

# The Biblical Way to Talk to God — Most Christians Don't Do This

By System Import | Sermon | March 14, 2026

---

## The Biblical Way to Talk to God — Most Christians Don't Do This

We have all been there. You kneel down by your bed, or you sit in your car before work, and you close your eyes to pray. You start with "Dear God," and then... you hit a wall. You recite a list of needs. You thank Him for the food. You ask for protection. And then, silence. It feels like you are talking to the ceiling. It feels like you are leaving a voicemail on a phone that no one ever checks. You wonder, "Is this it? Is this the power that raised Jesus from the dead? Is this the communion that the saints died for?" The truth is, most of us have been taught to talk at God, but we have never been taught how to talk with God. We treat prayer like a transaction—a spiritual vending machine where we insert our requests and hope for a blessing—rather than a transformation. And before we dive in, if this message is already stirring something in you, hit the subscribe button and stay connected to God's Word daily, because what we are about to discuss is the key to unlocking the heavens over your life.

The tragedy of modern Christianity is that we have sanitized prayer. We have made it polite, formulaic, and safe. But when you open the Bible, the prayers you see are rarely polite. They are raw. They are dangerous. They are desperate. They involve shouting, weeping, listening, arguing, and profound silence. The men and women of Scripture didn't just say prayers; they wrestled with God. They understood that prayer was not a monologue, but a collision between the will of man and the will of God. They knew a secret that most of us miss: The goal of prayer is not to get what we want from God; the goal of prayer is to get God.

If your prayer life feels dry, boring, or powerless, it is not because God has moved; it is because you are using a method that He never designed. You are trying to have a relationship using a religious script. Today, we are going to dismantle the religious way of praying and rebuild the biblical way. We are going to look at seven lost arts of biblical prayer—seven ways of talking to God that Jesus, David, and Paul modeled, but that most churches rarely teach. This is an invitation to stop "saying prayers" and start entering the Throne Room.

### Number 1: The Lost Art of Lament — Being brutally Honest

If you grew up in church, you were likely taught that you should always approach God with reverence, praise, and a "good attitude." You were taught to be polite. And while reverence is vital, this teaching has led to a generation of believers who are terrified to tell God how they really feel. We put on a "spiritual mask" before we pray. We suppress our anger, our disappointment, our confusion, and our grief, thinking that if we express them, we are lacking faith. But the Bible tells a completely different story. Over one-third of the Psalms are "Psalms of Lament." These are not

# The Biblical Way to Talk to God — Most Christians Don't Do This

By System Import | Sermon | March 14, 2026

---

happy songs. These are gut-wrenching cries of "Why?" and "How long?" and "Where are You?"

David, a man after God's own heart, didn't filter his emotions. In Psalm 13, he screams, "How long, LORD? Will you forget me forever? How long will you hide your face from me?" Jeremiah, the weeping prophet, accused God of deceiving him (Jeremiah 20:7). Even Jesus, on the cross, cried out the ultimate lament: "My God, my God, why have you forsaken me?" (Matthew 27:46). This is the first "Biblical way" we are missing: Honesty. God cannot heal who you are pretending to be. He can only meet you where you actually are. If you are angry, tell Him. If you are disappointed that He didn't answer your prayer, tell Him. If you feel abandoned, say it.

Why is this so important? Because intimacy requires truth. You cannot be intimate with someone you are lying to. When you try to hide your negative emotions from God, you build a wall between your heart and His. But when you pour out your complaint, you are actually demonstrating profound faith. You are saying, "God, I am hurt, but I am bringing my hurt to You because I believe You are the only one who can handle it." Lament is not rebellion; it is an act of trust. It is the bridge that takes you from pain to praise. Most Christians skip the lament and try to jump straight to the praise, and that is why their praise feels hollow. You must pour out the poison before you can be filled with the fresh water. Start talking to God about your pain. He is big enough to handle your honesty.

## Number 2: The Practice of Listening Him — Stopping the Monologue

If you recorded your prayer times, what percentage would be you talking, and what percentage would be you listening? For most of us, it is 99% talking. We give God our laundry list of needs, we say "Amen," and we walk away. We treat God like a celestial secretary—we dictate the memo and expect Him to file it. But prayer in the Bible is a dialogue, not a monologue. Jesus said, "My sheep listen to my voice; I know them, and they follow me" (John 10:27). You cannot follow a voice you never take the time to hear.

The prophet Elijah learned this lesson the hard way. In 1 Kings 19, he was desperate for a word from God. There was a great wind, an earthquake, and a fire—loud, noisy, dramatic events. But the Bible says, "The LORD was not in the wind... not in the earthquake... not in the fire." Where was He? He was in the "gentle whisper" (or the "still, small voice" that came after). God rarely shouts. He whispers. Why? Because He wants you to come close. A whisper requires intimacy. It requires you to lean in. It requires you to shut out the noise of the world so you can catch the breath of God.

The biblical way to talk to God involves long periods of silence. It involves sitting with your Bible

# The Biblical Way to Talk to God — Most Christians Don't Do This

By System Import | Sermon | March 14, 2026

---

open and saying, "Speak, LORD, for your servant is listening" (1 Samuel 3:9). It involves asking a question and then waiting for an impression, a scripture, or a thought to drop into your spirit. We are often uncomfortable with silence because we feel like we aren't "doing" anything. But in the silence, God is doing everything. He is downloading His wisdom into your spirit. He is realigning your heart. If you want to transform your prayer life, try this: for every minute you spend talking to God, spend one minute waiting on God. Stop the monologue. Start the conversation.

## Number 3: Praying with Authority — The Shift from Begging to Decreeing

There is a massive difference between begging God to do something He has already told you to do, and commanding the situation to align with God's will. Many Christians spend their lives begging God to defeat the devil, begging God to give them peace, begging God to move a mountain. But Jesus gave us a very different instruction. In Mark 11:23, He didn't say, "Pray to God about the mountain." He said, "Speak to the mountain." He said, "Truly I tell you, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart... it will be done for them."

This is the prayer of Authority. We are the Body of Christ. We have been given the "keys of the kingdom" (Matthew 16:19). Whatever we bind on earth is bound in heaven, and whatever we loose on earth is loosed in heaven. When you are facing a demonic attack, a sickness, or a situation that contradicts God's Word, the biblical way is not to beg God to fix it; it is to stand in your delegated authority and command it to bow to the name of Jesus. You don't beg the darkness to leave; you turn on the light.

Imagine a police officer stopping a truck. Does the officer get on his knees and beg the truck driver to stop? No. He holds up his hand. He has the authority of the state behind him. You have the authority of the Kingdom of Heaven behind you. Instead of praying, "God, please take this fear away," try praying, "Spirit of fear, I command you to leave in the name of Jesus. I speak peace over my mind." Instead of praying, "God, please help my family stop fighting," try praying, "I bind the spirit of division in this home and I loose the spirit of unity." This is not magic; this is enforcing the victory of the Cross. Stop begging God to fight a battle He has already won for you. Pick up your sword and speak.

## Number 4: Praying Scripture — Speaking God's Language

One of the biggest reasons we get bored or discouraged in prayer is that we run out of things to say. We pray for our Aunt's hip, our finances, and the weather, and then we are done. Our prayers are limited by our own vocabulary and our own limited understanding of the situation. But there is a

# The Biblical Way to Talk to God — Most Christians Don't Do This

By System Import | Sermon | March 14, 2026

---

way to pray that never runs dry and is 100% effective every single time: Praying the Word of God.

God has given us a language. When we pray Scripture back to Him, we are praying His own will. Isaiah 55:11 says, "So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it." When you speak God's Word, you are releasing a force that cannot fail. It is like signing a check with God's signature on it; it clears every time.

Instead of praying, "God, bless my children," find a scripture. Pray, "Lord, You said that all my children shall be taught by the Lord, and great shall be the peace of my children (Isaiah 54:13. So I claim that peace for them today." Instead of praying, "God, I need money," pray, "Lord, You said You would supply all my needs according to Your riches in glory (Philippians 4:19. I thank You for that provision." When you pray Scripture, you shift from praying your problems to praying God's promises. You stop praying from earth up to heaven, and you start praying from heaven down to earth. Open your Bible, find the promise that fits your problem, and read it back to God. He watches over His word to perform it (Jeremiah 1:12.

## Number 5: The Prayer of Surrender — The Gethsemane Key

We often treat prayer as a way to get our will done in heaven. We have a plan, we have a timeline, and we want God to sign off on it. We treat God like a cosmic genie. But the highest form of prayer is not getting God to do what we want; it is aligning ourselves with what He wants. This is the prayer of surrender, the prayer of Gethsemane.

In the Garden of Gethsemane, Jesus prayed the hardest prayer in human history. He was facing the cross. His sweat was like drops of blood. His human will recoiled from the pain. He prayed, "Father, if you are willing, take this cup from me." That was an honest request (Lament. But then He prayed the sentence that saved the world: "Yet not my will, but yours be done." (Luke 22:42.

This is the prayer of maturity. It is the point where you lay down your "good idea" to pick up God's "God idea." Most Christians don't do this because they are afraid. We are afraid that God's will is going to be miserable. We trust our plan more than His. But Romans 12:2 tells us that God's will is "good, pleasing and perfect." Surrender is not losing; surrender is winning. Surrender is stopping the fight against the current of God's grace and letting it carry you to a destination better than you could have planned.

If you are stuck in a situation that won't move, try switching your prayer. Stop praying, "God change this," and start praying, "God, change me." Stop praying, "God, give me this," and start

# The Biblical Way to Talk to God — Most Christians Don't Do This

By System Import | Sermon | March 14, 2026

---

praying, "God, I want what You want, even if it looks different than what I thought." This breaks the idol of control in your life. It releases the pressure. When you truly surrender, you can't lose, because your definition of "winning" becomes "whatever God wants." That is a place of perfect peace.

## Number 6: Persistence — The refusal to Let Go

We live in an instant gratification culture. If a webpage takes 5 seconds to load, we click away. And we bring this mindset to prayer. If we pray for something once or twice and don't see a result, we assume, "It must not be God's will," and we quit. But Jesus told a specific parable to combat this very tendency—the Parable of the Persistent Widow in Luke 18.

Jesus told this story "to show them that they should always pray and not give up." A widow kept coming to an unjust judge, demanding justice. The judge didn't care about her or God, but because she kept bothering him, he granted her request. Jesus's point wasn't that God is an unjust judge who needs to be annoyed into helping us. His point was a contrast: If an evil judge will respond to persistence, how much more will a loving Father vindicate His chosen ones who cry out to him day and night?

There is a spiritual dynamic to persistence. It's not about changing God's mind; it's about building your capacity to receive. It's about spiritual warfare. In Daniel 10, Daniel prayed for 21 days. The angel told him that the prayer was heard on Day 1, but a demonic principality (the Prince of Persia) blocked the answer for three weeks. Daniel's persistence was the force that sustained the battle until the breakthrough came. If Daniel had quit on Day 20, he would have missed the answer.

Most Christians stop digging three feet from gold. They pray for a week and give up. The biblical way is to grab hold of the horns of the altar and say, like Jacob, "I will not let you go unless you bless me" (Genesis 32:26). It is a holy stubbornness. It is the refusal to take "no" from the enemy. If you have a promise from God, keep knocking. Keep asking. Keep seeking. The door will be opened.

## Number 7: Intimacy Over Formality — The "Abba" Cry

Finally, the most transformative shift you can make is moving from "religious" prayers to "relational" prayers. We often use a special "prayer voice." We use theological words we never use in real life. We try to sound holy. But God is not impressed by your vocabulary; He is moved by your vulnerability. He doesn't want a performance; He wants a child.

In Romans 8:15, Paul says, "The Spirit you received does not make you slaves, so that you live in

# The Biblical Way to Talk to God — Most Christians Don't Do This

By System Import | Sermon | March 14, 2026

---

fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, 'Abba, Father.'" The word Abba is Aramaic. It is a term of extreme endearment, closer to "Daddy" or "Papa." It is the word a small child uses when they run into their father's arms.

Jesus revolutionized prayer by starting the Lord's Prayer with "Our Father." In the Old Testament, God was the Almighty, the Holy One, the Creator. Jesus said, "When you talk to Him, call Him Dad." This changes the entire atmosphere of prayer. You don't have to make an appointment with your Dad. You don't have to use formal language with your Dad. You can just talk. You can tell Him about your day. You can sit in His lap.

Most Christians are praying to a CEO, or a Judge, or a distant Force. That creates distance and fear. Start praying to your Father. Talk to Him while you drive. Talk to Him while you do dishes. Include Him in the mundane details of your life. This constant, running conversation is what the Bible calls "praying without ceasing" (1 Thessalonians 5:17). It's not about being on your knees 24 hours a day; it's about living in a constant state of connection with your Father.

## Conclusion

The biblical way to talk to God is rich, wild, and deeply personal. It is far more than the safe, sanitized prayers we are used to.

It is the honesty of Lament, pouring out our true hearts. It is the discipline of Listening, waiting for the whisper. It is the power of Authority, commanding mountains to move. It is the precision of Praying Scripture, using God's own words. It is the humility of Surrender, aligning with His will. It is the grit of Persistence, refusing to give up. And above all, it is the intimacy of crying "Abba," knowing we are loved children of the King.

Don't settle for a dry, one-way monologue. God is inviting you into a conversation that will change your life. Start today. Pick one of these "lost arts" and practice it. Be honest. Be quiet. Be bold. Just be real. He is listening.

Before you go, make sure to subscribe, like this video, and share it with someone who needs encouragement today. And join us next time as we uncover another powerful truth from God's Word.