

Topic: Doctrinal Teaching- Prayer and the Believer

Column 1 Main Ideas	Column 2 Supporting Details
<ul style="list-style-type: none"> ● <u>Introduction</u> What is prayer? ● When/where did it began? ● Who should pray? ● Memory verse: 	<p>Background</p> <ul style="list-style-type: none"> ● There are 650 prayers listed in the Bible and they can be found from Genesis to Revelation. ● 2. There are approximately 450 recorded answers to prayer in the Bible ● Prayer is communication with God ● Prayer is having a two way conversation with God and should be made without ceasing according to Read-1 Thes 5:16-18-As we grow in our love for Jesus Christ, we will naturally desire to talk to Him. ● Through prayer a relationship with God develops ● Constant communication with the father ● Sharing of your heart’s desires ● The first time prayer is mentioned in the Bible is Gen 4:26 (earlier dialogues where prayer was initiated directly by God, e.g., Gen 3:8-13; Gen 4:9 ● Anyone and everyone prays- God hears all prayers and may not answer every prayer <p>Philippians 4:6-7 <i>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 comprehension, will guard your hearts and your mind in Christ.</i></p>

<p><u>What does one pray for?</u></p> <p>examples of what some people in the bible prayed for</p>	<p>You can pray for just about anything. That does not mean that God will answer the prayer.</p> <p>people prayed for anything and everything in the bible from Gen to Rev.</p> <p>List of some petitions</p> <ul style="list-style-type: none"> ● heir ● wronged brother ● evil city/sodom and gomorrah ● bride ● wisdom ● children ● prosperity ● etc
<p><u>The purpose of prayer</u></p>	<p>Why do we pray?</p> <ol style="list-style-type: none"> 1. we do not pray to give God information- God is all knowing/God knows everything 2. We pray to express what's in our heart 3. Express submission 4. We pray to bring us into reverent communion with God- worshiping Him and acknowledging Him as the giver of all things

<p><u>The nature of Prayer</u> Luke 11:1 Romans 8:26</p> <p>Psalms 34:15 Psalms 142:2 Hebrews 4:16</p> <p>Ecclesiastes 5:2</p> <p>1 Peter 5:6-7</p>	<ul style="list-style-type: none"> ● For the believer prayer is a learning experience that must be developed into a spiritual discipline- ● What is discipline? developing a habit/routine in which the act becomes natural/2nd nature <ul style="list-style-type: none"> ❖ Inward Disciplines: Meditation, Prayer, Fasting, Studying the bible (include journaling) ❖ Outward Disciplines: Simplicity, Solitude, Submission, Service, Chastity, Stewardship. ❖ Corporate Disciplines: Confession, Worship, Guidance, Celebration. ● Prayer is communication with God. Scriptures tells us that God is very interested in our personal being/wants/desires/feelings/struggles/battles/ etc... ● We have the privilege of accessing God - Eccl. 5:2 advise us ● Comfort to believers 1 Pet 5:6-7
<p><u>Format/example</u> Luke 11:1-4</p>	<p>In this example the disciples asked Jesus how to pray. This prayer has 5 focal point</p> <ol style="list-style-type: none"> 1. God’s name be honored – the focus on his everlasting glory (“Father, hallowed be your name”); 2. God’s kingdom come – the focus on his eternal will (“your kingdom come”); that 3. God’s provision is given – the focus on our present (“Give us each day our daily bread.”); that 4. God’s forgiveness is granted – the focus on our past (Forgive us our sins, for we also forgive everyone who sins against us.); 5. God’s deliverance will be provided – the focus on our future

<p><u>Examples of petitions in the bible</u></p> <ul style="list-style-type: none"> ● Analyze different petitions ● Identify common themes/element of prayer 	<p>Prayer is not complicated/prayer is simple-examples of petitions in the bible</p> <ul style="list-style-type: none"> ● Hezekiah- 2 Kings 19:14-19 ● Daniel Prayer of forgiveness- Daniel 9: 4-6; 9-10;18-19 ● Anna 1 Sam2 ● Jabez- 1 Chron 4:10 ● David’s prayer Ps 51 ● David’s prayer of Thanksgiving Psalm 30 ● Jesus’ prayer of surrender and obedience Math 26:38-41 ● Jesus prayer for unity John 17:20-23 ● Solomon’s prayer for guidance 1 Kings 3:5-10
<p><u>Jesus’ Pattern for prayer</u> Matthew 6:9-13</p>	<p>Jesus’ pattern on how to pray</p> <ol style="list-style-type: none"> 1. Pray to God... Our father who is in heaven 2. Exal Him....Hallowed be Your name 3. SubmitYour kingdom come 4. Look to Him/seeking...Our daily bread 5. Confess to Him/Pleading...Forgive us our debts 6. Depend on Him/asking.... Do not lead us into temptation 7. Trust in Him/requesting... Deliver us from evil
<p><u>Four important areas of prayer</u> Each time you have to pray think of the acronym ACTS</p> <p>Analyzing the prayer of Jehosaphat</p> <p>2 chronicle 20 to attest the pa</p>	<p>4 important Areas of prayer acronym-ACTS</p> <ol style="list-style-type: none"> 1. Adoration-reflect on God Himself, praise Him for His attributes, His majesty and gift of Christ 2. Confession- Admit to God that you have sinned. Be honest, be humble. Remember that He knows you 3. Thanksgiving-Tell God how grateful you are for everything He has given you, even the unpleasant things. Your thankfulness will help you see His purposes 4. supplication- Make specific requests. Pray first for others and then yourselves

Types of prayers

There are eight types of prayers mentioned in the bible

1. **Prayer of faith** (Mark 9:23 & James 5:15),
2. **Prayer of agreement** (also known as corporate prayer) (Acts 1:14 & 2:4),
3. **Prayer of request** (also known as petition or supplication) (Eph 6:8 & Phil 4:6),
4. **Prayer of thanksgiving** is similar to prayer of worship.
 - ❖ Worship focus on who God is and
Thanksgiving focus on what God has done
 - ❖ Thanksgiving- Ps 95:2-3,
 - ❖ Prayer of worship Acts 13:2-3
5. **Prayer of consecration** (also known as dedication) Math 26:39
6. **Prayer of intercession** 1 Tim 2:1
7. **Prayer of imprecation** Psalm 69
8. **Praying in the Spirit** 1 Cor 14:14-15
9. **Closure to prayer**-ending a prayer “Amen”
 - The word “Amen” (which means “let it be, “so be it,” “verily,” “truly”) makes its first appearance in the Bible in Num 5:22. In that passage God commands it to be said by a person who is yielding to his examination.

Postures in prayer
5 specific postures that the bible listed

Although prayer can (and should) be done from any bodily position, the Bible lists five specific postures:

1. **Sitting** 2 Sam 7:18
2. **Standing** Mark 11:25
3. **Kneeling** Chronicles 6:13; Dan 6:10; Luke 22:41; Acts 7:60. 9:40; 20:36; 21:5 & Eph 3:14
4. **With one’s face to the ground** Math 26:39; Mark 14:35
5. **With hands lifted up** 1 Tim 2:8.

<p><u>Guidelines to develop the practice of prayer</u> 1 Thes 5:17-21 Math 17:14-23/Mark 9:14-29 Luke 18:1-8</p> <p>Eph 6:1-16 Luke 11:5-10</p> <p>Daniel 10:13- Daniel and the prince of the king of Persia</p>	<p>Prayer without ceasing/stopping- what is it? It is to develop a habit of continual prayer</p> <ul style="list-style-type: none"> ● The best example we have of prayer without ceasing is one of our lord Jesus Christ ● He was in constant communication with the father ● It was a non ending/nonstop communication between Himself and the father ● There was an intensity in the prayers of Jesus that were unique and utterly amazing. When the bible told us that he went to the Mount of Olives and prayed all night-there was no doubt an intensity in that kind of praying that we know nothing about ● demon possessed boy-Jesus tell his disciples that these kinds can only come out through fasting ● Woman with the unjust judge/Jesus give us the example of how to be persistent
<p><u>Effectiveness of Prayer</u> 2 Chron 20 1Sam 2-petition & 3-prayer of thanksgiving for answered prayer Acts 12:1-7</p>	<p>prayer changes situations/bring result</p> <ul style="list-style-type: none"> ● Jehosaphat ● Anna-prayed for a son ● Peter ● countless others
<p><u>The struggle of prayer</u></p> <ul style="list-style-type: none"> ● Luke 6:12; Luke 22:44; Col 4:2 ● Psalm 13:1-2 ● Psalm 22:2 <p>1 Corinthians 12:7-9</p> <ul style="list-style-type: none"> ● Devoting to prayer ● Mark 14:35-36 	<ul style="list-style-type: none"> ● Prayer can be hard work, but that should not keep us from praying, even when it requires sacrifice Luke ● even when we are frustrated or discouraged, we can still approach God in prayer <p>Examples:</p> <ul style="list-style-type: none"> ● David was discouraged ● David's complaint <ul style="list-style-type: none"> ● Prayer is governed by God's sovereignty, and His purpose determines His answers to our prayers ● Jesus asked His father to let this hour escape Him ● Surrendered His will (nevertheless, not my will but thine will be done)

<p><u>Hinderances to answered prayer</u> Psalms 66:18 James 4:3 Isaiah 59:1-2</p>	<p>What are some hindrances to answered prayers? (definition of sin, iniquity and transgression) Sin- intentional and unintentional (commission or omission) falling short/missing the mark, iniquity- has to do with inner character habitual sins/ character flaw/can generational transgression-willful violation (knowing and utterly) total disobedience/knowingly</p> <ul style="list-style-type: none"> ● iniquity in the heart ● Asking wrongly ● iniquity and sins ● contrite heart- what is that? It means to come humbly before God acknowledging our sin and proclaiming God's goodness. This form of humble spirit expresses our need for God and His salvation alone. We don't make excuses why you did what you did
<p><u>Prayer meeting format</u> Think of acronym ACTS-4 areas of prayer as your example</p>	<p>What are the elements of a prayer service</p> <ol style="list-style-type: none"> 1. Adoration/worship- elevate God (see previous teaching on worship as well as the name God and His attributes) Song selection must be that exhume God's sovereignty, grandeur, holiness, power and majesty 2. Reading of scripture/ the psalms (1-7 depending on the length of the services/and possibly using scriptures as prayer points 3. Confession- allow individuals time during the service for confession 4. Thanksgiving- Give God thanks for what He has done 5. Supplication- allow people time to pray and bring their petition to God and at the end giving God thanks for answered prayer 6. Meditation- a word that uplifts the believer's faith and encourages him/her 7. Final prayer and benediction

<p><u>Prayer and the busy professional</u></p> <p>Are we too busy for God?</p>	<p>Let's have a conversation</p> <ol style="list-style-type: none"> 1. What does it look like for you? 2. Do we follow the Christian disciplines? <ul style="list-style-type: none"> ● everyone shares their experiences with prayer ● When and where does it happen? ● Does it involve fasting?
<p><u>Questions to ponder</u></p>	<ol style="list-style-type: none"> 1. Why do you pray? How often do you pray 2. What are the benefits of prayer? 3. Are there benefits to praying together? 4. Do you see results when you pray? 5. What is a prayer partner? 6. How should you pray? 7. How will you know if your prayers are hindered, whether sins/iniquities 8. How do I know if you are praying according to God's will? 9. How do you know God's will for your life? 10. What should you pray about/ for when you pray? 11. How do you know when to stop praying for something, particularly if you have been praying for a long time?

Sources/bibliography

Bible- NIV

John MacArthur-" Fundamentals of the Faith 13 Lessons to Grow in the Grace and Knowledge of Jesus Christ