

THE SCHOOL OF PRAYER

OVERCOMING THE BARRIERS TO PRAYER

Hebrews 4:14-16

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For we do not have a high priest who cannot sympathize with our weaknesses, but one who has been tempted in all things as we are, yet without sin. Hebrews 4:15

What are the things that so often keep us from real prayer?

1. We don't understand that He understands our weaknesses.

- A. Jesus has experienced your temptations to the maximum.
- B. Jesus doesn't define you by your weaknesses.

2. We don't realize that He welcomes us to throne of grace.

*Let us therefore draw near with confidence to the throne of grace ...
Hebrews 4:16*

- A. Jesus paved the way to the throne.
- B. God sits on a throne of grace, not judgment.
- C. God wants you to feel safe in sharing your heart.
Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us. Psalm 62:8

3. We don't believe that He really wants to help us.

*... that we may receive mercy and find grace to help in time of need.
Hebrews 4:16*

- * God has mercy and grace to help you.
*So let's walk right up to Him and get what He is so ready to give.
Take the mercy, accept the help. Hebrews 4:16 Msg*

Since this is the real truth, will you come boldly to Him?