

## **Title: WHY PRAYING IS VERY HARD FOR MANY**

**Text: Luke 18:1-8 (key verse:1)**

**Intro:** *"The spirit is willing but the flesh is weak"* is an excuse for a Christian's negligence of duties such as Bible study and prayer. Or could it be that the flesh is not really weak at all, but rather very much alive, strong and in control? There are many reasons why praying is so hard for many, but we will look only at the four main ones. **NOW PRAYING IS VERY HARD FOR YOU –**

### **I. IF YOU ARE NOT SAVED AND BORN-AGAIN.**

**A.** There are religious people who believe in God, go to church, try to keep the 10 Commandments, do their best, try to be good people, got baptized as a baby, love their neighbors, take holy communion, live a good moral life AND STILL BURN FOREVER IN HELL!

**B. John 3:36: Rom. 8:15-16.** It's plain and simple! If you have never seen your need for Jesus Christ, called upon His name, and received Him as Lord and Saviour, you're not truly saved. If you're not saved, you don't have access to the Father who is in heaven.

### **II. IF YOUR LIFE IS FILLED WITH GARBAGE.**

**A.** You have been spending many hours on the cellphone, computer games, radio, TV, internet, movies, fashion, peers, magazines, and other worldly pursuits, etc. Is it any wonder why you find it very hard to pray?

**B.** You have filled your schedule with many vanities so that you have no more room for God and then you keep wondering why it is so hard to pray? (**1 Cor. 5:6**)

**C.** You have been feeding on worldly junk, and filled yourself with spiritual cholesterol! Is it any wonder why your prayers are hard to get through because the "vessel" (yourself) is all clogged up and needs a major

surgery? You may be spiritually overweight plus carrying excess baggage (**Heb. 12:1a**). Why do you wonder why you're so sluggish even at the mere thought of praying?

**D.** Why not start praying real prayers and avoid those repetitious and memorized *"bless me, give me, guide me, etc."* – ineffective prayers that focus on your desires. Why don't you start praying for God's will to be done in your life and church before Christ's soon return?

### **III. IF YOU HAVE BESETTING SECRET SIN.**

**A. (Heb. 12:1b; Psa. 66:18; Isa. 59:2)**

**B.** It is so impossible to genuinely approach God in prayer when you know you are sinning (in omission and commission). As darkness and light cannot fellowship together, likewise sin and holiness are incompatible.

**C.** Unforsaken sin in your life will always make effectual fervent prayer so hard. Why not repent and lay aside your besetting sin along with your excess weight?

### **IV. IF YOU HAVE NO FAITH IN GOD.**

**A. (Heb. 11:6; Jas. 1:6-8)**

**B.** Unbelief is a serious and terrible sin that doubts God's sincerity. It makes a liar out of God and His word!

**C.** The unbelieving person through his prayerlessness or lack of prayer is really telling God, *"Hey Lord, what's the use of praying to you when I don't really believe in your power and your promises, huh?"*

**CONCLUSION:** Ask God's help to deal with any known besetting sin in your life. Confess, repent and forsake it. Discard your "garbage" to lighten up your load. Draw closer to the Lord and find rest for your weary soul as you feed on His word. Pray and claim God's promises for you. Count all your blessings that are already on hand.