

Philippians Series

Lesson #100

June 19, 2025

Dean Bible Ministries

www.deanbibleministries.org

© 2025, Dr. Robert L. Dean, Jr.

The Elements of Prayer

Philippians 4:6–7



Php. 4:6, “Y’all don’t be anxious for any reason, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.” [~RD]

The prohibition

μεριμνάω *merimnaō*

2 plur pres act impera

**“Y’all don’t be anxious
for any reason.”**

The positive command

In every situation,

by prayer and supplication

along with thankfulness for the situation

let your requests be made known to God.

Definition:

- 1. Prayer is just an ongoing conversation with God.**
- 2. Prayer is the believer's vital communication link to his heavenly Father.**
- 3. Prayer takes us immediately into the throne room of God, into God's very presence.**

3. Prayer takes us immediately into the throne room of God, into God's very presence.

We are able to enter God's presence boldly because Jesus is our High Priest.

Col. 4:2, “Continue earnestly in prayer, being vigilant in it with thanksgiving;” [NKJV]

**προσκαρτερέω, *proskartureo* – to continue to do something with intense effort, with the possible implication of despite difficulty
“to devote oneself to, to keep on, to persist in.”**

Col. 4:2, “Devote yourselves to prayer; stay alert in it with thanksgiving.” [HCSB]

Prayer is that grace provision of the royal priesthood

whereby the Church Age believer has access and privilege to communicate directly with God;

the purpose of this communication is [CATS]

confess sin [to acknowledge our sin to God],

express adoration and praise to God,

give thanks,

intercede for others, and

convey our personal needs, petitions, and conduct intimate conversations with God.

What the Bible Teaches About Elements of Prayer



C for Confession

A for Adoration, Praise of God

T for Thanksgiving, gratitude to God

**S for Supplication: Intercession for others, petitions for
self**

1. Confession: Psa. 66:18; Psa. 51; 32; 1 John 1:9; Prov. 15:8; 28:9; Isa. 1:15

Prov. 15:8, “The sacrifice of the wicked is an abomination to the LORD, but the prayer of the upright is His delight.”

Prov. 28:9, “One who turns away his ear from hearing the law, even his prayer is an abomination.”

Isa. 1:15, “When you spread out your hands, I will hide My eyes from you; Even though you make many prayers, I will not hear. Your hands are full of blood.”

2. We have looked at aspects of adoration, praising God for who He is.

C for Confession

A for Adoration, praise of God

T for Thanksgiving, gratitude to God

S for Supplication: Intercession for others, petitions for self

a. Biblical praise is inherently, inextricably tied to gratitude to God.

a. Biblical praise is inherently, inextricably tied to gratitude to God.

In many languages including Hebrew, there is no word equivalent to our “thanks” or “thank you” or even thanksgiving, although many will translate words this way.

Thankfulness is expressed through praising the person or God for what they or He has done.

The most recognized term for praise in Hebrew is the word *hālal* (הָלַל). Other words expressing praise are:

to give a shout,

to declare or tell,

to honor, to glorify,

to magnify, and to exalt.

Most common word for “praise.”

הלל-2 *halal*-2 to praise

Most common Hebrew word translated “thanks.”

**ידה-2 *yadah*-2 Verb
qal “to know”**

**hifel
“to praise, confess”**

1 Chron. 16:4, “And he appointed some of the Levites to minister before the ark of the LORD, to commemorate [*zakar*, to remember], to thank [*yadah*, to praise, thank, confess], and to praise [*hala*] the LORD God of Israel:”

1 Chron. 16:36, “Blessed be the LORD God of Israel from everlasting to everlasting! And all the people said, ‘Amen!’ and praised the LORD.”

1 Chron. 25:3, “Of Jeduthun, the sons of Jeduthun: Gedaliah, Zeri, Jeshaiah, Shimei, Hashabiah, and Mattithiah, six, under the direction of their father Jeduthun, who prophesied with a harp to give thanks and to praise the LORD.”

b. Praise is commanded by God, therefore it is not an option or a suggestion.

Psa. 50:14, “Offer to God thanksgiving, and pay your vows to the Most High.”

c. Praise focuses on who God is, His attributes.

Ex. 34:5, “Now the LORD descended in the cloud and stood with him there, and proclaimed the name of the LORD.

Ex. 34:6, “And the LORD passed before him and proclaimed, ‘The LORD, the LORD God, merciful and gracious, longsuffering, and abounding in goodness and truth,

Ex. 34:7, “ ‘keeping mercy for thousands, forgiving iniquity and transgression and sin, by no means clearing the guilty, visiting the iniquity of the fathers upon the children and the children’s children to the third and the fourth generation.’ ”

c. Praise focuses on who God is, His attributes.

Psa. 86:15, “But You, O Lord, are a God full of compassion, and gracious, longsuffering and abundant in mercy and truth.”

Psa. 103:8, “The LORD is merciful and gracious, slow to anger, and abounding in mercy.”

Psa. 111:4, “He has made His wonderful works to be remembered; The LORD is gracious and full of compassion.”

Psa. 116:5, “Gracious is the LORD, and righteous; Yes, our God is merciful.”

**Psa. 145:8, “The LORD is gracious and full of compassion,
slow to anger and great in mercy.”**

**Psa. 117:1, “Praise the LORD, all you Gentiles! Laud Him,
all you peoples!”**

**Psa. 117:2, “For His merciful kindness is great toward us,
and the truth of the LORD endures forever. Praise the
LORD!”**

Psa. 106:1, “Praise the LORD! Oh, give thanks to the LORD, for He is good! For His mercy endures forever.

Psa. 106:2, “Who can utter the mighty acts of the LORD? Who can declare all His praise?

Psa. 106:3, “Blessed are those who keep justice, and he who does righteousness at all times!

Psa. 106:4, “Remember me, O LORD, with the favor You have toward Your people. Oh, visit me with Your salvation,

Psa. 106:5, “That I may see the benefit of Your chosen ones, that I may rejoice in the gladness of Your nation, that I may glory with Your inheritance.”

Psa. 106:7, “Our fathers in Egypt did not understand Your wonders; They did not remember the multitude of Your mercies, but rebelled by the sea—the Red Sea.

Psa. 106:8, “Nevertheless He saved them for His name’s sake, that He might make His mighty power known.

Psa. 106:9, “He rebuked the Red Sea also, and it dried up; So He led them through the depths, as through the wilderness.

Psa. 106:10, “He saved them from the hand of him who hated them, and redeemed them from the hand of the enemy.

Psa. 106:11, “The waters covered their enemies; There was not one of them left.

Psa. 106:12, “Then they believed His words; They sang His praise.

Psa. 106:13, “They soon forgot His works; They did not wait for His counsel,”

Psa. 124:1, “ ‘If it had not been the LORD who was on our side,’ let Israel now say—

Psa. 124:2, “ ‘If it had not been the LORD who was on our side, when men rose up against us,

Psa. 124:3, “ ‘Then they would have swallowed us alive, when their wrath was kindled against us;

Psa. 124:4, “ ‘Then the waters would have overwhelmed us, the stream would have gone over our soul;’ ”

Psa. 124:5, “ ‘Then the swollen waters would have gone over our soul.’ ”

Psa. 124:6, “Blessed be the LORD, Who has not given us as prey to their teeth.

Psa. 124:7, “Our soul has escaped as a bird from the snare of the fowlers; The snare is broken, and we have escaped.

Psa. 124:8, “Our help is in the name of the LORD, Who made heaven and earth.”

C for Confession

A for Adoration, praise of God

T for Thanksgiving, gratitude to God

S for Supplication: Intercession for others, petitions for self

1 Thess. 5:18, “in everything give thanks; for this is the will of God in Christ Jesus for you.”

Eph. 5:20, “giving thanks always for all things to God the Father in the name of our Lord Jesus Christ,”

Col. 2:6, “As you therefore have received Christ Jesus the Lord, so walk in Him,

Col. 2:7, “rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.”

C for Confession

A for Adoration, praise of God

T for Thanksgiving, gratitude to God

S for Supplication: Intercession for others, petitions for self

**Supplication: to implore or ask fervently for something.
This can be for oneself or for others.**

Col. 1:9, “For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding;

Col. 1:10, “that you may walk worthy of the Lord, fully pleasing Him, by being fruitful in every good work and by increasing in the knowledge of God;

Col. 1:11, “strengthened with all might, according to His glorious power, for all patience and longsuffering with joy;

Col. 1:12, “giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light.”

A Prayer of David

Psa. 86:1, “Bow down Your ear, O LORD, hear me; For I am poor and needy.

Psa. 86:2, “Preserve my life, for I am holy; You are my God; Save Your servant who trusts in You!

Psa. 86:3, “Be merciful to me, O Lord, for I cry to You all day long.

Psa. 86:4, “Rejoice the soul of Your servant, for to You, O Lord, I lift up my soul.

Psa. 86:5, “For You, Lord, are good, and ready to forgive, and abundant in mercy to all those who call upon You.

Psa. 86:6, “Give ear, O LORD, to my prayer; And attend to the voice of my supplications.”

Intercession is for others

God has emphasized the significance of intercession for others throughout Scripture. We learn that both God the Son and God the Holy Spirit are involved in interceding for us.

The Intercession of the Son

- 1. Definition: The current ministry of Jesus Christ in Heaven whereby He never ceases to petition the Father on behalf of believers, especially with reference to strengthening their weaknesses in times of temptation.**

John 17:11, “Now I am no longer in the world, but these are in the world, and I come to You. Holy Father, keep through Your name those whom You have given Me, that they may be one as We are.”

John 17:15, “I do not pray that You should take them out of the world, but that You should keep them from the evil one.”

2. Christ's intercession is based on His finished work of salvation on the Cross.

Rom. 8:34, “Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us.”

3. Christ's intercession for us is part of His role as our High Priest. John 17 is a prayer you should read to learn how Christ is praying for us.

Heb. 7:24, “But He, because He continues forever, has an unchangeable priesthood.

Heb. 7:25, “Therefore He is also able to save to the uttermost those who come to God through Him, since He always lives to make intercession for them.

Conclusion:

If Christ is continually and actively involved in interceding for each believer, so we should make intercessory prayer a high priority.

The Intercession of the Holy Spirit

- 1. Definition: The ministry of God the Holy Spirit whereby He identifies the believer's weaknesses and petitions God on his behalf. Because of our weaknesses and His omniscience, the Holy Spirit corrects and translates our petitions even when we are completely ignorant of what we ought to say.**

Rom. 8:26, “Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.”

Rom. 8:27, “Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.”

ἀσθένεια *astheneia*

fem sing dat

weakness, sickness

For whom should we pray:

- 1. The unsaved. We should pray that God would bring the gospel clearly to them. We pray they would understand and God would open their eyes.**

For whom should we pray:

Rom. 9:1, “I tell the truth in Christ, I am not lying, my conscience also bearing me witness in the Holy Spirit,

Rom. 9:2, “that I have great sorrow and continual grief in my heart.

Rom. 9:3, “For I could wish that I myself were accursed from Christ for my brethren, my countrymen according to the flesh,”

Rom. 10:1, “Brethren, my heart’s desire and prayer to God for Israel is that they may be saved.

Rom. 10:2, “For I bear them witness that they have a zeal for God, but not according to knowledge.”

For whom should we pray:

“A Song. A Psalm of the sons of Korah. To the Chief Musician. Set to ‘Mahalath Leannoth.’ A Contemplation of Heman the Ezrahite.

Psa. 88:1, “O LORD, God of my salvation, I have cried out day and night before You.

Psa. 88:2, “Let my prayer come before You; Incline Your ear to my cry.

Psa. 88:3, “For my soul is full of troubles, and my life draws near to the grave.

Psa. 88:4, “I am counted with those who go down to the pit; I am like a man who has no strength,

Psa. 88:5, “Adrift among the dead, like the slain who lie in the grave, whom You remember no more, and who are cut off from Your hand.

Psa. 88:6, “You have laid me in the lowest pit, in darkness, in the depths.”

For whom should we pray:

Psa. 88:7, “Your wrath lies heavy upon me, and You have afflicted me with all Your waves. Selah

Psa. 88:8, “You have put away my acquaintances far from me; You have made me an abomination to them; I am shut up, and I cannot get out;

Psa. 88:9, “My eye wastes away because of affliction. LORD, I have called daily upon You; I have stretched out my hands to You.

Psa. 88:10, “Will You work wonders for the dead? Shall the dead arise and praise You? Selah”

For whom should we pray:

2. Pray for those we know who are afflicted with various problems in life.

Moses in Exodus 32:9–16 and Num. 14:11–21, but I will just look at one, Psalm 90.

For whom should we pray:

Psa. 90:13, “Return, O LORD! How long? And have compassion on Your servants.

Psa. 90:14, “Oh, satisfy us early with Your mercy, that we may rejoice and be glad all our days!

Psa. 90:15, “Make us glad according to the days in which You have afflicted us, the years in which we have seen evil.

Psa. 90:16, “Let Your work appear to Your servants, and Your glory to their children.

Psa. 90:17, “And let the beauty of the LORD our God be upon us, and establish the work of our hands for us; Yes, establish the work of our hands.”

For whom should we pray:

3. The government: National, State, County, City, School boards.

1 Tim. 2:1, “Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men,

1 Tim. 2:2, “for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence.

1 Tim. 2:3, “For this is good and acceptable in the sight of God our Savior,

1 Tim. 2:4, “who desires all men to be saved and to come to the knowledge of the truth.

1 Tim. 2:5, “For there is one God and one Mediator between God and men, the Man Christ Jesus,

1 Tim. 2:6, “who gave Himself a ransom for all, to be testified in due time,

1 Tim. 2:7, “for which I was appointed a preacher and an apostle—I am speaking the truth in Christ and not lying—a teacher of the Gentiles in faith and truth.”

For whom should we pray:

4. Prayer for personal situations

Family members: parents, children, siblings

Friends, acquaintances, work colleagues

Church, Pastor, missionaries

Pray for wisdom and understanding of the Scriptures that we may know God better.

Eph. 1:17, “that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him,

Eph. 1:18, “the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,”

Pray that we may be filled with the knowledge of His will and walk worthy before Him.

Col. 1:9, “For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding;

Col. 1:10, “that you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God;

Col. 1:11, “strengthened with all might, according to His glorious power, for all patience and longsuffering with joy;”

Pray for strength in our spiritual struggles against temptation.

Pray for discipline in our Bible reading, memorization, and prayer time.

Pray that we can learn to prioritize our time better.

Pray for discernment and knowledge with love.

Pray for others to respond to the Lord's testing in a way that moves them to spiritual maturity.

Php. 1:9, “And this I pray, that your love may abound still more and more in knowledge and all discernment,

Php. 1:10, “that you may approve the things that are excellent, that you may be sincere and without offense till the day of Christ,

Php. 1:11, “being filled with the fruits of righteousness which are by Jesus Christ, to the glory and praise of God.”