watch and pray that you enter not into temptation. The spirit indeed is willing, but the flesh is weak.* Matthew 26:41. Watch has the meaning give strict attention to, be cautious, active -

The Christians duty, is to pray for all people,—‘**For all saints.**’ “Satan trembles when he sees, The weakest saint upon his knees.”

We are not our own the Lord has shown abundant grace and mercy to us. When we think of all He has done for us. We are greatly motivated to serve Him; Christians are not just Christians 12 hours a day but 24 hours a day, we must be ready for any emergency, and must meet that at the moment when it rises. Always he is under obligation to his Lord; and “**without haste,**” but also “**without rest,**” he must hold himself absolutely at the disposal of his Master. A heart full of gratitude will gladly pray no matter the time. All that we have done does not begin to measure the greatness of our indebtedness we have for Him! All of our time belongs to the Lord, we should not think we can have a day off, We WATCH and pray until the Day we leave this earth.

Some say How can I pray for all the **saints**. The **true ones** the Children of God. Well consider a loving and diligent mother when her young child is sick with a fever, she gives herself no rest, you can't tell the mother take some rest others are watching, she will not listen, you would get more response from talking to the deaf. She has risen above mere duty to her child, there is a care and a love compelling her. This is how we are to see our ministry of Praying for all saints. Love lifts us far above mere duty.

Some still have excuses. I work very hard all day and when I come home I'm so very tired. I need to sleep and be fresh for the next day. But even although you are so very tired you make sure you take your food. **Why do we not think of providing for our weary soul.** We read in **John 4:6** Jesus therefore, being wearied with *his* journey, sat thus on the well: *and* it was about the sixth hour. Read and meditate upon this portion of Scripture when you go home. He spoke to the woman, even although she was a Samaritan, and the Jews had no dealings with the Samaritans. Such sympathy and compassion shown at the well, even although He was wearied. The Woman was enlightened and asked for living water. The Lord always did Good. This was the good of reclaiming one of the worst. Are we not to follow His example? Do we not desire to be like Him? **Yes we may be tired.** *"Come unto me, all ye that labour and are heavy laden, and I will give you rest."* (Matthew 11:28, KJV). There is rest in Christ, rest of conscience and rest of heart, rest built on pardon of all sin, rest flowing from peace with God.

We look Back to our verse... John 4:32 the disciples had gone to buy meat. When they returned they "prayed Him"- urged Him - begged him to eat. But Jesus answered, "I have meat to eat that you know not of"- nourishment. Jesus then answered, *My meat is to do the will of the one who sent me and finish His work.* How our souls long for nourishment - we say oh my body needs food I cant survive without food, I only have time to eat and not pray. But listen if someone said I'll give you 1000 shillings each time you go to private prayer, most people would double their efforts...

Someone says, we have no convenient place for secret prayer. Find a willing heart for this exercise, and you will find a place.