

LIFE CHANGE 2 - Communicating with God

How exactly am I supposed to pray?

1. How did your last week go? Any highs or lows with your faith?
2. Who have you shared your faith story with? How did it go?

“I pray because I can't help myself. I pray because I'm helpless. I pray because the need flows out of me all the time, waking and sleeping. It doesn't change God. It changes me.” - C.S. Lewis

WHAT is prayer? Prayer is us communicating with God. Psalm 62:8 says, “Trust in him at all times, O people; pour out your heart before him;” Prayer is “pouring out our hearts to God in praise, [requesting], confession of sin, and thanksgiving” (New City Catechism Question 38).

WHO can pray? _____!

HOW should we pray?

Read the passages to answer the blanks - talk about what each point means

- Go to God in Jesus' name. He is the _____ way to the _____. (John 14:6, 1 Timothy 2:5)
- Go with a clean _____. (Psalm 66:18)
- Have a _____ spirit. (Mark 11:25)
- _____ God will answer. (Matthew 21:22)

WHY should we pray?

- To _____ God. (John 14:13) - Who do your prayers typically glorify?
- Because God _____ it. (1 Thessalonians 5:17)
- To _____ with God and have a relationship with Him. (Psalm 17:6; 77:1)
- Because _____ prayed, and He is our _____. (Mark 1:35)

To WHOM do we pray? We pray to God, the _____, in the name of Jesus, the Son. (Matthew 6:9) Through the power of the Holy Spirit

WHEN should we pray?

- Pray _____ throughout the day. (1 Thessalonians 5:17)
- Set apart a daily time as _____ did. (Mark 1:35)

What can HINDER my prayers? When we sin, God can, in mercy, withhold blessings when we pray. This doesn't always happen, but when it does, it is a loving act to help us see where we can repent and reconnect with God. Scripture mentions several hindrances to our prayer:

- Not _____ (James 4:2)
- Wrong _____ (James 4:3; Matt. 6:5-6) What does this look like in life?
- _____ the needs of others (Prov. 21:13)
- _____ (Matt. 6:12-15)
- _____ sin (Ps. 66:18; Prov. 28:13; Isa. 59:1-2)
- _____ prayers (Matt. 6:7-8)
- Doubt and Neglect in Marriage can also hinder your prayers (James 1:6-7, 1 Pet. 3:7)

Have you seen any of these things hinder your prayers? How?

Some important things to remember about how God answers our prayers. He doesn't give us everything we want, He gives us what is best for us. Sometimes, He says "Yes." Sometimes, He says "Not Yet" because He knows the best timing. Sometimes He says "No, I have something better planned for you."

What can we INCLUDE in our prayers?

- Here is a simple method of 4 items to include in your prayer (**ACTS**):

<i><u>ad</u>oration</i>	<i>Telling God that He is great!</i>
<i><u>conf</u>ession</i>	<i>Asking God to forgive our sins.</i>
<i><u>thank</u>sgiving</i>	<i>Thanking God, even for difficulties.</i>
<i><u>appli</u>cation</i>	<i>Making requests to God.</i>

NEXT STEPS

1. From this study, what was helpful? Have you seen God answer any prayers?
2. Share your prayer requests with other Jesus followers. Be sure to let them know when God answers your prayers!
3. Ask other people how you can pray for them. This can be a way to build a relationship with someone with whom you want to share the gospel.

FOR FURTHER HELP AND STUDY

1. Use a prayer Journal or prayer app (Prayer Mate or Echo Prayer)
2. Pray the Bible—As you read your Bible, pray about what you read. Ask God to help you trust and apply what you read
3. **What are some different EXAMPLES the Bible gives of ways to pray?**
Identify the eight different ways to pray.

<i>Moses' prayer (Exodus 34:8)</i>	<i>Jesus' prayer (Luke 9:16)</i>
<i>Solomon's prayer (2 Chronicles 6:13)</i>	<i>Hannah's prayer (1 Samuel 1:13)</i>
<i>Jesus' prayer (Matthew 26:39)</i>	<i>David's prayers (Psalm 77:1, 141:1)</i>
<i>Paul describes prayer (1 Timothy 2:8)</i>	<i>A description of how Jesus prayed in (Hebrews 5:7)</i>

LIFE CHANGE 2 -

- Who can pray? **Anyone**
- Go to God in Jesus' name. He is the **ONLY** way to the **FATHER**.
- Go with a clean **Heart**
- Have a **Forgiving** spirit
- **Believe** God will answer
- To **Glorify** God

Communicating With God

- Because God **Commands** it
- To **Communicate** with God and have a relationship with Him
- Because **Jesus** prayed and He is our **Example**
- We pray to God, the **Father**
- Pray **Continuously** throughout the day
- Set apart a daily time as **Jesus** did

What can HINDER my prayers?

- **Not Asking** (James 4:2)
- **Wrong Motives** (James 4:3; Matt. 6:5-6)
- **Ignoring** the needs of others (Prov. 21:13)

- **Unforgiveness** (Matt. 6:12-15)
- **Unconfessed** sin (Ps. 66:18; Prov. 28:13; Isa. 59:1-2)
- **Redundant** prayers (Matt. 6:7-8)

What can we INCLUDE in our prayers?

Adoration Confession Thanksgiving Supplication

For Further Study - 8 ways to pray - Bowing, Kneeling, Lying Prostrate, Lifted hands, Lifted Eyes, Silence, Lifted Voices, Crying Out