**He Knows What You Need**

Hope Chapel Honolulu

Matthew 6:5-15

7 “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. 8 Do not be like them, for your Father knows what you need before you ask him.”

(Matthew 6:7-8, ESV)

**Introduction**

Some people struggle with the notion of having to ask of God in prayer. *“Why do we have to ask, if God really is good and already knows what we need?”* is one way that I have thought about this and heard others express their dismay at having to ask Someone who supposedly already knows what we want and need. But Psalm 2 contains an important idea: *God the Father even requires His Son to ask in prayer*. Why? Pete Greig shares three reasons why asking is essential to prayer: 1) the act of asking is relational, and above all, God desires us to return to a loving relationship with Him, 2) the act of asking makes us vulnerable and therefore is an expression of trust, and God desires to be trusted by us, and 3) asking is intentional, and if we would come to God, if we are to express our belief in His existence and His desire to reward those who earnestly seek Him (Hebrews 11:6), we must engage not just our thoughts or feelings, we must engage our will.

**1. And when you pray. (Matthew 6:5-8)**

a) We should seek to be seen and heard by God and not by people.

b) Remember our earlier lesson about prayer: be persistent, real and simple!

**2. Pause, rejoice and ask. (Matthew 6:9-13)**

a) Pause, remind yourself if you have to, then rejoice in that fact that God is our Father.

b) And after entering God’s presence well, boldly ask for what you think and feel you need today.

**3. What does it mean to pray and ask in the Name of Jesus Christ? (Matthew 6:14-15)**

a) We cannot control God, but we can influence God and others by praying in the Name of Jesus.

b) Praying in Jesus’ Name means wanting what God wants and standing with and for Christ.

**Conclusion**

Please allow me to conclude this week’s message with three thoughts about growing in the art of prayer from Pete Greig’s book How To Pray that I personally found to be corrective, directive and encouraging: 1) *“Faith is found in the person of Christ. If you want to trust Jesus more, get to know Him more”* (p.86). 2*) “The second way to grow in faith is by practicing trust”* (p.87). 3) *“Faith is God’s gift to us; faithfulness is ours to Him*” (p.88). What does God want you to trust Him with and what will you ask God for in prayer today?

**For our prayerful study, discussion and application:**

1) What were you reminded of or learned anew about why we should ask God in prayer this week?

2) What were you reminded of or learned anew about what it means to pray in the Name of Jesus Christ?

3) What are the Word and Spirit of God showing and telling you about prayer? How will you respond to God?

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