



**Supplication**

## **It is time to seek the Lord.**

Supplication is a noun which means "to plead humbly."

While a **supplication** is often thought of as a religious prayer (it is used 60 times in **the Bible**), it can logically be applied to any situation in which you must entreat someone in power for help or a favor.

### **The difference between prayer and supplication**

Supplication is a form of prayer but considered as kneeling down and bending down in which someone makes a humble petition or an entreaty God. Prayer, however, can be defined as sincere thanksgiving or requests made to

#### **Philippians 4:6 - 7**

Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. [7] And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Imagine never worrying about anything! It seems like an impossibility; we all have worries on the job, in our homes, at school. But Paul's advice is to turn our worries into prayers. Do you want to worry less? Then pray more! Whenever you start to worry, stop and pray.

God's peace is different from the world's peace (see John 14:27). True peace is not found in positive thinking, in absence of conflict, or in good feelings. It comes from knowing that God is in control. Our citizenship in Christ's Kingdom is sure, our destiny is set, and we can have victory over sin. Let God's peace guard your heart against anxiety.

What we put into our mind determines what comes out in our words and actions. Paul tells us to program our mind with thoughts that are true, honorable, right, pure, lovely, admirable, excellent, and worthy of praise. Do you have problems with impure thoughts and daydreams? Examine what

you are putting into your mind through television, Internet, books, conversations, movies, and magazines. Replace harmful input with wholesome material. Above all, read God's Word and pray. Ask God to help you focus your mind on what is good and pure. It takes practice, but it can be done.

### **Discuss your faith.**

**James 5:16** - Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

People in the church are not alone. Members of Christ's body should be able to count on others for support and prayer, especially when they are sick or suffering. The elders should be on call to respond to the illness of any member, and the church should be sensitive to the needs of all its members.

The "prayer offered in faith" does not refer to the faith of the sick person but to the faith of the people praying. God heals, faith doesn't, and all prayers are subject to God's will. But prayer is part of God's healing process.

Christ has made it possible for us to go directly to God for forgiveness. But confessing our needs to each other still has an important place in the life of the church.

(1) If we have sinned against an individual, we must ask him or her to forgive us.

(2) If our sin has affected the church, we must confess it publicly.

If we need loving support as we struggle with a sin, we should confess that need to those who are able to provide that support.

If we doubt God's forgiveness, after confessing a sin to him, we may wish to confess that need to a fellow believer for assurance of God's pardon. In Christ's Kingdom, every believer is a priest to other believers (1 Peter 2:9).

The Christian's most powerful resource is communion with God through prayer. The results are often greater than we thought were possible. Some people see prayer as a last resort to be tried when all else fails. This approach is backward. Prayer should come first. Because God's power is

infinitely greater than ours, it only makes sense to rely on it—especially because God encourages us to do so.

### **Come boldly to the throne of Grace.**

**Hebrews 4:16** - Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

Prayer is our approach to God, and we are to come "boldly." Some Christians approach God meekly with heads hung low, afraid to ask him to meet their needs. Others pray flippantly, giving little thought to what they say. Come with reverence because he is your King. But also come with bold assurance because he is your Friend and Counselor.

### **Cast all your care upon Jesus.**

**1 Peter 5:7** - Casting all your care upon him; for he careth for you.

Carrying your worries, stresses, and daily struggles by yourself shows that you have not trusted God fully with your life. It takes humility, however, to recognize that God cares, to admit your need, and to let others in God's family help you. Sometimes we think that struggles caused by our own sin and foolishness are not God's concern. But when we turn to God in repentance, he will bear the weight even of those struggles. Letting God have your anxieties calls for action, not passivity. Don't submit to circumstances but to the Lord, who controls circumstances.

### **Honor the name of the Father in Prayer.**

**Matthew 6:9-13** - After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. [10] Thy kingdom come. Thy will be done in earth, as it is in heaven. [11] Give us this day our daily bread. [12] And forgive us our debts, as we forgive our debtors. [13] And lead us not

into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

### **Pray without ceasing.**

**1 Thessalonians 5:17** - Pray without ceasing.

We cannot spend all our time on our knees, but it is possible to have a prayerful attitude at all times. This attitude is built upon acknowledging our dependence on God, realizing his presence within us, and determining to obey him fully. Then we will find it natural to pray frequent, spontaneous, short prayers. A prayerful attitude is not a substitute for regular times of prayer but should be an outgrowth of those times.

Paul said that believers should never stop praying. A Christian's persistence is an expression of faith that God answers prayer. Faith shouldn't die if the answers come slowly, for the delay may be God's way of working his will. When you feel tired of praying, know that God is present, always listening, always answering—in ways that he knows are best.

### **Abide under the shadow of the Almighty.**

**Psalms 91:1-16** - He that dwelleth in the secret place of the most high shall abide under the shadow of the Almighty.

God is a shelter, a refuge when we are afraid. The writer's faith in God as protector would carry him through all the dangers and fears of life. This should be a picture of our trust—trading all our fears for faith in him, no matter how intense our fears. To do this we must "live" and "rest" with him (91:1). By entrusting ourselves to his protection and pledging our daily devotion to him, we will be kept safe.

**God will not allow you to be tempted more than you able to bear.**

**1 Corinthians 10:13** - There hath no temptation taken you but such as is common to man: but God [is] faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear [it].

In a culture filled with moral depravity and sin-inducing pressures, Paul encouraged the Corinthians about temptation. He said that

- (1) Temptations happen to everyone, so don't feel you've been singled out;
- (2) Others have resisted temptation, and so can you;
- (3) Any temptation can be resisted because

God will show you a way out. God will aid you in resisting temptation by helping you

- (1) Recognize those people and situations that give you trouble,
- (2) Run from anything you know is wrong,
- (3) Choose to do only what is right,
- (4) Pray for God's help, and
- (5) Seek friends who love God and can offer help when you are tempted.

Running from a tempting situation is your first step on the way to victory (see 2 Timothy 2:22).

### **Pray to God in secrete.**

**Matthew 6:6** - But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

Some people, especially the religious leaders, wanted to be seen as "holy," and public prayer was one way to get attention. Jesus saw through their self-righteous acts, however, and taught that the essence of prayer is not public style but private communication with God. There is a place for public prayer, but to pray only where others will notice you indicates that your real audience is not God.

Some have concluded that Jesus' directions about private prayer call into question all public prayer. Jesus' own practice indicates this wasn't his

intention. The Gospels record Jesus at prayer both privately ([14:23](#)) and publicly ([14:18, 19](#)).

Again, Jesus was drawing attention to the motives behind actions. The point really wasn't a choice between public and private prayer but between heartfelt and hypocritical prayer. When asked to pray in public, focus on addressing God, not on how you're coming across to others.

### **Men should always pray.**

**Luke 18:1** - And he spake a parable unto them [to this end], that men ought always to pray, and not to faint;

To persist in prayer and not give up does not mean endless repetition or painfully long prayer sessions. Constant prayer means keeping our requests continually before God as we live for him day by day, believing he will answer.

When we live by faith, we are not to give up. God may delay answering, but his delays always have good reasons. As we persist in prayer, we grow in character, faith, and hope.

### **Through obedience, God will set you above all other nations.**

### **Let the afflicted pray.**

**James 5:13** - Is any among you afflicted? Let him pray. Is any merry? Let him sing psalms.

A person with a reputation for exaggeration or lying often can't get anyone to believe him on his word alone. Christians should never become like that. Always be honest so that others will believe your simple yes or no. By

avoiding lies, half-truths, and omissions of the truth, you will become known as a trustworthy person.

### **The riches in God's glory shall supply all your needs.**

**Philippians 4:19** - But my God shall supply all your need according to his riches in glory by Christ Jesus.

We can trust that God will always meet our needs. Whatever we need on earth he will always supply, even if it is the courage to face death as Paul did.

Whatever we need in heaven he will supply. We must remember, however, the difference between our wants and our needs. Most people want to feel good and avoid discomfort or pain. We may not get all that we want. By trusting in Christ, our attitudes and appetites can change from wanting everything to accepting his provision and power to live for him.

### **The inward man is renewed day by day.**

**2 Corinthians 4:16** - For which cause we faint not; but though our outward man perish, yet the inward [man] is renewed day by day.

It is easy to lose heart and quit. We all have faced problems in our relationships or in our work that have caused us to think about giving up. Rather than quitting when persecution wears us down,

Paul concentrated on the inner strength that came from the Holy Spirit ([Ephesians 3:16](#)). Don't let fatigue, pain, or criticism force you off the job.

Renew your commitment to serving Christ. Don't forsake your eternal reward because of the intensity of today's pain. Your very weakness allows

the resurrection power of Christ to strengthen you moment by moment.

### **Pray that you do not enter temptation.**

**Matthew 26:41** - Watch and pray, that ye enter not into temptation: the spirit indeed [is] willing, but the flesh [is] weak.

Jesus used Peter's drowsiness to warn him about the kinds of temptation he would soon face. The way to overcome temptation is to keep alert and pray. Keeping alert means being aware of the possibilities of temptation, sensitive to the subtleties, and spiritually equipped to fight it.

Because temptation strikes where we are most vulnerable, we can't resist it alone. Prayer is essential because God's strength can shore up our defenses and defeat Satan's power.

### **Do not use vain repetition in prayer.**

**Matthew 6:7** - But when ye pray, use not vain repetitions, as the heathen [do]: for they think that they shall be heard for their much speaking.

Repeating the same words over and over like a magic incantation is no way to ensure that God will hear your prayer. It's not wrong to come to God many times with the same requests—Jesus encourages *persistent* prayer. But he condemns the shallow repetition of words that are not offered with a sincere heart.

We can never pray too much if our prayers are honest and sincere. Before you start to pray, make sure you mean what you say.

### **Christ died for us while we were yet sinners.**

**Romans 5:8** - But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

*While we were still sinners*— these are amazing words. God sent Jesus Christ to die for us, not because we were good enough, but just because he loved us. Whenever you feel uncertain about God's love for you, remember that he loved you even before you turned to him.

### **Ask, seek and find.**

#### **Matthew 7:7-11**

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: [8] for every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. [9] Or what man is there of you, whom if his son ask bread, will he give him a stone? [10] Or if he ask a fish, will he give him a serpent? [11] If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?

Jesus tells us to persist in pursuing God. People often give up after a few halfhearted efforts and conclude that God cannot be found. But knowing God takes faith, focus, and follow-through, and Jesus assures us that we will be rewarded. Don't give up in your efforts to seek God. Continue to ask him for more knowledge, patience, wisdom, love, and understanding. He will give them to you.

The children in Jesus' example asked their father for bread and fish— good and necessary items. If the children had asked for a poisonous snake, would the wise father have granted the request?

Sometimes God knows we are praying for "snakes" and does not give us what we ask for, even though we persist in our prayers. Nor will God give us "stones" or "snakes" instead of what we need.

As we learn to know God better as a loving Father, we learn to ask for what is good for us, and then he grants it.

Christ is showing us the heart of God the Father. God is not selfish, begrudging, or stingy, and we don't have to beg or grovel as we come with our requests. He is a loving Father, who understands, cares, and comforts. If humans can be kind, imagine how kind God, the Creator of kindness, can be.

Jesus used the expression "you sinful people" to contrast sinful and fallible human beings with the holy and perfect God.

### **Trust Christ to care for you in the future.**

#### **Matthew 6:31-33**

Therefore take no thought, saying, what shall we eat? Or, what shall we drink? Or, Wherewithal shall we be clothed? [32] (For after all these things do the Gentiles seek :) for your heavenly Father knoweth that ye have need of all these things. [33] But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

To "seek the Kingdom of God above all else" means to put God first in your life, to fill your thoughts with his desires, to take his character for your pattern, and to serve and obey him in everything. What is really important to you? People, objects, goals, and other desires all compete for priority. Any of these can quickly become most important to you if you don't actively choose to give God first place in *every area* of your life.

#### **Rev. 3:20**

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

#### **To ask Jesus to come into your heart, please pray this Prayer:**

Dear Lord Jesus, I believe you are the Christ, the Son of the Living God. I ask you to forgive me of my sins and coming into my heart. I accept you as savior and will follow you as Lord. Amen.

#### **References:**

Holy Bible: King James Translation

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Additional comments and charts are taken from: *Life Application Study Bible*. Illinois:  
Tyndale