



Thank you for downloading the  
**CQ Rewind - Summary Only Version!**

Each week, the **Summary Only** version provides you with approximately four pages of brief excerpts from the program, along with Scripture citations.

If you would like to receive the **CQ Rewind FULL EDITION** at no charge, simply sign up at [www.ChristianQuestions.com](http://www.ChristianQuestions.com).

The **FULL EDITION** of approximately 10-12 pages includes comprehensive excerpts from the program, fully quoted Scriptures, graphics, illustrations, and even extra study points that time prevented us from covering during the live program.



### Will Prayer Change Your Life?

**Psalm 143:1: (NASB) *Hear my prayer, O LORD, Give ear to my supplications! Answer me in Your faithfulness, in Your righteousness!***



Prayer is a staple of religion. If you do not follow any particular religion then perhaps you meditate. The point is, humans by and large are tuned to opening their minds to some kind of external power or tranquility. For many, this opening of their minds provides a sense of security and peace as they feel heard, accepted and cared for. So, is prayer a commodity that should be passed out to and encouraged among the masses? Is it an elixir that can be taken to cure what ails you? How does prayer even work? What are its key ingredients and what is its process - or is there one? Can prayer, will prayer change your life?

Due to the enormity of the subject at hand we will look at prayer primarily as it is defined and exemplified in the Bible. As we have done so often in the past, we will look to David and the Psalms to help us establish a firm footing.

A Summation of Prayer, based upon the biblical words used to describe communication with God: reflection, devotion, a contemplation (by implication an utterance), to intercede, to seek or ask, intercession, supplication (by implication a hymn), entreaty, to bend or stoop in kindness to an inferior, an oratory, petition (Please see more on this in the Full Edition Bonus Material!) What does this tell us? It tells us that we, as frail human beings, do many things to try and focus our minds on spiritual things. Will prayer change your life? NO! Continue to see how the answer unfolds. We will be examining meditation via audio clips as we discuss prayer to understand the connection between prayer and meditation. Meditation can be very different to different people but it is important to set up what meditation *for a Christian* is and what it is not.



#### **Eastern meditation, What is Biblical Meditation, UNLEARN**

The problem is when you clear your mind and look for something to come in, what you attract is generally darkness, not light. Our meditation should not be Eastern meditation. This could open you up to influences that are not Christlike.

We will use Psalm 143 as a basic foundation for discussion.

(Source: John Gill's Exposition of the Bible) This Psalm was composed by David when he fled from Absalom, his son, according to the title of it in...the Septuagint, Vulgate Latin...versions.

David's life was in a great turmoil at that point in time. His own son turned against him and was trying to take his throne in Israel.

(Source: The Expositor's Bible) The former half (verses 1-6) is complaint; the latter (verses 7-12), petition. Please see the CQ episode from December 11, 2017, "Does Complaining Ever Help?" ...The complaint branches out into a plaintive description of the psalmist's peril (verses 1-3), and a melancholy disclosure of his feelings (verses 4-6); while the prayer is similarly parted into cries for deliverance (verses 7-9), and for inward enlightenment and help (verses 10-12.)

**Psalm 143:1: (NASB) *Hear my **prayer <8605>**, O LORD, Give ear to my **supplications <8469>**! Answer me in Your faithfulness, in Your righteousness!***

First, let's look at which definition is used here:

**Prayer:** Strongs #8605; intercession, supplication; by implication, a hymn

Many of David's prayers were turned into hymns. Is a "supplication" the same as a prayer?

**Supplication:** Strongs #8469; earnest prayer

**Supplication:** Strongs #2603 properly, to bend or stoop in kindness to an inferior; to favor, bestow; causatively to implore

*Give ear to my supplications* - David is asking God to kindly bend down and listen to him because he is so inferior before God. David's attitude was one of humility.

**Prayer Observations:** David's prayer at its very outset was formed because of a desperate complaint - *do we have desperation?* Was humble - it was delivered with imploring to one above him - *are we first humble when we pray?* Was praising of God and therefore praiseworthy by us - *would we fit the precision of this mold?*



Prayer is effective when it is a result of a prayerful life. Living in a time as we do when including everyone for everything seems to be the very most important issue of life, the answer to the prayer entitlement question is not an easy one.

**We need to ease into this answer by carefully following what David prays next in this Psalm:** Psalms 143:2-3: Is David telling God how to go about His business? No. Do we ever tell God how to go about His business?

(Source: Bible commentary by Albert Barnes) Do not deal with me on the ground of justice as toward "thee;" do not mark my own offences against thee, when I plead that justice may be done as between me and my fellow-men. While I plead that thou wouldst judge righteously between me and them, I am conscious that I could not claim thy needed interposition on the ground of any righteousness toward thee. There I must confess that I am a sinner; there I can rely only on mercy; there I could not hope to be justified.

David is saying, "God, I am speaking to you about justice between humans, not about our inability to be just before you." *For in Your sight no man living is righteous.* David is not telling God what to do, he is simply reminding God and himself that he is not like these people and He is asking God's help for justice between men.

**Prayer Observations:** David's prayer shows us that his personal state was not good before God - *what is our view of our personal state?* God already knows our personal state but for us to restate it means we are acknowledging it, which is important when we go before God. In spite of being unworthy he still complained, showing boldness in his humility, for his heart was for God - *how strong is our humility?* For a Christian, our worthiness is through Jesus and he covers our sins.



**Christian meditation, *What is Biblical Meditation, UNLEARN***

The idea of Christian meditation is not to empty your mind, but to *fill it* - fill it with goodness, godliness, godly righteousness, Scripture and Jesus, so your mind can be focused and ponder on that which is good.

**With David's attitude of strong humility in place, this next set of Scriptures sets the foundation for our main question about prayer as an entitlement:** Hebrews 4:14-16: We are unworthy, yet Jesus opens a door of worthiness for us - not because we are so great - but because he is so great. His life showed us the door, his death unlocked the door and his resurrection held open the door of worthiness in his name! It is Jesus' worthiness that gives us this incredible opportunity to talk to God. If prayer is an entitlement, then everyone would have an equal opportunity and privilege to pray. The Bible seems to tell us otherwise.

**First, it seems as though we are to have the correct perspective about our God and about ourselves:** Isaiah 57:15: God Almighty says, *I dwell on a high and holy place.* Where else does He dwell? According to God's own words, He dwells *with the contrite and lowly of spirit.* Why? *To revive the spirit of the lowly and to revive the heart of the contrite.* What an amazing picture! God dwells with those whose spirit is broken.

**Second, we need to be actively seeking God's righteousness and not our worldly rights:** Proverbs 15:8-9: When someone who is not godly makes a sacrifice to God, it is an abomination to Him. They may be doing the right thing but for all the wrong reasons. God will not accept that. *But the prayer of the upright is His delight.* This is a comparison between godliness and ungodliness.

**Prayer Observation:** God is selective when it comes to those He will focus on and bless - *are we within His selective sight?*

Prayer in its most effective form is a function of a life that is striving towards God. This is incredibly illustrated by David in the next few verses of Psalm 143 as he will next not only express how his trial has affected him, he will demonstrate a God-fearing way of living in between his prayers.

**David has laid his complaint before God and he now tells God how he feels - with bold humility:** Psalms 143:4-6: David is recounting his life experience toward God.

**Prayer Observation:** David's present challenges have wrenched his attention away from God and he expresses his need to get back to his center - *when we pray, are we so deep and clear in our approach to God?*



 **Concentrate and consider, *How to Meditate, SpiritualDirection.com***

For David to get back to his center, he uses several thought-training techniques, which is amazing. He knew the technique of communication, the technique of praise and the technique of prayer and complaint. He knew all those answers before modern technology. This demonstrates David was really working on getting his mind right *before he prayed* and he knew he was off center and did NOT want to stay that way!

It gives us solace to know David had ups and downs just like we do. It is okay to have ups and downs, but our focus needs to stay close to God in both of those. David always worked his way back.

*I remember the days of old* - Remembering GOOD opens the door to a positive thinking pattern!  
*I meditate on all Your doings* - Thinking deeply upon what God does this is a powerful way to refocus your mind.

Deuteronomy 8:2-3: We have a good friend who always reminds us of the value of journaling. Remember the experiences of the past and how God overruled in your lives to keep your faith strong when you are having a weak moment.

**Meditate:** Strong's #1897 to murmur (in pleasure or anger); by implication, to ponder

With all our technology, we do not take the time to ponder anymore. We need to STOP, ponder and meditate.

Acts 3:19-21: Ponder on the enormity of the restitution process in God's plan.

Meditating on God's plans and purposes engages that positive thinking pattern towards becoming a *positive thinking habit!*

**Muse:** Strong's #7878 to ponder, i.e. (by implication) converse (with oneself, and hence, aloud) or (transitively) utter

*I muse on the work of Your hands* - Pondering the specifics of God's creativeness is a powerful way to re-center your mind.

*I stretch out my hands to You* - Pondering the specifics of God's creative power solidifies a positive thinking habit with awe and praise. This is an INSTINCTIVE RESULT of a mind re-committed to God!

Psalms 8:3-4: (NASB) <sup>3</sup>*When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained;* <sup>4</sup>*What is man that You take thought of him, and the son of man that You care for him?*

Nehemiah 8:10: (NASB) <sup>10</sup>*...Do not be grieved, for the joy of the LORD is your strength.*

He can carry you through if you look for His will and His way. A powerful and prayerful life is a meditative and mindful life.

**Back to focusing on prayer.**

**God helps those who seek Him - what about when we mess up?**

As is obvious by David's own admission, meditating and pondering on God and His greatness are not always enough to keep us centered. We fall because we are fallen and we need God's mercy. Our own inconsistency must be paramount in our minds when approaching the throne of grace! The problem is we focus on God through a defective lens and need to check and recheck to be sure we are seeing things clearly. It is not about emotion; it is about heart dedication, decision, clarity and moving your life forward.

Thus far we have seen prayer as a humble framing of a complaint before our sovereign God.

With the complaint and its effects before God, David now begins his petition to God. When we are forced to lay it out before God and speak to Him about what is bothering us, it helps us to understand the problem and gives God more room to bless, guide and deliver us by His grace.

**His petition begins with great urgency:** Psalms 143:7-9: It gives us solace to realize such a godly man could have such troubles.

His petition then becomes more grounded and less emotional. David only asked for deliverance after he displayed a willingness to listen, learn and walk.



**Prayer Observation:** David's plea for deliverance is accomplished by continually elevating God and keeping himself low - *are we so clear and persistent in our pleas?*

 **Converse and commit, *How to Meditate, SpiritualDirection.com***

The circumstances of David's current prayer were about those who were after him. David maintained the same posture in his prayers even when *he* was the perpetrator and the evil doer. [Psalm 32](#) was his recounting of his own horrible sins and God's mighty forgiveness.

[Psalms 32:1-8](#): David begins with the end result and then recounts the pain of his sin and its aftermath while he stood in denial of his actions. God sent Nathan to him and David finally began to own his sins. David was humble enough to receive the help. The acknowledgement of his sin was the ownership of his sin. David then speaks of the lesson learned and the lifesaving value of honesty before God. This is a key to prayer. David finally completes the process by teaching that which he has so deeply learned: In our prayers are we this humble? Are we honest enough to be as vulnerable as David was? Are we willing to give our issues so wholly to God and to let HIM manage them and guide us?

### **Will prayer change your life?**

Let's start that answer by simply saying, "It all depends." It all depends on what you mean by "change your life." If you mean it makes you feel better, then sure, prayer can change that, but most likely only on a temporary basis. If you mean change the way you live and think every day, then the answer is a definite maybe! Prayer DID change David's life!

**It changed his life because he was thoroughly engaged in changing himself into becoming a more complete and faithful servant of God's will and way:** [Psalms 143:10-12](#): David lived in the time of the Law Covenant which was built on justice. God was clear that justice would be done. David was praying appropriately under the Law. For us, Jesus nailed the Law to the cross by fulfilling it, so we follow his higher teachings and not the specific Law.

**Prayer Observation:** David left himself entirely at the disposal of God and HIS will - *are we so willing to be so vulnerable?*

 **Internal dialogue, *What is Biblical Meditation, UNLEARN***

Part of meditation is considering the things we have prayed about and prayed for. When we meditate we may realize the answer to our prayers. If we do not take that time to meditate, we could miss out on the answers from the Lord.

**Prayer can thoroughly change your life if you are striving for a complete personal devotion to God's will - which cannot be accomplished without a complete devotion of your own personal will:** [Hebrews 5:5-9](#): Because Jesus had committed to being the lamb of God, prayer delivered him through his suffering. Jesus showed us the necessity and power of prayer in his own personal experiences. Jesus was perfect and flawless. *He learned obedience from the things which he suffered.* This meant he had a will that needed to be continually bent to a higher standard of doing what God would have him to do, rather than what a human being would rather do.

**Prayer can thoroughly change your life if you are striving for a complete personal devotion to God's will - which cannot be accomplished without a complete devotion of your own personal will:** [Acts 16:22-26](#)

**Prayer can thoroughly change your life if you are engaged with others of like mind and devotion:** [James 5:16](#): This Scripture is in the context of praying for one another, not for ourselves. You can effectively have change in the lives around you if you are fervent in your prayerful life.

***So, will prayer change your life?  
For Jonathan and Rick and Christian Questions...  
Think about it...!***