

How to Enjoy God in Prayer

I. Real prayer is nothing but waiting on God and breathing in God; breathing God is to absorb God:

A. In order to breath in God through prayer, we must **appear** before God—Psa. 42:1-2.

Psa. 42:1-2 *As the hart pants / After the streams of water, / So my soul pants / For You, O God. My soul thirsts for God, / For the living God. / When will I come and appear / Before God?*

1. When we pray, we close our eyes not only to concentrate but also to stop our outward being; our outward being often wanders with our eyes.
 2. After we stop our entire being and shut the door to the outside world, we will be able to turn to the deepest part of our being and exercise our spirit.
 3. When we turn to exercise our spirit, we immediately touch God and appear before Him in our spirit; we must reach God.
- B. After touching God in our spirit we should be **silent** and calm; we must learn the lesson of not opening our mouth quickly; we do not need to shout and cry when we touch God:
1. We must learn a serious lesson in prayer; we must turn our being away from the outside world and stop our entire being and turn to our spirit and remain there silently.
 2. The more intimate we are with a person, the more silent we can be when we are with that person; simply by looking at each other our sentiments are conveyed without speaking.
- C. When we come before God in prayer, we must learn to stop our speaking, to cut off our words, and to simply turn to our spirit to appear before Him, touch Him, **behold** Him in silence, and gaze upon Him—Psa. 27:4:

Psa. 27:4 *One thing I have asked from Jehovah; / That do I seek: / To dwell in the house of Jehovah / All the days of my life, / To behold the beauty of Jehovah, / And to inquire in His temple.*

1. Beholding the beauty of the Lord is to look at the Lord in our spirit and to gaze on Him.
 2. We need to look at Him again and again, beholding, appreciating, and even treasuring Him; this is very sweet and necessary; this is to absorb God and enjoy Him.
- D. When we open our mouth, we do not need to ask or beg, but we can **inquire**; the best prayer is an inquiring prayer and this is the sweetest prayer:
1. Many brothers and sisters have never inquired of the Lord, they only ask and beg; if we simply implore God when we pray, in reality, we are the Lord in this matter.
 2. There are times when we do things according to the index of a person's eyes; this is how we should pray.
 3. Those who have never learned this lesson of inquiring are wild and reckless in their prayers; but the Lord answers in a fine, gentle and proper way.
 4. The best prayer is an inquiring prayer, but inquiring can only happen when a person is calm.
- E. Next, we should learn to **wait** on God; this is a trying lesson:
1. Many times when God asks us to do something for Him, He does not force us; He waits until we are ready; if God can wait on us, should we not wait on Him?
 2. Waiting on God is to allow Him to determine the timing; we cannot dictate the time; He dictates the time and we need to wait.
- F. We also need to learn to **muse** or meditate on everything about God; His loveliness, His lovingkindness, His dignity, His glory, His attributes, and His acts:

1. What touches God's heart the most and gives Him the sweetest thought is our musing on Him in His presence—Psa. 104:34

Psa. 104:34 *May my musing be sweet to Him; / I will rejoice in Jehovah.*

2. We can muse on His dealing with us and with the saints of old, on the sweetness of His person; we can meditate on His desire, love, patience, character, glory, and sweetness; in this musing we absorb God and His element fills us.
 3. In our prayers we should forget about ourselves and spend more time to muse on Him, allowing Him and His acts to fill our spiritual eyes and our inward senses; God treasures this kind of musing; He appreciates this kind of meditation.
- G. As we touch Him, remain in Him, behold His loveliness, converse with Him, inquire of Him, and wait on Him, and muse upon Him, we should **worship** Him:
1. We should worship Him in our spirit and with our whole being; we should attune our entire being to His holy splendor and worship Him in Holy splendor—Psa. 29:2

Psa. 29:2 *Ascribe to Jehovah the glory of His name; / Worship Jehovah in holy splendor.*

2. We should prostrate ourselves before Him and offer Him our worship.
- H. We should also **praise** God; praise always follows worship; as we muse upon a certain matter, praises should flow forth from within us.
- I. We also should learn to participate in **intercessory** work; if we are able to spend more time before God, He will surely tell us the things that concern Him:
1. As we remain in God, muse upon Him, worship Him, and praise Him, He reveals His desire to us, and we intercede by inquiring; this kind of prayer is sweet.
 2. As soon as we know these things, we need to do the work of intercession in the form of inquiring; this is the best intercession.
- J. We also need to **allow God to finish** His speaking; this is what Abraham did; he prayed but God spoke—Gen. 18:33:

Gen. 18:33 *And Jehovah went away as soon as He had finished speaking with Abraham, and Abraham returned to his place.*

1. Many times in our prayers we go away as soon as we have finished speaking.
2. In our prayers we have no thought of God speaking but rather we go away as soon as we finish our speaking.

II. Enjoying God by praying at set times:

A. Old Testament examples:

Psa. 119:164 *Seven times a day I praise You / For Your righteous ordinances.*

Psa. 55:17 *Evening and morning and at noontime / I complain and moan, / And He hears my voice.*

Dan. 6:10 *Now when Daniel came to know that the writing had been signed, he went to his house (in his upper room he had windows open toward Jerusalem) and three times daily he knelt on his knees and prayed and gave thanks before his God, because he had always done so previously.*

B. New Testament examples:

Acts 10:30 *And Cornelius said, Four days ago to this hour I was praying at the ninth hour in my house.*

Acts 10:9 *And on the next day as they were journeying and drawing near to the city, Peter went up on the housetop to pray around the sixth hour.*