

LESSON 3: LEARNING TO PRAY

DAY 15

1. What is prayer? (Psalm 5:2-3)

{prayer}

PRAYER IS THE ACT OF LIFTING YOUR VOICE UP TO GOD TO SPEAK TO HIM. THE HEBREW WORD FOR PRAYER – *PALAL* – MEANS TO PRAY, INTERVENE, INTERPOSE, JUDGE, AND MEDIATE.

P2P: What an awesome privilege we have to be able to directly talk with and listen to God in prayer.

2. Does God want us to pray? (1 Timothy 2:8)
3. How does God look at those who have repented and come to pray? (Proverbs 15:8-9)

P2P: Not only does God give you His attention during prayer, but these verses tell us that God delights in the prayers of the upright.

PRAY

Thank God for making Himself available when you pray. Praise Him for revealing so much about prayer in the Bible. Confess any unfaithfulness or laziness that has kept you from praying more often.

Pray about your own confession and forgiveness, asking for God's help to see your own sins and what sins you are holding against others. Then spend time confessing your sins and asking forgiveness and making sure to forgive any who have sinned against you. (2 Chronicles 7:14; Luke 18:13-14; Mark 11:25-26)

DAY 16

4. When should we pray? (Psalm 55:16-17)
5. When did Daniel take time to pray to God? (Daniel 6:10) How often are you setting aside time in your schedule to talk to God?
6. How often and with what attitude should we be praying? (Colossians 4:2; 1 Thessalonians 5:16-18)

P2P: The more we turn from our own ways and look to God, the more we will be drawn to pray to Him. There are dedicated times in our day that are set aside just for talking with God, like David and Daniel, but there is also a constancy of prayer as you walk with God throughout the day, acknowledging Him in all things.

P2P: Do you pray without ceasing, as you go throughout your day? What does that look like?

P2P: How do you think your behaviors would change if you went through your day, doing everything while praying?

PRAY

Spend time thanking God for the inspiring examples of David, Daniel and others on how often we ought to pray. Ask God to help you develop that kind of relationship with Him. Share all aspects of your life with Him. Ask for specific help in areas where you are struggling or having problems, that God would give you more strength.

Pray for others' salvation and forgiveness and ask God to help those you know are in need. Ask for these things with a heart like you were asking for your own self (love your neighbor as yourself). (Luke 22:31-32; 1 John 5:16; James 5:16; Job 42:7-10; 2 Thessalonians 1:11; Ephesians 3:14-21)

DAY 17

7. Where should we pray? (Matthew 6:5-6)

P2P: What is the message Jesus is giving us about where we pray in these verses? How many times have you ever prayed, or done anything religious, so others would think you were good?

P2P: Contemplate the intimacy you can have with God when you pray alone with Him. Is knowing God your primary focus?

8. Where are some places that men and woman of God have prayed?

2 Kings 4:32-33

Psalms 6:6-9

Isaiah 56:7

Matthew 14:23

Matthew 26:36

Mark 6:46

Luke 5:16

Acts 1:13-14

Acts 4:31

Acts 16:13

P2P: Do we always have to pray in a closet, or is Jesus making the point that we must not seek the attention of others, but only the attention of God?

P2P: Where are places that you go to pray to God?

P2P: Consider how you grow in love for others when you pray for them. See Luke 6:27-28.

9. Do you need to speak out loud when you pray or can you pray without sound, in your heart? How intimately does God know your thoughts without you speaking them? (1 Samuel 1:9-20; Psalm 139:1-4)

PRAY

Give God glory for sending His Son, Jesus Christ, so you can be reconciled to the Father and have direct access to Him through prayer. Thank God for knowing your thoughts intimately even when you don't speak anything to Him. Praise God for putting other believers in your life so you can pray with them. Pray for healing for yourself and/or others. (2 Kings 20:1-6; James 5:13-15)

DAY 18

10. What was the difference between the two men who came to pray in Luke 18? How does this affect your approach in coming before God? (Luke 18:9-14)

11. When you have specific needs in life, what should you do? (Philippians 4:6-7)

P2P: Oftentimes, we are anxious about life's challenges. Yet when we come before God to make our requests known, we are to come in a spirit of thanksgiving, not complaining in arrogance, but trusting in God with humility.

12. Does God truly care about you? (1 Peter 5:5-7)

P2P: Do you trust that God has your best interest at heart? Do you believe that putting your life and your requests in His hands is the best thing you can do?

13. According to whose desire and will should we pray? (Mark 14:32-36; James 4:2-6; 1 John 5:14-15)

14. What if we don't know how to pray or for what to pray? (Romans 8:26-27)

MEDITATE Do you realize that you can rely on the Spirit of God to help you and lead you in prayer? We don't know how to pray as we ought, but we can rely on the Holy Spirit to lead us in prayer if we ask Him to, believing He will.

PRAY Praise God for His willingness to replace your anxiety with peace when you pray. Thank Him for caring so deeply for you and for having your best interests at heart. Ask God to make His will for your life more clear. Give Him glory for the Holy Spirit's help with your prayers.

Pray for those who will go preach the gospel. (Matthew 9:35-38; Luke 10:1-2; 1 Thessalonians 5:23-25; 2 Thessalonians 3:1-2; Colossians 4:3; Ephesians 6:17-20)

DAY 19

15. Read the following scriptures and record what God says about answered prayer.

Matthew 21:21-22

Mark 11:22-24

John 14:12-14

John 15:7

John 15:16

John 16:23-27

Psalm 37:3-8

P2P: Do you trust God enough to allow Him to make the decisions that are best for your life and the lives of those around you? Jesus prayed in Mark 14:32-36 and asked God to take the cup of His crucifixion away from Him, but He added, “nevertheless, not what I will, but what You will” (verse 36). It was this heart of faith that helped Jesus to endure the cross, an action that saves every one of us and reconciles all things in heaven and on earth (Colossians 1:19-22).

God will give us the desires of our heart when we trust in Him and ask according to His will. He knows what is best for you. The question is, do you want what God knows is best for you? Would you want God to give you something that you requested if it wasn't truly good for you and those around you?

Often in prayer, our doubts are revealed. When you ask God for something, do you stop and think about whether it is something He wills to give you? If so, do you believe God will hear you and grant it to you? Cast your cares upon Him for He cares for you (1 Peter 5:7).

Pray with faith, believing and trusting in God, knowing that He will give you what you ask of Him when you ask according to His sovereign will.

PRAY

Praise and glorify God for answering the prayers of His people! Thank Him for answering specific prayers in your life. Beseech God to change your heart to conform to His perfect will. Bless His holy name for caring so much for you.

Pray for those who are imprisoned and persecuted for the gospel's sake. (Acts 12:1-24; Hebrews 13:3)

DAY 20

16. What gives us confidence to know that we have what we ask of God? (1 John 3:21-22)

P2P: Consider how keeping God's commandments and doing those things which are pleasing in His sight are key ingredients to answered prayer.

17. What specific things did Jesus tell us to pray for in Matthew 6? (Matthew 6:9-13)

P2P: How does Jesus' instruction of what to pray about look similar or different from the way you are currently praying? In what ways might you change your focus in prayer based on His instruction?

P2P: Getting to know God and who you are is something that happens through prayer. Your prayers reveal much of what is in your heart. Prayer is an opportunity to transform your heart by seeking His will (Romans 12:1-2). God directs you to pray according to His will, with faith, so your heart will be changed to think more on what He thinks about. He wants you, His child, to value His desires and His will, trusting in His perfect love and faithfulness. You are changed through prayer, from simply desiring things of the flesh, to desiring the things of God, by His Spirit. By looking at God and seeing His will, your heart begins to desire the very same things that He values.

PRAY

Spend time praising God for Jesus' instruction on prayer and for His perfect example for us to follow. Thank your Father in heaven for His plan of salvation for mankind and for giving you the opportunity to be in His kingdom forever. Ask Him to continue to provide for your daily needs, physically and spiritually.

Pray for your enemies and those who might persecute and/or kill (hate) you (Matthew 5:44; Luke 23:34; Acts 7:59-60). Make sure to forgive any you hold sin against and pray earnestly for them until you can honestly and wholeheartedly pray for God to bless them the way He knows best. Pray for their good, their salvation or for whatever the Spirit of God leads you to pray. Ask the Holy Spirit to help you pray for them specifically.

DAY 21

MEDITATE & PRAY

Spend time further reflecting upon and praying about the parts of Lesson 3 that really inspired you. Thank God for the opportunity to pray and to develop a relationship with Him.