# Beginner's Guide To Prayer

VLAD SCHOOL

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*“Prayer delights God’s ear, it melts His heart,*
*it opens His hand, God cannot deny a praying soul.”*

Thomas Watson

Lesson 1

# Relationship, Not Rules

*"Thou hast made us for thyself, O Lord, and our heart is restless until it finds its rest in thee."* - Augustine of Hippo, Confessions

*Draw near to God and He will draw near to you* (James 4:8).

## 1. We need God because we came from God.

*Then God said, "Let the earth bring forth grass, the herb that yields seed, and the fruit tree that yields fruit according to its kind, whose seed is in itself, on the earth"; and it was so* (Genesis 1:11).

*Soil is still soil without plants, but plants are dead without the soil.*

*Then God said, "Let the waters abound with an abundance of living creatures, and let birds fly above the earth across the face of the firmament of the heavens"* (Genesis 1:20).

Water is still water without fish, but fish are dead without the water.

*Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth"* (Genesis 1:26).

God is still God without man, but man is dead without God.

We need God like trees need soil and fish need water.

## 2. God loves us and wants a relationship with us.

*For the LORD takes pleasure in His people; He will beautify the humble with salvation* (Psalm 149:4).

*The LORD your God in your midst, the Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing"* (Zephaniah 3:17).

*For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life* (John 3:16).

*We love Him because He first loved us* (1 John 4:19).

Intimacy flows from identity.
Christians are children of God (John 1:12).
Christians are friends of God (John 15:13-15).
Christians are the bride of Christ (Ephesians 5:25-27).

Revelation, not desperation, is the foundation of true prayer.
Don't pray like a widow, pray like a bride (Luke 18:1-8).

## 3. Run to the secret place when you fall into secret sin.

*"Come now, and let us reason together," says the LORD. "Though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be as wool"* (Isaiah 1:18).

*Our goal is not to try to change ourselves, but to abide in Jesus and let His Word abide in us. Then we can bear fruit* (John 15:1-8).

*The character of a Christian is called the fruit of the Spirit* (Galatians 5:22-23).

*“Prayer will make a man cease from sin, or sin will entice a man to cease from prayer.”*

John Bunyan

Lesson 2

# What is Prayer?

*"Prayer does not merely consist in our speaking to God. It is not a monologue but rather a dialogue."* - D. Edmond Hiebert

Prayer is a cry, a conversation, and a confrontation.

*"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you"* (Matthew 7:7).

## Three types of prayers:

1. Asking (petition).
2. Seeking (devotion).
3. Knocking (intercession).

## Prayer Involves:

## 1. Thanking God.

*Pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you*
(1 Thessalonians 5:17-18).

*Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name* (Psalm 100:4).

## 2. Praising God.

*Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name* (Hebrews 13:15).

## 3. Confessing your sins.

*If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness*
(1 John 1:9).

*"And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses"* (Mark 11:25-26).

## 4. Asking God for what you need.

"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you" (Matthew 7:7-11).

## 5. Speaking in tongues.

*For if I pray in a tongue, my spirit prays, but my understanding is unfruitful* (1 Corinthians 14:14).

## 6. Praying for others.

*So I sought for a man among them who would make a wall, and stand in the gap before Me on behalf of the land, that I should not destroy it; but I found no one* (Ezekiel 22:30).

Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men (1 Timothy 2:1).

- Sometimes you pray with someone (Matt. 18:19).
- Sometimes you pray for someone (James 5:16).
- Sometimes you pray against something (Ephesians 6:10-18).

## 7. Waiting on the Lord.

*But those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint* (Isaiah 40:31).

*Wait on the LORD; be of good courage, and He shall strengthen your heart; wait, I say, on the LORD!* (Psalm 27:14).

## 8. Listening to God.

*"My sheep hear My voice, and I know them, and they follow Me"* (John 10:27).

*“Prayer is earthly license for heavenly interference.”*

Myles Monroe

Lesson 3

# How to Pray Like Jesus

*"Prayer does not fit us for the greater work; prayer is the greater work."* - Oswald Chambers

*So He Himself often withdrew into the wilderness and prayed* (Luke 5:16).

*Therefore He is also able to save to the uttermost those who come to God through Him since He always lives to make intercession for them* (Hebrews 7:25).

## 1. Pray to be filled with the Holy Spirit.

*When all the people were baptized, it came to pass that Jesus also was baptized; and while He prayed, the heaven was opened. And the Holy Spirit descended in bodily form like a dove upon Him, and a voice came from heaven which said, "You are My beloved Son; in You I am well pleased"* (Luke 3:21-22).

Pray out of obedience
Prayer opens the heavens.
Prayer brings the Spirit.
Prayer is also when God speaks.

## 2. Pray to work through grief.

*When Jesus heard it, He departed from there by boat to a deserted place by Himself. But when the multitudes heard it, they followed Him on foot from the cities* (Matthew 14:13).

*And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there* (Matthew 14:23).

After Jesus learned that his cousin John the Baptist had been beheaded, He went away by Himself. Yes, even the Son of God grieves.

## 3. Pray before making an important decision.

*Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God. And when it was day, He called His disciples to Himself; and from them He chose twelve whom He also named apostles* (Luke 6:12-13).

## 4. Pray to focus on the assignment.

*Now when it was day, He departed and went into a deserted place. And the crowd sought Him and came to Him, and tried to keep Him from leaving them; but He said to them, "I must preach the kingdom of God to the other cities also, because for this purpose I have been sent"* (Luke 4:42-43).

## 5. Pray in times of distress.

*Coming out, He went to the Mount of Olives, as He was accustomed, and His disciples also followed Him. When He came to the place, He said to them, "Pray that you may not enter into temptation." And He was withdrawn from them about a stone's throw, and He knelt down and prayed, saying, "Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done." Then an angel appeared to Him from heaven, strengthening Him. And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground* (Luke 22:39-44).

*"When we feel least like praying is the time when we most need to pray."*

R. A. Torrey

Lesson 4

# Hypocrite, Heathen, or Heir?

*Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, "Lord, teach us to pray, as John also taught his disciples"* (Luke 11:1).

Prayer is more about who and not as much about how.

## 1. The Prayer of a Hypocrite

*"And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward"* (Matthew 6:5).

Hypocrites use audible prayer in public to get attention.

## 2. The Prayer of a Heathen

*"And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. Therefore do not be like them. For your Father knows the things you have need of before you ask Him"* (Matthew 6:7).

Heathen think that the length of prayer guarantees better results.

## 3. The Prayer of an Heir

*"But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly"* (Matthew 6:6).

1. Priority - "When you pray."
2. Place - "Go into your room."
3. Privacy - "Shut your door."
4. Pray - "Pray."
5. Person - "...to your Father."
6. Promise - "(He) will reward you openly"

## 4. We pray TO the Father, THROUGH the Son, and BY the Spirit!

To the Father:

*"You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you"* (John 15:16).

In the Name of Jesus:

*"And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it"* (John 14:13-14).

Through the Spirit:

*And because you are sons, God has sent forth the Spirit of His Son into your hearts, crying out, "Abba, Father!"* (Galatians 4:6).

*Likewise the Spirit also helps us in our weaknesses. For we do not know what we should pray for as we must, but the spirit makes intercession for us* (Romans 8:26).

*"Praying and sinning will never live together in the same heart. Prayer will consume sin, or sin will choke prayer."*

J. C. Ryle

Lesson 5

# Morning & Evening

*"Every Christian needs a half-hour of prayer each day, except when he is busy, then he needs an hour."*
- Francis de Sales

*O Lord, the God of my salvation, I have cried out by day and in the night before You* (Psalm 88:1).

*And then as a widow to the age of eighty-four. She never left the temple, serving night and day with fastings and prayers* (Luke 2:37).

*As we night and day keep praying most earnestly that we may see your face, and may complete what is lacking in your faith* (1 Thessalonians 3:10).

*I thank God, whom I serve with a clear conscience the way my forefathers did, as I constantly remember you in my prayers night and day* (2 Timothy 1:3).

## 1. Praying in the Morning

Abraham rose early in the morning to offer Isaac (Genesis 22:3).
Moses rose early in the morning to build an altar (Exodus 24:4).
David said that God would hear his voice in the morning (Psalm 5:3).

*Now in the morning, having risen a long while before daylight, He [Jesus] went out and departed to a solitary place; and there He prayed* (Mark 1:35).

## Reasons to pray in the morning:

- It forms your prayer life.
- It saves you from unwise decisions after 10:00 p.m.
- It increases the revelation of God's Word.
- It renews your love for God.
- It's a form of sacrifice.
- It's giving your firstfruits to God.

## Practical tips on starting early morning prayer:

- Go to sleep earlier at night and rise earlier in the morning.
- Be reasonable, not radical, with the time and length.
- Bring your Bible to prayer.
- Write new ideas on your reminder list or in your journal.
- Turn off notifications on your phone.

## 2. Praying in the Evening

Jacob spent the night in prayer (Genesis 32:23).

Jesus spent all night in prayer before choosing His disciples (Luke 6:12-13).
Jesus walked on water after spending all night in prayer (Matthew 14:23; 25).

The parable of midnight prayer shows that God honors persistence (Luke 11:5-8).

*"Revivals are born after midnight...there is considerable truth in the idea that revivals are born after midnight, for revivals (or any other spiritual gifts and graces) come only to those who want them badly enough. It may be said without qualification that every man is as holy and as full of the Spirit as he wants to be. He may not be as full as he wishes he were, but he is most certainly as full as he wants to be."* - A.W. Tozer

Prayer doesn't take time, prayer saves time.

Seven days without prayer makes one weak.

If we don't pray, we will stray.

Lesson 6

# Why We Don't Pray

*"Until you know that life is war, you cannot know what prayer is for."* - John Piper

*"Call to Me, and I will answer you, and show you great and mighty things, which you do not know"* (Jeremiah 33:3).

## 1. Sin leads to prayerlessness and prayerlessness leads to sin.

*Then the LORD God called to Adam and said to him, "Where are you?" So he said, "I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself"* (Genesis 3:9-10).

*Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you; but I will teach you the good and the right way* (1 Samuel 12:23).

Pray when you feel like praying; it is a sin to neglect such an opportunity. Pray when you don't feel like praying; it is dangerous to remain in such a condition. Just start praying until you do feel like praying!

## 2. The enemy attacks prayer.

*Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days. Then these men assembled and found Daniel praying and making supplication before his God. And they went before the king, and spoke concerning the king's decree: "Have you not signed a decree that every man who petitions any god or man within thirty days, except you, O king, shall be cast into the den of lions?"* (Daniel 6:10-12).

Daniel showed he would rather spend the night with lions than spend a day without prayer.

The devil can't stop God from answering our prayers; therefore, he tries his best to keep us from praying.

## 3. The flesh doesn't want us to pray.

*Then He came to the disciples and found them sleeping, and said to Peter, "What! Could you not watch with Me for one hour? Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak"* (Matthew 26:40-41).

The disciples were sleeping when they should have been praying. Do you love Jesus enough to join Him in prayer?
Sleeping saints become slipping saints.

## 4. Prayer is not pointless.

Some may ask, *If God will do what He wants to do regardless of whether I pray or not, what's the point of praying?*

Jacob prayed for the fulfillment of God's promise to him.
Israel cried out for the exodus that God had promised 400 years earlier and God sent Moses as an answer to their prayer, not to just fulfill His promise (Genesis 15:12-14).
Elijah prayed for promised rain; rain was an answer to prayer, not just a fulfillment of the promise.
Daniel prayed for the exodus that was prophesied by Jeremiah.
God promised the Holy Spirit and yet Jesus still prayed.
The church prayed and God poured out His Spirit.

God will fulfill His promise, but He delights to answer your prayer.

Prayer doesn't change God's mind, but it does change things, including you.

*You lust and do not have. You murder and covet and cannot obtain. You fight and war. You do not have because you do not ask* (James 4:2).

*For we are God's fellow workers; you are God's field, you are God's building* (1 Corinthians 3:9).

God wants a partnership with us and that's what happens when we pray.

## Does prayer make any difference?

Abraham prayed for Abimelech; God healed him.
Abraham's servant prayed for Isaac's bride; God sent a wife.
Job prayed for his friends; God restored them.
Solomon prayed for wisdom; God granted it.
Hannah prayed for Samuel; God gave her 6 children.
Esther prayed for her nation; God saved the nation.
Zachariah prayed for John the Baptist; God gave him a child.
Cornelius prayed; God sent Peter as an answer.

*"Pray as though everything depends on God and work as though everything depends on you."* -Martin Luther

When prayer doesn't change things, it surely will change you.

*"We have many organizers. But few agonizers. Few wrestlers; many fears and very few tears. A lot of fashion and little passion and interferers; few intercessors and many writers but very few fighters. A sinning man will stop praying and a praying man will stop sinning. Our accent is on playing; theirs was on praying. When we have paid the price it's taken when they had prayed, the place it was shaken. We are so earthly minded we are of no heavenly use."*

*"No man is greater than his prayer life."*

Leonardo Ravenhill

Lesson 7

# Why Don't My Prayers Get Answered?

*"If the request is wrong, God says, 'No!' If the timing is wrong, God says, 'Slow!' If you are wrong, God says, 'Grow!' But if the request is right, the timing is right and you are right, God says, 'Go!'"* - Bill Hybels

*One who turns away his ear from hearing the law, even his prayer is an abomination* (Proverbs 28:9).

## 1. Unconfessed Sin.

*If I regard iniquity in my heart, the Lord will not hear* (Psalm 66:18).

*Behold, the LORD's hand is not shortened, that it cannot save; nor His ear heavy, that it cannot hear. But your iniquities have separated you from your God; and your sins have hidden His face from you, so that He will not hear* (Isaiah 59:1-2).

## 2. Unforgiveness.

*"And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses"* (Mark 11:25-26).

## 3. Unbelief

*But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord* (James 1:6-7).

Doubt is not unbelief, but it can lead to unbelief. Doubt says, "I can't believe, I need more proof"; unbelief says, "I won't believe, despite the evidence."
Doubt is honest; unbelief is stubborn.
Doubt is looking for the light; unbelief is content with darkness.
Jesus helps doubters, but He cannot tolerate unbelief.

## 4. The Wrong Motive

*You ask and do not receive, because you ask amiss, that you may spend it on your pleasures* (James 4:3).

## 5. Mistreating or Disrespecting Your Spouse

*Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered* (1 Peter 3:7).

Lesson 8

# Intercessory Prayer

*Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. For this is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth.* (1 Timothy 2:1-4).

## 1. What is Intercession?

**Intercession is the act of bringing requests before God on behalf of others.**

**Intercession is standing in the gap.**

*So I sought for a man among them who would make a wall, and stand in the gap before Me on behalf of the land, that I should not destroy it; but I found no one. Therefore I have poured out My indignation on them; I have consumed them with the fire of My wrath; and I have recompensed their deeds on their own heads," says the Lord GOD* (Ezekiel 22:30-31).

**Intercession is filling a cup of prayers.**

The cup of iniquity is filled with sins.

"I will go down now and see whether they have done altogether according to the outcry against it that has come to Me; and if not, I will know" (Genesis 18:21).

The sins of a people group create an outcry against the people.

The cup of intercession is filled with supplication.

*Then another angel, having a golden censer, came and stood at the altar. He was given much incense, that he should offer it with the prayers of all the saints upon the golden altar which was before the throne. And the smoke of the incense, with the prayers of the saints, ascended before God from the angel's hand. Then the angel took the censer, filled it with fire from the altar, and threw it to the earth. And there were noises, thunderings, lightnings, and an earthquake.* (Revelation 8:3-5,also see Rev. 5:8).

Intercession is crying out in the place of unbelievers.

## 2. Examples of Intercession

**Old Testament and New Testament Examples.**

- Job, on behalf of his friends (Job 42:10).
- Abraham, on behalf of sinful Sodom (Genesis 18:23-32).
- Abraham, on behalf of Abimelech (Genesis 20:17,18).
- Moses, on behalf of Pharaoh (Exodus 8:12,13,30,31; 9:33; 10:18,19).
- Moses, for Israel (Numbers 16:20-22; 21:7).
- Samuel, for Israel (1 Samuel 7:5).
- David, for Israel (2 Samuel 24:17).
- Solomon, for Israel (1 Kings 8:28-53).
- Ezra, for Israel (Ezra 9:5-15).
- Esther, for her nation (Esther 4:15-16; 5:1-3).
- Nehemiah, on behalf of Judah and Jerusalem (Nehemiah 1:4-11).
- Jeremiah, for Israel (Jeremiah 14:7-22).
- Daniel, for Israel (Daniel 9:3-19, 20-23).
- The Syrophoenician woman, for her daughter (Matthew 15:22).
- Parents, for their epileptic son (Matthew 17:14,15).
- The church, on behalf of Peter (Acts 12:5).
- Paul, for God's people (Acts 20:32,36).

**Jesus intercedes for us.**

*Therefore He is also able to save to the uttermost those who come to God through Him since He always lives to make intercession for them* (Hebrews 7:25).

**The Holy Spirit intercedes for us.**

*Likewise, the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God* (Romans 8:26-27).

**God is looking for intercessors.**

*He saw that there was no man, and wondered that there was no intercessor; therefore His own arm brought salvation for Him; and His own righteousness, it sustained Him* (Isaiah 59:16).

*So I sought for a man among them who would make a wall, and stand in the gap before Me on behalf of the land, that I should not destroy it; but I found no one. Therefore I have poured out My indignation on them; I have consumed them with the fire of My wrath; and I have recompensed their deeds on their own heads," says the Lord GOD* (Ezekiel 22:30-31).

*If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land* (2 Chronicles 7:14).

## 3. Making Intercession Practical

**Who are we to intercede for?**

*Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. For this is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth* (1 Timothy 2:1-4).

- For all men
- For those in authority
- For peace
- For the salvation of others
  - That God will grant them repentance (Acts 11:18; Romans 2:4; John 6:44; Proverbs 16:9).
  - That God will open their hearts (Acts 16:14).
  - That God will open their spiritual eyes (Acts 26:18).
  - That all deception will be overcome (2 Corinthians 4:4).
  - That mental and sinful strongholds will be broken (2 Corinthians 10:4-5).
  - That God will send other believers to witness to them (1 Corinthians 3:5-9).

- For our enemies (Matthew 5:44; Luke 6:28 and 23:34; Acts 7:60; Romans 12:14).
- For ministers of the gospel (Philippians 1:19,20).
- For the salvation of Israel (Romans 10:1; Psalm 122:6).
- For our land (2 Chronicles 7:14).

**How should we intercede?**

- Intercession should be in response to God's word.

  *In the first year of his reign I, Daniel, understood by the books the number of the years specified by the word of the LORD through Jeremiah the prophet, that He would accomplish seventy years in the desolations of Jerusalem* (Daniel 9:2).

- Intercession should be characterized by brokenness.

  *Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes* (Daniel 9:3).

- Intercession should be marked with fasting.

  *Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes.* (Daniel 9:3).

- Intercession should be identified with God's people.

  *And I prayed to the LORD my God, and made confession, and said, "O Lord, great and awesome God, who keeps His covenant and mercy with those who love Him, and with those who keep His commandments* (Daniel 9:5).

  Daniel says "we" or "us" 22 times in verses 5-19.

- Intercession is dependent on God's righteous character.

  *O Lord, righteousness belongs to You, but to us, shame of face, as it is this day—to the men of Judah, to the inhabitants of Jerusalem and all Israel, those near and those far off in all the countries to which You have driven them, because of the unfaithfulness which they have committed against You* (Daniel 9:7).

*“Prayer is not learned in a classroom but in the closet.”*

E. M. Bounds

Lesson 9

# Patterns for Prayer

## 1. What is Intercession?

*Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men* (1 Timothy 2:1).

1. Prayer of faith (James 5:15).
2. Prayer of agreement (Matthew 18:19; Acts 2:42).
3. Prayer of supplication (Philippians 4:6).
4. Prayer of thanksgiving (Psalm 95:1-3).
5. Prayer of worship (Acts 13:2-3).
6. Prayer of consecration (Matthew 26:39).
7. Prayer of intercession (1 Timothy 2:1).
8. Prayer in the Spirit (1 Corinthians 14:14-15; Jude 20).
9. Prayer of warfare (Ephesians 6:10-18).

## The Tabernacle Prayer

*And see to it that you make them according to the pattern which was shown to you on the mountain* (Exodus 25:40).

1. Brazen Altar — The Cross
2. Laver - Sanctification
3. Menorah - The Holy Spirit
4. Showbread - The Word
5. Altar of Incense - Worship
6. Mercy Seat - Intercession

## The Lord's Prayer

*In this manner, therefore, pray: Our Father in heaven, hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen* (Matthew 6:9-13).

1. Our Father - Acknowledge God.
2. Hallowed be Your name — Worship.
3. Your kingdom come - Pray His agenda.
4. Give us this day our daily bread - Personal requests.
5. Forgive us our debts - Forgive and be forgiven.
6. Don't lead us into temptation - Confess your weaknesses.
7. Deliver us from evil - Spiritual warfare.
8. Yours is the power - Express faith in God's ability.

## Spiritual Warfare Prayer

*Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints* (Ephesians 6:14-18).

1. The Belt: You are the Truth. I believe your truth; help me to live by the truth.
2. The Breastplate: Thank You for righteousness; help me to live righteously.
3. The Shoes: Thank You for peace; help me to be an ambassador of Your peace.
4. The Shield: I trust in Your Word; my heart is protected; I resist every evil thought.
5. The Helmet: I thank You for salvation; I reject every lie attacking my mind.
6. The Sword: I will hide Your Word in my heart and use it as a sword to defeat the works of darkness.

## The Prayer of Jabez

*Now Jabez was more honorable than his brothers, and his mother called his name Jabez, saying, "Because I bore him in pain." And Jabez called on the God of Israel saying, "Oh, that You would bless me indeed, and enlarge my territory, that Your hand would be with me, and that You would keep me from evil, that I may not cause pain!" So God granted him what he requested* (1 Chronicles 4:9-10).

1. Oh, that You would bless me — blessing.
2. Enlarge my territory — influence.
3. That Your hand would be with me — presence.
4. That You would keep me from evil — protection.
5. That I may not cause pain - being a blessing.

## Praying the Redemptive Names of God

*The name of the LORD is a strong tower; the righteous run to it and are safe* (Proverbs 18:10).

1. Jehovah Jireh (Genesis 22:13-14) — The Lord my Provider.
2. Jehovah Rapha (Exodus 16:26) — The Lord my Healer.
3. Jehovah Nissi (Exodus 17:15) — The Lord my Banner.
4. Jehovah M'Kaddesh (Exodus 31:13) — The Lord my Sanctifier.
5. Jehovah Shalom (Judges 6:24) — The Lord my Peace.
6. Jehovah Rohi (Psalm 23:1) — The Lord my Shepherd.
7. Jehovah Sabaoth (Isaiah 6:3) — The Lord of Hosts or Armies (My Defense).
8. Jehovah Tsidkenu (Jeremiah 23:6) — The Lord my Righteousness.
9. Jehovah Shammah (Ezekiel 48:35) — The Lord Who is Ever Present.

## The Prayer of Solomon

*And Solomon said: "You have shown great mercy to Your servant David my father, because he walked before You in truth, in righteousness, and in uprightness of heart with You; You have continued this great kindness for him, and You have given him a son to sit on his throne, as it is this day. Now, O LORD my God, You have made Your servant king instead of my father David, but I am a little child; I do not know how to go out or come in. And Your servant is in the midst of Your people whom You have chosen, a great people, too numerous to be numbered or counted. Therefore give to Your servant an understanding heart to judge Your people, that I may discern between good and evil. For who is able to judge this great people of Yours?"* (1 Kings 3:6-9).

1. Remember God's previous mercy.
2. Acknowledge that you are in this place by grace.
3. Humbly acknowledge your weakness.
4. Ask God for a hearing heart.
5. Ask God for discernment.

# Lesson 1 - Relationship, Not Rules

**Icebreaker:** Tell us about one of the most precious moments you've experienced in your prayer time with the Lord.

**Watch the Video with Your Group**

**3 Discussion Questions:**

1. What is God's reasoning for establishing prayer? Why does it matter?
2. When does prayer start feeling like a chore?
3. What can we do to change that mindset?

**Memory Verse:**
*We love Him because He first loved us.* (1 John 4:19)

# Lesson 2 - What is Prayer?

**Icebreaker:** Do you remember how old you were when you first began to pray? How has your prayer life changed since then?

**Watch the Video with Your Group**

**3 Discussion Questions:**

1. What are the different forms of prayer mentioned in the video? Which form of prayer do you practice more, and which do you practice the least? Why?
2. What does the Holy Spirit do to our hearts during our prayer? Tell us of an experience you've had where you've gone into prayer feeling one way and you've left changed.
3. Why is it important to pray in tongues?

**Memory Verse:**
*If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness* (1 John 1:9).

# Lesson 3 - How to Pray Like Jesus

**Icebreaker:** Tell us of a time when God clearly answered a petition you had in your heart.

**Watch the Video with Your Group**

**3 Discussion Questions:**

1. What made Jesus's prayer life so unique?
2. According to Scripture, how did Jesus show us to prioritize prayer? Is it a priority in your life? What are some areas you can change?
3. What challenge can you set for yourself this week so your prayer life can reflect Jesus' prayer life?

**Memory Verse:**
*Call to Me, and I will answer you, and show you great and mighty things, which you do not know* (Jeremiah 33:3).

# Lesson 4 - Hypocrite, Heathen, or an Heir?

**Icebreaker:** Can you share a time when you felt the Church demonstrated the love of God in a time you needed it most?

**Watch the Video with Your Group**

**3 Discussion Questions:**

1. What is the difference between the prayer of a hypocrite and the prayer of a heathen? Is there a time where you felt that you prayed in one of these manners?
2. According to Matthew 6, what's the correct way to pray as a child of God? Does length matter?
3. According to the video, what's the Biblical model for prayer? Why is it important?

**Memory Verse:**
*But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly* (Matthew 6:6).

# Lesson 5 - Morning & Evening

**Icebreaker:** What is your favorite time of day to pray? Why?

**Watch the Video with Your Group**

**3 Discussion Questions:**

- What are some reasons why praying in the morning is beneficial? Have you experienced any of these?
- What are practical tips that you can implement this week to grow in the consistency of your prayer time?
- According to the video, how can the Outer Court, Inner Court, and the Holy of Holies be a representation of prayer? According to this model, where would you say your prayer often comes from?

**Memory Verse:**
*O Lord, the God of my salvation, I have cried out by day and in the night before You* (Psalm 88:1).

# Lesson 6 - Why We Don't Pray

**Icebreaker:** Has there been a season in your life when you really struggled to pray? What effect did you notice? How did it change?

**Watch the Video with Your Group**

**3 Discussion Questions:**

1. Why does prayer kill sin?
2. How does the devil attack people's prayer life? Use a personal example
3. According to the video, there are six reasons why people don't pray. What's the one you battle with the most? How can it be overcome?

**Memory Verse:**
*And you will seek Me and find Me, when you search for Me with all your heart.*
(Jeremiah 29:13).

# Lesson 7 - Why Don't My Prayers Get Answered?

**Icebreaker:** Is there a prayer request you have that you are still waiting for God to answer? If you feel comfortable, share it with the group.

**Watch the Video with Your Group**

**3 Discussion Questions:**

1. What are the five biggest reasons why prayers might not get answered?
2. How can you get to know God's will, according to the video? How can knowing God's will help our prayer life?
3. How can we check if our motives are pure before the Lord?

**Memory Verse:**
*But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord* (James 1:6-7).

# Lesson 8 - Intercessory Prayers

**Icebreaker:** Have you ever prayed for your enemy? Did anything change?

**Watch the Video with Your Group**

**3 Discussion Questions:**

1. Why is intercessory prayer so important?
2. What happens when we decide to fast while we are interceding for someone? If you have an experience with this, please share it.
3. Is intercession only for a few people who are called, or can everyone do it? How does one do it, practically?

**Memory Verse:**
*If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land* (2 Chronicles 7:14).

# Lesson 9 - Patterns For Prayer

**Icebreaker:** Whose prayer life do you admire the most?

**Watch the Video with Your Group**

**3 Discussion Questions:**

1. Which pattern of prayer stood out to you the most in the video?
2. When you are under spiritual attack, what is one good thing to do in prayer?
3. How are God's names something we can pray? Have you ever done this?

**Memory Verse:**
*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus* (Philippians 4:6-7).