

HOW TO PRAY WHEN YOU HAVEN'T GOT A PRAYER
SPEAKER: BUDDY OWENS
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1. CRY OUT TO GOD.

"I **cried out** to God for help; I cried out to God to hear me. When I was in distress, I **sought [out]** the Lord; at night I **stretched out** untiring hands and my soul refused to be comforted." Psalm 77:1-2 (NIV)

"He will deliver the needy who cry out, the afflicted who have no one to help." Psalm 72:12 (NIV)

"I sought the Lord, and He answered me; He delivered me from all my fears." Psalm 34:4 (NIV)

"My spirit grows faint within me; my heart within me is dismayed. I spread out my hands to You; my soul thirsts for You like a parched land. Selah. Answer me quickly, O Lord; my spirit fails. Do not hide Your face from me or I will be like those who go down to the pit. Let the morning bring me word of Your unfailing love, for I have put my trust in You. Show me the way I should go, for to You I lift up my soul." Psalm 143:4-8 (NIV)

2. ADMIT YOUR FEELINGS AND FEARS.

"I remembered You, O God, and I groaned . . ." Psalm 77:3 (NIV)

"The Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit Himself intercedes for us with groanings too deep for words." Romans 8:26 (ESV)

". . . I mused, and my spirit grew faint." Psalm 77:3 (NIV)

"You kept my eyes from closing; I was too troubled to speak." Psalm 77:4 (NIV)

"I thought about the former days, the years of long ago; I remembered my songs in the night. My heart mused and my spirit inquired: "Will the Lord reject forever? Will He never show His favor again? Has His unfailing love vanished forever? Has His promise failed for all time? Has God forgotten to be merciful? Has He in anger withheld His compassion?" Selah Psalm 77:5-9 (NIV)

3. APPEAL TO GOD'S FAITHFULNESS.

"Then I thought, 'To this I will appeal: the years of the right hand of the Most High.' I will remember the deeds of the LORD; yes, I will remember Your miracles of long ago. I will meditate on all Your works and consider all Your mighty deeds." Psalm 77:10-12 (NIV)

"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things . . . And the God of peace will be with you." Philippians 4:8-9 (NIV)

4. TURN YOUR COMPLAINTS INTO PRAISE.

"Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!" Habakkuk 3:17-18 (NLT)

"Your ways, O God, are holy. What god is so great as our God? You are the God who performs miracles; You display Your power among the peoples. With Your mighty arm You redeemed Your people, the descendants of Jacob and Joseph. Selah." Psalm 77:13-15 (NIV)

"The waters saw You, O God, the waters saw You and writhed; the very depths were convulsed. The clouds poured down water, the skies resounded with thunder; Your arrows flashed back and forth. Your thunder was heard in the whirlwind, Your lightning lit up the world; the earth trembled and quaked. Your path led through the sea, Your way through the mighty waters, **though Your footprints were not seen.**

Psalm 77:16-19 (NIV)

5. FOLLOW FEARLESSLY.

"You led Your people like a flock by the hand of Moses and Aaron." Psalm 77:20 (NIV)

"When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the Lord, your God, the Holy One of Israel, your Savior."

Isaiah 43:2-3 (NIV)