Step 6: Is there a special technique to Prayer?

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Communication is essential for any relationship to grow, especially our relationship with God. Prayer is our method for communicating with God. It is essential that we express our feelings and needs directly to God.

Since God is the refuge of the believer, what should we do with our feelings according to Psalm 62:8? __________________________________________

This verse is like 1 Pedro 5:7 which we studied in the chapter on the Quiet Time. How frequently should we pour out our hearts to God according to 1 Thessalonians 5:17? ______________________________________________

We have seen that the first part of our communication is when God speaks to us through His Word. The second part is when we give God our response to His Word in prayer, and through sharing our concerns and needs.

Prayer is not a ritual or something memorized. It is simply speaking with God from our heart. In the Bible there are certain forms of prayer. The kind of prayer depends on what we want to express. Match these verses with the word that expresses the kind of prayer each one speaks.

__ 1. Worship (for God’s attributes)            a. Psalm 38:18
__ 2. Thanksgiving (for what God does)      b. Hebrews 13:15
__ 3. Confession (for what we are)               c. James 1:5
__ 4. Intercession (for others)                       d. Ephesians 5:20
__ 5. Prayer for personal needs                     e. 1 Samuel 12:23

Prayer is not repeating sacred words, rather is it the expression of our Heart. In Isaiah 29:13, what was the problem in Israel when Isaiah preached? _______ ________________________________________________________________________________________________

Prayer is more than honoring God with our lips. It is drawing near to Him with our hearts in transparent obedience.

**Purposes of Prayer**

Prayer is not a means to express our selfish desires. What was the supreme purpose of prayer that Jesus taught in John 14:13? ________________________

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God is glorified by responding to prayers directed to Him in the name of Jesus. To ask for something in the name of any other person signifies to ask something in the other person's place, to his favor, with the same purpose as the other person. In Matthew 6:33 Jesus taught that He expected to be our priority in all that we do. What was it? __________________________________________
__________________________________________________________________

When purposes of Jesus and His kingdom are the priority in our lives and prayers, whatever we ask will be heard and answered

1. Prayer satisfies the deepest needs in the human heart

   God made every man with the need to have communion with God. This communion is only realized in the person who feels loneliness in his soul. Write how David satisfied this loneliness of his soul.

   Psalms 42:1-2 __________________________________________________
   ________________________________________________________________
   Psalms 63:1 ____________________________________________________
   ________________________________________________________________
   Psalms 63:5-8 __________________________________________________
   ________________________________________________________________

2. Prayer is a means to discover the direction from God

   When we meditate in the Word and pray in accordance with it to God, His mind begins to transform our mind. Can you find a principle to finding God's wisdom for our lives in each one of these verses in Proverbs 2:1-4. Write the principles in your own words.

   2: 1 _________________________________________________________
   2: 2 _________________________________________________________
   2: 3 _________________________________________________________
   2: 4 _________________________________________________________

   Did you see how important prayer is (vs.3) to discover direction from God? How is this similar to Matthew 7:7? __________________________________________

3. Prayer is the means to deal with our anxieties or worries.

   The plan of God is to maintain our mind healthy. Anxiety and frustration destroy our mental health. How should we treat our problem of anxiety and frustration in the following verses?

   1 Peter 5:7 ____________________________________________________

The Development of the Effectiveness in Prayer

The next points cover the lesson on “how to” pray.

1. Maintain balance

   Prayer is not exclusively for us, rather it is to benefit others. If God decided to restrict His activities today exclusively to the prayers of His children, what would God be doing in response to your prayers?

   a. What did Paul desire for those who did not know Christ in Romans 10:1? ________________________________________________
   b. What did he do to bring it about? ______________________________
   c. Read 1 Timothy 2:1-4. What groups of people should we be praying for?
      For what purpose? ____________________________________________

2. Pray with confidence

   Confidence is the key to prayer. If we believe what we are praying for, we can be confident that our prayers will be answered. Write the principles in your own words.

   Romans 8:26 __________________________________________________
   ________________________________________________________________
   Romans 8:27 __________________________________________________
   ________________________________________________________________

3. Pray with persistence

   Persistence is key to prayer. If we persist in prayer, we can be confident that our prayers will be answered. Write the principles in your own words.

   Matthew 7:7 __________________________________________________
   ________________________________________________________________
   Matthew 7:8 __________________________________________________
   ________________________________________________________________

4. Prayer is the jeans to communicate our failures and burdens to God.

   We should not carry our anxieties and burdens inside if we are going to grow spiritually. Neither does God want us to feel that we are alone or outside of His presence. Prayer is the beginning of the change in our lives. Look in the following verses for the answer to the questions:

   a. What is our responsibility in 1 John 1:9? _________________________
   b. What is His promise and purpose in 1 John 1:9? ____________________
   c. Why is He so generous in John 16:26-27? ____________________________

5. Prayer strengthens us against sin and temptation.

   When we ask for His strength, determination and wisdom to obey the Word of God, we gain the victory over sin.

   What did Jesus say to His disciples that they should do to avoid the temptation in Matthew 26:41?

   __________________________________________

   What should we ask in prayer for other people? See 2 Thess. 3:1-3.

   a. __________________________________________
   b. __________________________________________
   c. __________________________________________

   The Development of the Effectiveness in Prayer

The next points cover the lesson on “how to” pray.
Step 6: Prayer and the Disciple

2. Be systematic
It is a common experience that when the prayer time arrives we forget the requests and needs to pray for. A list of need written down in a Prayer or Quiet Hour Journal will help us remember what to pray for. Such a list could include:

- Your family
- Your friends: unsaved, neighbors, and acquaintances
- Your pastor, staff and church
- Missionaries and others that work in their ministry, specific unreached people groups.
- Authorities in the workplace, government or other relations
- Personal needs.

How systematic was Paul in his prayers for others in 1 Thess 1:2? ___________
________________________________________________________________

3. Be consistent
The majority of believers are inconsistent and sporadic in their lives. These failures in the area of prayer, impedes our being effective. We should never cease to communicate with God. In every area of our life we should be communicating with God in prayer. How should we practice prayer in accordance with Roman 12:12? _____________________________________
________________________________________________________________

What did Paul command in 1 Thess. 5:17? ___________
________________________________________________________________

4. Be specific
For example: How do we respond normally when someone intentionally mistreats us? Put an “x” by the statement that best states your natural response:

- Get mad at him
- Think of someway to take vengeance.
- Try to forget it.
- Seriously pray for him.
- I forgive him, but cannot forget it.
- Other: ______________________

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Step 6: Prayer and the Disciple

Examine Luke 6:28. According to this verse, what is the correct answer?
________________________________________________________________

Paul wrote some prayers as examples in Ephesians 3:14-21. Write out some of the petitions the Paul made for others and himself. _____________
________________________________________________________________
________________________________________________________________

5. Be Confident
Are we sure God is going to hear us? How hard or long do we have to pray before God hears us? It all depends on our concept of how God is. Is He quick to listen or is it hard to get His attention? At times one can pray briefly, almost in passing, and things begin to happen. Other times fasting and consistent prayer over an extended period of time are necessary before things change. I prayed sixteen years for my father’s conversion, but God responded marvelously.

In one of the parables Jesus taught that with humans it often takes great pleading and persistence to get an answer. Jesus had just taught the model prayer (Lord’s Prayer) in Luke 11:2-4. Then he described how with humans it is often difficult to get what we want or need, but with God it is very different. He is eager to hear and answer. What does He say should be our attitude en prayer in Luke 11:9-13? (Notice the contrast between humans and God in v. 13) ______
________________________________________________________________

Nothing delights our Father more than to hear his children sharing everything with Him, expressing every need and burden. He promises to answer with what is best for us and for advancing His purpose in the World. Often our answers take considerable time to arrange, so patience and confidence is required.

In Luke 18:1 what is the tendency of many when the answers are delayed?
________________________________________________________________

Paul never wavered, in spite of great difficulties, in his prayers. What were the two characteristics of his prayers in Ephesians 3:12? ______ and ________

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**OBSTACLES TO OUR PRAYERS**

Just by vocalizing our prayers before the Lord in prayer does not guarantee our desired response. The Bible speaks of certain obstacles to our prayers being either heard or answered. God is not manipulated by us nor made to do something that will be harmful for us. In the following verses write the impediments or obstacles that interfere with our answers as we want them.

- **James 1:5-8**
  [The context is 1:2, when you need to understand why you have various trials and temptations]
- **Matthew 21:22**
  [“believing” means having confidence in His will and purpose]
- **James 4:3**
  [our motives or reasons why we request something are critical]
- **Psalms 66:18**
  [“regard” is to harbor or cherish in your heart]
- **1 Peter 3:7**
  [Directly applicable to husbands, but extends to all relations]
- **1 John 5:14-15**
  [Implies His will should be known… through His Word]

Remember, God has provided prayer to be the means of communication direct with Him through Jesus Christ. He understands whatever language you may speak. He desires your sharing with Him and you need to grow in your relationship with Him. Through prayer you maintain your sensitivity to His Spirit’s conviction and assurance of His leading. He will bring things to your mind to change, to do, to respond others, and to trust Him for.

He wants you to learn the comfort that only He can give you in times of difficulties and persecution. You’ll learn to crave these times more than anything on earth. A daily time in prayer becomes a refuge, like an oasis in the middle of the desert, when you learn to pray.

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### Review #6: PRAYER

1. What is the supreme purpose of prayer that Jesus taught in John 14:13?

2. Fill in the blanks on the five purposes of prayer in the lesson:
   a. Satisfies our D__________________  N____________________
   b. A means of discovering the D____________________ of God.
   c. A means of dealing with our A_________________________
   d. A means to communicate our F_____________________ and B________________ to God.
   e. A means of S_____________ against the temptation of sin.

3. What is the meaning of keeping balance in prayer? Write your answer in your own words. __________________________________________________

4. Write the four suggestions to be effective in your prayers:
   a. Be S_____________________
   b. Be C_____________________
   c. Be S_____________________
   d. Be C_____________________

5. Beside the biblical reference write the obstacle or impediment to prayers:
   - **Psalms 66:18** — R ____________ sin in your heart.
   - **1 John 5:14-15** — Ask for things contrary to His W__________
   - **Matthew 21:22** — Not B_______________
   - **James 1:5-8** — Not praying with C_______________
   - **James 4:3** — Ask for reasons that are S_______________