

How to Grow
Class 5: Prayer

Questions to discuss:

- Which of the reasons given for lack of prayer do you see best describes your current struggles in prayer?
- In your own words discuss and describe the link between reading/meditation of the Word and prayer.
- Which verses most compelled you to want to pray? Why?
- Do you have a set time that you pray daily? If not, why?
- How does planned prayer cultivate unceasing prayer?
- How does prayerlessness reveal ingratitude? Pride?

Practical helps to cultivate prayer:

- Confess prayerlessness, unbelief and pride (Believing God in Christ has forgiven you & wants you to pray)
- Read and meditate on Scripture daily which will compel you to worship/pray.
- Write down promises from Scripture to “lay hold of God” in prayer (Gen 32)
- Use times through the day to pray (Shower, when exercising, driving, during lunch break)
- Have a prayer journal (Write down what you are praying for, and see God’s answers)
- Pray through the church directory (specifically for people, ask them what you can pray for and follow up, so as to adjust your prayers). Then serve one another as needed, and fulfill one another’s.
- Pray out loud to keep your mind from wondering or falling asleep.
- Choose one person (in the class) to meet with once a week for 30 minutes to pray (on the phone or in person). Commit to at least 4 weeks, and then choose someone else. Write out topics you will be praying for: each other (areas of sanctification), thanksgiving, church, missions, lost family, etc. Young people, you too!!

I. Prayer Defined

Westminster Shorter Catechism Q. 98: What is prayer?

- A: Prayer is an offering up of our desires unto God, for things agreeable to his will, in the name of Christ, with confession of our sins, and thankful acknowledgment of his mercies.

Prayer is an _____, as well as an _____ of dependence upon God.

II. Two Aspects of prayer

- Planned prayer Matt. 6:6
- Unceasing prayer 1 Thess 5:16-18

III. Why don’t we pray more?

A. Wrong view of _____ (Col 4:2)

B. Wrong view of _____ (John 15:5)

C. Wrong view of _____ (1 Peter 5:7, Luke 11:9-10)

Thomas Manton: *“The word feeds meditation, and meditation feeds prayer. These duties must always go hand in hand; meditation must follow hearing and precede prayer. To hear and not to meditate is unfruitful.... It is rashness to pray and not to meditate. What we take in by the word we digest by meditation and let out by prayer. These three duties must be ordered that one may not jostle out the other.”*

IV. How to pray

A. The Lord’s Prayer (Matthew 6:9-13)

“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”

“Forgive us our debts, as we also have forgiven our debtors”

“Lead us not into temptation, but deliver us from evil.”

ACTS

A _____ C _____ T _____ S _____

Paul’s prayers: Eph 1:15-23, 3:14-21, 2 Thess 1:3-12, Col 1:9-14

V. Encouragement to Pray

- **Phil 1:19** *for I know through your prayers and the help of the Spirit of Jesus Christ this will turn out for my deliverance*
- **Luke 18:1-8** *And he told them a parable to the effect that they ought always to pray and not lose heart*

- **Luke 11:9-10** *Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.*
- **1 Peter 5:7** *Casting all your anxieties on him, because he cares for you*
- **James 4:2-3** *You do not have, because you do not ask. 3 You ask and do not receive, because you ask wrongly, to spend it on your passions.*
- **James 1:5** *If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him*
- **1 John 5:14-15** *And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.*
- **John 15:7** *If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. V16 You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you.*
- **Philippians 4:6-7** *Do not be anxious about anything, 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 your minds in Christ Jesus.*
- **Daniel 9:23** *At the beginning of your pleas for mercy a word went out, and I have come to tell it to you, for you are greatly loved. Therefore consider the word and understand the vision.*
- **2 Chronicles 7:14** *If my people who are called by my name 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.*
- **Jeremiah 33:3** *Call to me and I will answer you, and will tell you great and hidden things that you have not known.*
- **Romans 8:32** *He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?*