

Series: Basic Prayer
Title: Benefits of Prayer
Text: Matthew 7:9-11

Five benefits that come our way when we commit to prayer...

1. PROTECTION AGAINST TEMPTATION

Matthew 26:41

Matthew 6:13

2. EMOTIONAL TRANQUILITY

Romans 5:1

Philippians 4:6-7

3. EFFECTIVENESS IN CHRISTIAN SERVICE

Acts 1:8

Mark 9:28

4. GODLY CHARACTER

"Prayer is like a time exposure to God. Our souls function like photographic plates, and Christ's shining image is the light. The more we expose our lives to the white-hot sun of His righteous life (for, say, five, ten, fifteen, thirty minutes, or an hour a day), the more his image will be burned into our character -- His love, His compassion, His truth, His integrity, His humility." **Kent Hughes**¹

1 Timothy 2:1-2

5. GOD'S BLESSING

James 4:2

"Oh, that we could keep in perpetual motion the machinery of prayer. Pray, pray, pray, and God will give, give, give, abundantly, and supernaturally, above all that we ask, or even think." **Charles Spurgeon**²

¹ Hughes, R. Kent. *Disciplines Of A Godly Man*. (Crossway Books, 1991), 83.

² Spurgeon, C.H. *The Metropolitan Tabernacle Pulpit, Volume 26: 1880*. (Pasadena, TX: Pilgrim Publications, 2005), 262-263