

# **Prayer as Spiritual Exercise**

**“Prayer is the spiritual gymnasium in which we exercise and practice godliness.”**

**- V.L. Crawford**

# **Habits of godly men and women**

- **David (morning, noon, evening), Ps. 55:17**
- **Daniel (3 times daily), Dan. 6:10**
- **Anna (night and day), Lk. 2:36-37**
- **Widows (night and day), I Tim. 5:5**
- **Epaphras (labored fervently), Col. 4:12**







**What exercises  
can I do?**



# Jesus on Prayer

- In secret, Mt.6:5-6; Mk. 1:35
- Simple, Mt. 6:7
- Recognizing the Father already knows, Mt. 6:8; Rom. 8:26-27
- Steadfastly, Lk. 11:1, 5-10; 18:1-8

# **Focus on Non-request Prayer**

- **Express thanksgiving, I Thes. 5:17-18**
- **Express praise, I Ch. 29:10-13**
- **Seek service opportunities, Col. 4:3**



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