

# BELIEVER BASICS 101

## Session 3

### A Christian and Their Prayer Time (Leader's Version)

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#### Session Plan

Opening Prayer and Review Memory Verse (5 min)

Principles of the Lesson (30 min)

Putting it Together (10 min)

Practice (10 min)

Practice Assignments and Closing Prayer (5 min)

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#### Opening Prayer

#### Memory Verse

*"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus." Phil 4:6-7*

#### Principles: Matt 6:5-21

- 1) **Prayer is Pursuing a Personal Relationship with Jesus.** Prayer is part of the way we grow in our relationship with Jesus, and spending time with Him pleases Him, and He is more likely to give us blessings and rewards. V.5-8
  - a) God expects that you pray, i.e. prayer is not optional for a Christian.
    - i) Matthew 6:5 "When you pray... 6:6 "But when you pray... 6:7 "And when you are praying... 6:9 "Pray, then, in this way...
    - ii) *Seek the LORD while He may be found; Call upon Him while He is near.* Isaiah 55:6
    - iii) *Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.* Phil 4:6-7
  - b) Jesus prayed and gives us an example for prayer.
    - i) *In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and was praying there.* Mark 1:35
    - ii) *And He withdrew from them... and He knelt down and began to pray* Luke 22:41
    - iii) *After He had sent the crowds away, He went up on the mountain by Himself to pray; and when it was evening, He was there alone.* Matt 14:23
  - c) You need to Pray for your own good
    - i) *6 "But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and your Father who sees what is done in secret will reward you. 7 "And when you are praying, do not use meaningless repetition as the Gentiles*

- do, for they suppose that they will be heard for their many words. 8 "So do not be like them; for your Father knows what you need before you ask Him. Matthew 6:6-8*
- ii) *Do not forsake me, O LORD; O my God, do not be far from me! Ps 38:21*
  - iii) *Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need. Heb 4:16*
  - iv) *Is anyone among you suffering? Then he must pray. Is anyone cheerful? He is to sing praises. 14 Is anyone among you sick? Then he must call for the elders of the church and they are to pray over him, anointing him with oil in the name of the Lord; 15 and the prayer offered in faith will restore the one who is sick, and the Lord will raise him up, and if he has committed sins, they will be forgiven him. 16 Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much. James 5:13-16*

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- 2) **Prayer is Pleading in a Personal Relationship with Jesus.** Prayer is how we communicate to God and ask Him to act in our lives and in the live of others. **V.5-15**
  - a) **Prayer with the Proper Motives** Matthew 6:5-6
    - i) *"When you pray, you are not to be like the hypocrites; for they love to stand and pray in the synagogues and on the street corners so that they may be seen by men. Truly I say to you, they have their reward in full. "But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and your Father who sees what is done in secret will reward you.*
    - ii) Do not pray with the intention to be heard by man, but by God. Prayer is not a time to preach to others, it is a conversation between you and God.
    - iii) You must have “private” prayer time. If the only time you pray is in public, take a look at your motives.
    - iv) You need to prepare to pray
      - (1) First, you must open up to God, *Search me, O God, and know my heart; Try me and know my anxious thoughts; 24 And see if there be any hurtful way in me, And lead me in the everlasting way. Psalms 139:23-24*
      - (2) Second, you must confess your Sins, *If we say that we have fellowship with Him and yet walk in the darkness, we lie and do not practice the truth; 7 but if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin. 8 If we say that we have no sin, we are deceiving ourselves and the truth is not in us. 9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:6-9*
        - (a) Unconfused sin stop prayers from being answered, *If I regard wickedness in my heart, The Lord will not hear; Psalms 66:18 and He who turns away his ear from listening to the law, Even his prayer is an abomination. Prov 28:9 and Behold, the LORD'S hand is not so short That it cannot save; Nor is His ear so dull That it cannot hear. 2 But your iniquities have made a separation*

*between you and your God, And your sins have hidden His face from you so that He does not hear. Isaiah 59:1-2*

(3) Come to God Ps 51:10-13

b) **Pray with the Proper Methods**, *And when you are praying, do not use meaningless repetition as the Gentiles do, for they suppose that they will be heard for their many words. So do not be like them; for your Father knows what you need before you ask Him. Matthew 6:7-8*

i) You can pray anywhere and at any time, *The woman said\* to Him, "Sir , I perceive that You are a prophet. 20 "Our fathers worshiped in this mountain, and you people say that in Jerusalem is the place where men ought to worship." 21 Jesus said\* to her, "Woman, believe Me, an hour is coming when neither in this mountain nor in Jerusalem will you worship the Father. 22 "You worship what you do not know; we worship what we know, for salvation is from the Jews. 23 "But an hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for such people the Father seeks to be His worshipers. 24 "God is spirit , and those who worship Him must worship in spirit and truth." John 4:19-24*

ii) An example of poor methods and misdirected prayer: *So Elijah said to the prophets of Baal, "Choose one ox for yourselves and prepare it first for you are many, and call on the name of your god, but put no fire under it." 26 Then they took the ox which was given them and they prepared it and called on the name of Baal from morning until noon saying, "O Baal, answer us." But there was no voice and no one answered. And they leaped about the altar which they made. 27 It came about at noon, that Elijah mocked them and said, "Call out with a loud voice, for he is a god; either he is occupied or gone aside, or is on a journey, or perhaps he is asleep and needs to be awakened." 28 So they cried with a loud voice and cut themselves according to their custom with swords and lances until the blood gushed out on them. 29 When midday was past, they raved until the time of the offering of the evening sacrifice; but there was no voice, no one answered, and no one paid attention. 1 Kings 18:25-29*

c) **Pray in the Proper Manner** *9a "Pray, then, in this way: God's will first / ours second*

i) Pray to your **Papa** *9b `Our Father who is in heaven, Pray to God and God alone*

(1) Pray to God and God alone, (This includes all members of the Trinity, Father, Son and Holy Spirit, but shows your belief in the Trinity to address God as one) *You shall have no other gods before Me (lit. before my face). Ex 20:3*

(2) Do not pray to other people (alive or dead) *'You shall not ... practice divination or soothsaying. Le 19:26*

(3) Do not pray to angels or demons, *Let no one keep defrauding you of your prize by delighting in self-abasement and the worship of the angels, taking his stand on visions he has seen, inflated without cause by his fleshly mind, 19 and not holding fast to the head, from whom the entire body, being supplied and held together by the joints and ligaments , grows with a growth which is from God. Col 2:18-19 and John said, Then I fell at his feet to worship him. But he said to me, "Do not do that; I am a fellow servant of yours and your brethren who hold the testimony of Jesus; worship God. Re 19:10*

ii) Pray to **Praise** *9c Hallowed be Your name.*

iii) Pray for **Providence** *10 `Your kingdom come. Your will be done, On earth as it is in heaven.*

- iv) Pray for **Provision** 11 *Give us this day our daily bread.*
- v) Pray for **Pardons** 12 *And forgive us our debts, as we also have forgiven our debtors.*
- vi) Pray for **Protection** 13 *And do not lead us into temptation, but deliver us from the evil one.*

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**3) Prayer is Placing Your Personal Relationship with Jesus First.** Prayer and fasting (giving up of physical food and/or drink for a time and substituting in that time prayer) is showing God that you need Him more than food to live. **V.16-21**

- a) Prayer and fasting is putting your relationship with God first in your life
  - i) God commanded, *"You shall have no other gods before Me."* Ex 20:3
  - ii) Jesus said, *"Whatever you ask in My name, that will I do, so that the Father may be glorified in the Son. 14 "If you ask Me anything in My name, I will do it. 15 "If you love Me, you will keep My commandments.* John 14:13-15
- b) **Things for which to pray**
  - i) Pray for other Christians – Eph 6:18
  - ii) Pray for forgiveness – Acts 8:22
  - iii) Pray when you are tempted – Lk 22:40
  - iv) Pray when you are thankful, lonely, or in need – James 5:14
  - v) Pray for God to work in your life – Matt 6:8
  - vi) When together with other Christians – James 5:16
  - vii) Pray all the time, everywhere – Lk 18:1
- c) **Pray for the Lost**
  - i) Pray for Sensitiveness to the Spirit (Matt 23:37-38, Ro 10:1-4)
  - ii) Pray for God to encounter them with a Christian (Ro 10:14-17, Matt 9:37-38, Acts 8)
  - iii) Pray for God to unveil the unbelievers' eyes (Is 25:7-9, 2 Cor 3:14-16)
  - iv) Pray for all to embrace the Power of God's Gospel (Ro 1:16, 10:11-13)
  - v) Pray for God to turn up the heat (Acts 17:26-31, Ez 33:11, Heb 12:9 )
- d) **Pray to be heard by God**
  - i) Luke 18:9-14

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**4) Prayer is Pleasing Jesus in Your Personal Relationship with Him.** Prayer and fasting (giving up of physical food and/or drink for a time and substituting in that time prayer) is showing God that you need Him more than food to live. **V.18-21**

- a) Fasting is showing God that you are eagerly awaiting His (Jesus') return
  - i) And Jesus said to them, Jesus said, *"The attendants of the bridegroom cannot mourn as long as the bridegroom is with them, can they? But the days will come when the bridegroom is taken away from them, and then they will fast."* Matt 9:15
- b) Fasting is a way of humbling yourself and confessing sins before God to be heard by Him

- i) *"Behold, you fast for contention and strife and to strike with a wicked fist. You do not fast like you do today to make your voice heard on high. 5 "Is it a fast like this which I choose, a day for a man to humble himself? Isaiah 58:4-5*
- ii) *Now on the twenty-fourth day of this month the sons of Israel assembled with fasting, in sackcloth and with dirt upon them. 2 The descendants of Israel separated themselves from all foreigners, and stood and confessed their sins and the iniquities of their fathers. Neh 9:1-2*
- c) Fasting increases your perceptiveness and sensitiveness to God's word
  - i) *But Jesus answered and said, "It is written, 'MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT PROCEEDS OUT OF THE MOUTH OF GOD.' " Matt 4:4*
  - ii) *"So you go and read from the scroll which you have written at my dictation the words of the LORD to the people in the LORD'S house on a fast day...7 "Perhaps their supplication will come before the LORD, and everyone will turn from his evil way, for great is the anger and the wrath that the LORD has pronounced against this people." Jer 36:6-7*
- d) Fast when you want to know God's specific will for a specific situation
  - i) *"The hand of our God is favorably disposed to all those who seek Him, but His power and His anger are against all those who forsake Him." 23 So we fasted and sought our God concerning this matter, and He listened to our entreaty. Ezra 8:22-23*

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### **Putting it Together**

1. Why is it important to pray?
2. To Whom are you to pray?
3. To who are you NOT to pray?
4. Who's desire should come first in your prayers?
5. What are proper ways to pray?
6. What are improper ways to pray?
7. What are selfish things to pray for and legitimate things to pray for?
8. Who should you pray for?
9. What should you pray for?
10. Who should you pray with?
11. Where can you pray?
12. What opportunities do you have to pray with others in your local congregation?

### **Practice**

- Let us pray by going around the circle (or if in a large group of 8 or more, split up into groups of 3-4)

- While every prayer does not necessarily have to follow this pattern but must be appropriate for the situation, in general, follow Jesus' pattern in Matthew 6. Let us try!
- NOTE: No where in the Bible does it say you have to pray with your eyes shut, so if you need to look at this outline to follow when you pray, it is alright.

1. Pray to God your Father v.9b
2. Praise Him for who He is and What He has done, v.9c
3. Ask God to accomplish His will on earth and in your life, v.10
4. Ask God to meet all your needs, physical, and spiritual, v.11
5. Ask God to forgive your sin and help you to forgive, v.12
6. Ask God to protect you from sin, temptation, evil people, and the Devil, v.13

### **Practice Assignments**

1. Read and write down any insights that God gives and any questions you have about the text.
  - a. Monday           Philippians 1
  - b. Tuesday         Philippians 2
  - c. Wednesday     Philippians 3
  - d. Thursday        Philippians 4
  - e. Friday            Matthew 10
  - f. Saturday         2 Corinthians 5
2. Pray each day.
3. Tell someone this week about what Jesus has done for you and what He is doing in your life.
4. Participate in the worship service and take notes while listening to the Pastor's sermon about how you can apply the message that he preaching from God's Word in your life this week.

### **Memory Verse for Next Week**

*“Therefore, we are ambassadors for Christ, as though God were making an appeal through us; we beg you on behalf of Christ, be reconciled to God. 21 He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him.” 2 Cor 5:20-21 (NASB)*

### **Coming Up NEXT**

Week 4) A Christian and their Witness (How to Witness)

### **Closing Prayer**