

THE JESUS PRIORITIES – PRAY

Practices for the 3rd essential habit: Pray

- pray alone ● pray persistently ● pray in the presence of others ● pray simply

EVENT	MATTHEW	MARK	LUKE	JOHN
Jesus Found a Quiet Place and/or Prayed Alone				
“He rose and went out to a lonely place, and there he prayed”		1:35	4:42	
He withdrew to the wilderness and prayed.			5:16	
“He went out to the mountain to pray.”			6:12	
“Jesus withdrew again to the mountain by himself.”				6:15
“When he came down from the mountain”	8:1			
“Come away ... to a lonely place.”		6:31-32		
“When you pray, go into your room.”	6:6			
“Jesus ... withdrew from there in a boat to a lonely place apart.”	14:13			
“He went up on the mountain by himself to pray”	14:23			
<i>Subtotal Events & Recordings: 9 Events 10 times</i>				
Jesus Prayed Persistently and Confidently				
The unjust judge			18:1-7	
The persistent friend			11:5-13	
“Seek his kingdom, and these things shall be yours as well.”	6:31-33		12:29-31	
“Father, I thank thee that thou hast heard me.”				11:41-42
“If two of you agree on earth about anything they ask, it will be done for them by my Father in heaven.”	18:19			
“Believe that you have received it, and it will be yours.”	21:22	11:24		
<i>Subtotal Events & Recordings: 6 Events 8 Times</i>				
Jesus Prayed in the Presence of Others				
“When all the people were baptized and ... Jesus ... was praying”			3:21	
“As he was praying alone the disciples were with him.”			9:18	
“He took with him Peter and John and James, and went up on the mountain to pray”	17:1	9:2	9:28	
“He ordered the crowds to sit ... and taking the five loaves ... looked up to heaven, and blessed.”	14:19	6:41	9:15-16	6:10-11
<i>Subtotal Events & Recordings: 4 Events 9 Times</i>				
Jesus Prayed Simply				
“Do not heap up empty phrases as the Gentiles do.”	6:7-8			
Whenever you stand praying, forgive.		11:25		
The Lord’s Prayer	6:9-13		11:2-4	
The Pharisee and the tax collector			18:9-14	
<i>Subtotal Events & Recordings: 4 Events 5 Times</i>				
TOTAL: 23 Events 32 Times				

Reflect on the Gospel: If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him! – Luke 11:13

Reflect on Your Priorities: Where is your “mountain” for being alone with God? How can you protect time for prayer in your daily routine? How can you cultivate ongoing opportunities to pray with others? What are some ways you can keep your prayer life simple? In prayer how much are you listening?

Prayer: Abba Father, help me to find the solitude I need in you. Teach me to seek you constantly and to learn your will. Teach me how to pray with others. Grant me the simplicity to talk with you honestly about my struggles. Amen.

A Sample Prayer Using Jesus’ Guidelines

Intimacy:	Abba Father, it’s me, (<i>your name</i>).
Praise and Humility:	Great is your name! Wonderful is your creation!
Seek God’s Kingdom:	Please, * help me understand your will for my life. <i>Pause to listen.</i>
Daily Bread:	Send me your Holy Spirit to sustain me. <i>Pause to listen.</i>
Forgiveness:	I need * help in forgiving (<i>name</i>). <i>Pause to listen.</i>
Avoid Temptations:	I’m really struggling with (<i>a specific temptation</i>). Please help me to be strong. <i>Pause to listen.</i>

***help** – Be specific on what “help” you need: *strength, grace, courage, guidance, etc.*