



Equipping Hour

Lesson 8 – Prayer and the Believer

Key Verse: **Philippians 4:6-7**

“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 minds in Christ Jesus.”

The Purpose of Prayer

The purpose of prayer is to express our submission to the sovereignty of God and our trust in His faithfulness. Prayer is the means by which we express all that is in our hearts to our loving and wise heavenly Father. Prayer is not to give God information, because God knows everything. Prayer brings us into reverent communion with God, worshiping Him and acknowledging Him as the giver of all things.

The Nature of Prayer

1. For the believer, prayer is a learning experience that must be developed into a spiritual discipline.
 - Luke 11:1. What did the disciples ask of Jesus? _____
 - Romans 8:26. Who assists us in our prayer? _____
 - What should we do when we are not sure what to pray for? _____
2. Prayer is communication with God. Scripture tells us that God is very interested in our personal struggles.
 - Psalm 34:15. What does this say about the Lord? _____
 - Psalm 142:2. What did David bring before God in prayer? _____
 - Hebrews 4:16. How are we to approach God in prayer? _____
 - Ecclesiastes 5:2. What caution are we given in prayer? _____
 - 1 Peter 5:6–7. What comfort does Peter offer believers in prayer? _____
3. Prayer is effective. It can change situations and people. We are encouraged to pray expecting results.
 - Acts 12:5. For whom did the church pray? _____
 - Acts 12:7. How did God answer their prayers? _____
 - Philippians 4:6–7. Besides answers, what else does God grant to believers? _____

The Practice of Prayer

- Luke 18:1. The disciples were taught to always pray and _____.
- 1 Thessalonians 5:17. What is God's will for believers regarding prayer? _____

- Ephesians 6:18. When should believers pray? _____
- Luke 11:9–10. What did Jesus teach His disciples to expect if they persisted in prayer? _____

- 1 John 5:14. What is our confidence when we pray? _____

Jesus' Pattern for Prayer: Matthew 6:9–13

Pray to God.....Our Father who is in heaven

Exalt Him, saying.....Hallowed be Your name

Submit to him, praying.....Your kingdom come, Your will be done

Look to Him, seeking.....Our daily bread

Confess to Him, pleading.....Forgive us our debts (sins)

Depend on Him, asking.....Do not lead us into temptation

Trust in Him, requesting.....Deliver us from evil

The Hindrance of Prayer

There are things that will hinder our prayers. Look up the following verses and tell what they are.

- Psalm 66:18. _____
- James 4:3. _____
- 1 Peter 3:7. Husbands: _____

The Struggle of Prayer

- Luke 6:12. How long did Jesus pray? _____
- Luke 22:44. How did Jesus pray in the garden? _____
- Colossians 4:2. What should we do when we are praying? _____
- Psalm 13:1–2. Why was David discouraged in prayer? _____
- Mark 14:35–36. How did Jesus pray? _____

Application

1. How is your prayer life?
2. What are ways you can grow in your prayer life?
3. What are things you can implement more into your prayer life (adoration, confession, thanksgiving, supplication)?

Four Important Areas of Prayer
Adoration..... Reflect on God Himself. Praise Him for His attributes, His majesty, and His gift of Christ.
Confession..... Admit to God that you have sinned. Be honest and humble. Remember, He knows you and loves you.
Thanksgiving..... Tell God how grateful your are for everything He has given you, even unpleasant things. Your thankfulness will help you see His purposes.
Supplication..... Make specific requests. Pray first for other and then for yourself.