# Why do I struggle to pray?

**David Banning** · Psalm 34:15–18 · Series: **Meeting with David Banning**

## INTRODUCTION

- One of the items that came up again and again and again on the surveys that were returned to us was people telling us that they were struggling to pray.
- So that prayer literally becomes a way of accessing the power of God in our lives. He will hear us and he will answer.
- If anything, folks, prayer ought to be something that we enthusiastically embrace as an integral, regular part of our lives.

## 1 I Struggle to Pray Because I'm Too Busy

**Luke 5:15–16; Mark 1**

- I think all of these things work in concert with each other to rob us of two things vital to meaningful prayer. Time and solitude.
- But Jesus Himself would often slip away to the wilderness to pray.
- But if he could find the time to slip away in the wilderness, so can we. We have to create the opportunities so that we can pray.
- Why is it that in very busy times like those, we're not too busy to pray? Maybe it's not really about time.

## 2 I Just Don't Know What to Say

**Luke 11:1**

- God isn't pleased with that kind of thing. He wants us to talk to him, to pour out our hearts.
- Remember the request they brought to him? Lord, teach us to pray.
- I think we make an assumption that everybody just gets it. And we don't. They didn't. They had to be taught.
- When the crisis is here, we find a way. We find the words. Which makes me wonder, is it really about knowing what to say?

## 3 I Just Don't Feel Worthy to Pray

**Psalm 34:16; Psalm 66:18; Isaiah 1:15**

- Not everybody has a right to speak to the Lord and expect that he will hear them and respond to them.
- If I regard wickedness in my heart, the Lord will not hear.
- So when you spread your hands in prayer, I will hide my eyes from you. Yes, even though you multiply prayers, I will not listen.
- If I am defying God's will for my life, we have no right to call upon the Lord and expect that he will hear and respond.
- Sometimes even people who are trying to serve the Lord still feel unworthy.

## MY NOTES