



SESSION 5 PRAYER

Prayer is not complicated. Anyone can pray, and pray powerfully and effectively. Prayer is just talking to God from your heart about anything. You praise Him, you worship Him, you confess your sins to Him, you thank Him, and you just talk to Him about your needs and the needs of those around you. You pray for His will to be done in your life, in His church, in your community, in your nation, and across the globe. You pray for your family and friends, your neighbors and co-workers and you pray for the lost. In this lesson, we will look at a simple way to remember how to pray.

Prayer

PRAYER -
Talking to God

We must begin to believe that God, in the mystery of prayer, has entrusted us with a force that can move the Heavenly world, and can bring its power down to earth.

Andrew Murray

Prayer can never be in excess.

Charles Spurgeon

It was at this time that He went off to the mountain to pray, and He spent the whole night in prayer to God.

Luke 6:12 (NASB)

¹³*Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise. ¹⁴Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. ¹⁵And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. ¹⁶Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.*

James 5:13-16 (NIV)

¹⁶*Rejoice always; ¹⁷pray without ceasing; ¹⁸in everything give thanks; for this is God's will for you in Christ Jesus."*

1 Thessalonians 5:16-18 (NASB)

True prayer is measured by weight, not by length. A single groan before God may have more fullness of prayer in it than a fine oration of great length.

Charles Spurgeon

Thumb - _____

The earth is the LORD's and everything in it...

Psalms 24:1 (NIV)

Blessed are you, O Lord, who has formed man in wisdom, and created in him many orifices and many cavities.

Rabbi Abayei

The word "pray" is used 365 times in the Bible



And we know that God causes all things to work together for good to those who love God

Romans 8:28 (NASB)

I need to learn to be grateful for imperfect people and imperfect circumstances.

Pointer Finger - _____

Shout joyful praises to God all the earth! Sing about the glory of His name! Tell the world how glorious He is.

Psalm 66:1-2 (NLT)

Let them all praise the name of the Lord for His name is very great. His glory towers over the earth and heaven!

Psalm 148:13 (NLT)



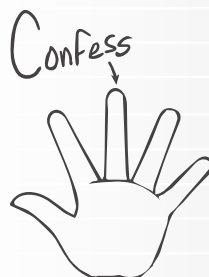
GOD'S ATTRIBUTES

- **Holy** – God is separate, set-apart, unique, one of a kind
- **Sovereign** – God is in control of the universe (though He allows mankind a certain degree of freedom)
- **Omnipotent** – God is all-powerful, almighty
- **Omniscient** – God knows all things
- **Omnipresent** – God is present everywhere
- **Eternal** – God has existed from all eternity past and will exist into all eternity future
- **Immutable** – God is unchanging
- **Love** – God is benevolent to all of His creation
- **Justice** – God is fair in all His dealings with His creation
- **Goodness** – God cannot do evil and He desires the best for all His creation
- **Mercy** – God has compassion on those in need and works on their behalf
- **Truth** – God cannot lie

Middle Finger - _____

...if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness.

1 John 1:9 (NLT)



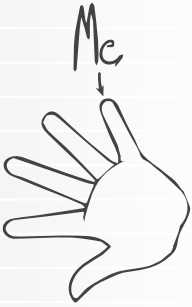
Ring Finger - _____

Intercession - Praying on another person's behalf,
i.e. for:



- healing
 - physical
 - emotional
 - psychological
 - spiritual
- job opportunities
- marriage/family struggles
- wisdom
- direction in life
- and more!***

Pinkie - _____



What types of things should we pray about for ourselves?

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Galatians 5:22 (NASB)

"This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples."

John 15:8 (NIV)

⁶Do not be anxious about anything, but in everything by prayer and petition with thanksgiving present your requests to God. ⁷And the peace of God which transcends all understanding will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7 (NIV)

⁷"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ⁸For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. ⁹Which of you, if his son asks for bread, will give him a stone? ¹⁰Or if he asks for a fish, will give him a snake? ¹¹If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!"

Matthew 7:7-11 (NIV)

Prayer is the hand that takes to ourselves the blessings that God has already provided in His Son.

R. A. Tory

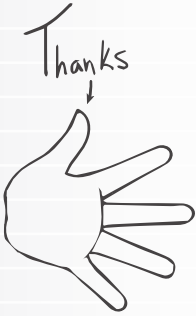
What if You Feel Stuck in Your Prayer Life?

PRACTICAL STEPS:

- Break up your prayer times.
- Do not be overwhelmed.
- Concentrate, that is, focus on God.
- Seek to free your mind of stress, worry, and distractions, so Jesus is the one and only item in your mind.
- Read the newspaper and pray for items in your nation, county, and neighborhood.
- Read a Bible passage or sing a hymn.

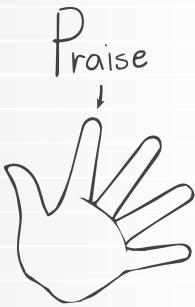
Discussion

Thumb - Be Content



1. Read Philippians 4:11-13. How content are you in life? Name one source of discontentment in your life. What do you think Paul's "secret of being content" is?

Pointer Finger - Praise Him



2. Read Psalm 66:1-2. What might it look like for you to praise God in your daily conversations (i.e. "tell the world how glorious he is")?

Middle Finger - Confess Sins



3. Read 1 John 1:9. How often do you reflect upon and confess sinful behavior in your life?

Ring Finger - Pray for Others

4. Are you regularly praying for others? Make a list of the people in your life you need to start praying for daily.



Pinky Finger - Bear Fruit

5. Read Galatians 5:22-23. Of the fruit of the Spirit listed in this verse, which would you consider to be a strength in your life? Which would you consider to be an area of weakness.

