

# Three Expressions of Prayer

Dr. Wilfred Graves Jr.

[ThreeBibleTeachers.com](http://ThreeBibleTeachers.com)



# What is a Spiritual Discipline?



- Spiritual disciplines are intentional activities that promote spiritual growth.



# Spiritual Discipline Examples

Jesus regularly engaged in essential spiritual practices like prayer and Bible-reading.

# Definition of Habit

A habit is an ingrained action.

# Good Habits

- Spiritual Disciplines
- Caring for Ourselves,  
Others, and the Earth
- Goal-Setting
- Time Management

# The Spiritual Discipline of Prayer



# Prayer is Important!

- 2 Chronicles 7:14
- 1 Thessalonians 5:16-18
- Philippians 4:6
- James 5:16

# Definition of Prayer

Prayer is personal communication with God in worship.

# Three Expressions of Prayer

Vocal Prayer

Meditative Prayer

Contemplative Prayer



# Three Expressions of Prayer

Vocal - Talking

Meditative - Thinking

Contemplative - Being



# Vocal Prayer

Talking to God



# The Lord's Model Prayer (Matthew 6:9-13 NKJV)

Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as *it is* in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom and the power and the  
glory forever. Amen.

# Meditative Prayer

Thinking about God



# A Biblical Meditation (Psalm 23:1 NIV)

The LORD is my shepherd, I lack nothing.

# Contemplative Prayer

Being with God



# 'Contemplate'

## Antonyms

Ignore, Overlook, Waive,  
Abandon

## Synonyms

Behold, Consider, Ponder,  
envisage

## Meaning

To look thoughtfully for a long time at something

**Example of how to use 'contemplate' is a sentence**  
She stood and quietly contemplated the scene that lay before her.

# Gazing at Jesus (2 Corinthians 3:17-18 NIV)

<sup>17</sup> Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. <sup>18</sup> And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

# CLASS DISCUSSION