

Cross Training

“My Personal Trainer” Pt. 2

What Should I Know About My Conversations with God?

1. **When** I pray matters to God.
2. **Where** I pray matters to God.
3. **Why** I pray matters to God.
4. **What** I pray matters to God.

- **Matt: 6:9-13:** *“This, then, is how you should pray: ‘Our Father in heaven, hallowed be your name,¹⁰ your kingdom come, your will be done, on earth as it is in heaven.¹¹ Give us today our daily bread.¹² And forgive us our debts, as we also have forgiven our debtors.¹³ And lead us not into temptation, but deliver us from the evil one.’”*

- **I praise you & commit to honor your holy name (v. 9).**
- **Make your purpose my purpose (v. 10).**
- **Provide for my physical (v. 11) & spiritual needs (vv. 12-13).**

5. **How** I pray matters to God.

- **Luke 11:5-10:** *“Then Jesus said to them, ‘Suppose you have a friend, and you go to him at midnight and say, ‘Friend, lend me three loaves of bread;⁶ a friend of mine on a journey has come to me, and I have no food to offer him.’⁷ And suppose the one inside answers, ‘Don’t bother me. The door is already locked, and my children and I are in bed. I can’t get up and give you anything.’⁸ I tell you, even though he will not get up and give you the bread because of friendship, yet because of your shameless audacity he will surely get up and give you as much as you need.⁹ So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.¹⁰ For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.’”*

- **Pray with persistence!**