**First Step – Teacher’s Guide**

May the people raise you, O God. Then the earth will yield its harvests.

How Do I Pray?

**The Lord is with you!**

Knowing what prayer is and how we can pray unlocks great blessings in our life. This is because through prayer we are coming to God for help in time of need.

**Introduction:**

Hello everyone. Welcome back to the 3rd session of our First Step.

Today we are going to be looking at How Do I Pray in a very practical way.

**MAIN RULES:**

**1. Respect each other’s privacy**

**(do not ask for contact number, no business transactions)**

**2. Honor the vision of this church**

**(do not promote or invite to other church events and programs)**

**3. Humility and Order**

**(humble despite disagreements. Other questions can be discussed after the class)**

**Attempt:**

Before we go into that, we’re going to look at what are some common myths about prayer?

1. Prayer is not to make God like us more

2. Prayer must have an instant effect

3. Prayer must result in what I want it to

4. Prayer makes the situation get better instantly

**Failure:**
Sometimes the situation can get worst before it gets better. In the Bible, during the period of time that God’s people were slaves, Moses prayed and God said He would act upon it. Yet the oppression increased and increased until finally there was breakthrough and they had freedom.

SUGGESTED for INTERACTIVE DISCUSSION

1. Have you ever prayed before?

2. Have you experienced situations in which some prayers are answered and some are not?

3. Would you mind to share your personal experience with praying?

So how can we reconcile prayer with good things?

A good place to start is to ask:

* + - 1. What is prayer?

Prayer is talking to God

**Explanation:**

It is not a formula but part of a growing relationship.

Think of it as talking with someone. The more you talk to a stranger, they become an acquaintance. The more you talk to them, they become a friend. The more you talk to them, they soon become you good friend.

Prayer is the opportunity to know God intimately.

Prayer is powerful because we are not praying on the basis of how good we are but on how good Jesus is

We pray on the basis of Jesus’s righteousness, not our own

Why would God want to talk to us?

Matthew 7:7-8

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. 8 For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

1 John 5:14

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. 15 And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

Prayer is not to overcome God’s reluctance but to lay hold of His willingness.

Discussion:

Q: Do you feel self-conscious when you pray?

Q: How does God answer our prayer?

Q: What to do if God seems silent?

Q: How does God lead us with His peace?

Q: What is the purpose of prayer?

Q: Why do we pray under the authority of Jesus’ name?

Prayer is the opportunity to know God **intimately**

A man in the Bible did that

King David who was the writer of most of the Psalms, not just wrote about joyfulness but even about complaints, death threats, regrets and discouragement.

There was no need for a mask for him to hide behind in front of God.

Prayer is also the opportunity to lift up our hearts desires and to see God as He really is. The more we pray, the more our faith is lifted and we declare that God is in control and that He has the solution before problem arises.

Philippians 4:6

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. NIV

**Illustration:**

(Teachers, please use your own illustration if you have)

My nephew and niece loves to put on a Superman or Spiderman mask. They act like their superhero, jumping all over the place. When they spend time with us, that mask is not going to be there 100% of the time. Why? It will be stuffy, hot, uncomfortable. More importantly, it is not them. It is a character that they wear.

When you come to God, you don’t need to wear a superhero mask. Just come as you are and ask for help in time of need.

**Application:**

(Teachers, please use your own illustration if you have)

Here’s a testimony I heard from a friend at church:

Last year one day, my car battery ran flat while on the way home at night due to a faulty alternator. So, I had to drive home without my car lights. Once I reached home, I popped the hood to check the engine. I then found out it was overheated and steaming. While attending to it, the radiator suddenly burst, and the hot water spurt on me and it hurt. My mum came with the bottle of anointing oil. She applied the oil on me. We prayed. Without being even conscious, the pain was gone. Are there any burn marks or scars? Nowhere to be found - AMEN!

Prayer is more than a formula. It is a relationship.

Use the SMILE acronym to see it’s application:

Spiritual Needs

Mental Needs

Intellectual Needs

Life Needs

Emotional Needs

Sometimes we may feel self-conscious when we pray

Like perhaps we are not good enough or that God is too busy to be listening

Next time you feel that way, remember that prayer is powerful because we are not praying on the basis of our own goodness but how good Jesus is.

2 Cor 5:21

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God. NIV

We do not focus on what we have done or didn’t do but on what He has done!

SUGGESTED for INTERACTIVE DISCUSSION

1. When was the last time you prayed for something?

2. How do you feel about praying for others?

3. Do you feel self-conscious when praying?

4. Can you be upset or angry and pray too?

* + - 1. How Do I Pray?

Address God

You can try: “Dear God”, “Dear Heavenly Father”, “Dear Lord Jesus” or “God”

Have a conversation with God

Cast your cares on Jesus your hopes and desires. You can ask Him for help, for direction, peace, or healing. Whatever you are thinking of, talk to Him about it. You can also bring up other’s needs.

Rest in Christ’s favor and finished work on the cross, not on your own self-effort. He answers you not based on your righteousness but Christ’s righteousness.

Close your prayer

We say: “In Jesus’ Name we pray, Amen.” We say this because all power is under the authority of Jesus Christ.

 Spend time to pray with them a simple prayer for country, church, pastor and missions.

Rest in Christ’s favor and finished work on the cross, not on your own self-effort.

He answers you not based on your righteousness but Christ’s righteousness.

* + - 1. Praying In Tongues

Acts 2:4

All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them. NIV

When we are filled with the Holy Spirit, we are empowered by Him.

Revelation 22:16 (NKJVS)

1 Cor 14:4

He who speaks in a tongue edifies **himself**, but he who prophesies edifies the church.

Greek: **oikodomeo** - building a building.

**Powerful** gift – min to you – not **least**

Least if used wrong way

Show off – more spiritual

It is not just spiritual building or edification. Your body consists of body, soul and spirit. You are building in **every** area of your life.

**Spiritual** edification **only**? Rob 2/3

Build up – spirit – soul - emotion – mind – body - **miss**

Body – soul – spirit

Col Stringer – Karl Peterson

 – 2 chemicals - 40% increase immunity; stress - goes down – 40%

Karl **Petersen** – Brain surgeon - ORU

Studies on people praying in tongues

Brain releases **2 chemicals** – joy and peace

How to receive the gift of tongues:

Rest in His Grace

Romans 5:17

God’s abundant provision of grace and of the gift of righteousness. NIV

Hunger and thirst for His presence and fullness

John 7:37

If anyone thirsts, let him come to Me and drink. NKJV

Step out in faith and speak up

Matthew 14:29

“Come,” He said. Then Peter got down out of the boat, walked on the water and came toward Jesus. NIV

 Spend time to pray with them, praying in tongues for country, church, pastor, missions and for each other’s prayer requests.

* 1. Article I

4 Notes on Prayer

The first letters of these four words form the word 'Acts'. Use this to cause you to remember to have a balanced prayer life.

ADORATION - Thinking about God Himself. Praise Him for His love, His power, His greatness, and His wonderful gift to us who is Christ.

CONFESSION - Admitting your sins to God. Be honest and humble. Remember He knows you and loves you still.

THANKSGIVING - Telling God how grateful you are for what He is doing in your life. Your thankful heart will help you see His purposes for your life.

SUPPLICATION - Praying for your needs and the needs of others.

What Can We Pray For?

COUNTRY – Pray for supernatural success, blessing and protection upon the country. Pray that God bless those that are in authorities, and that our country is in the palm of God’s hands.

PASTOR – Pray for our lead pastor and family – keep them in good health and safety. Refresh them and grant them divine revelation as they prepare the Word.

CHURCH – Pray for our church family, staff, ministry leaders, care group leaders and volunteers. Pray that God continue to strengthen them and bless them even as they serve the Lord.

FAMILY – Pray that God continue to bless the household, grant supernatural wisdom to your spouse and bringing about good influences in your children’s life. Pray that God watch over your coming in and going out and that all you lay your hand to be blessed – whether in the field or at home.

* 1. Benediction

Num 6:24-26

The Lord bless you and keep you;

the Lord cause his face to smile on you and be gracious to you;

the Lord look on you with favor and give you peace.’

Chose