

Discussion Questions

- How often do you confess your sin to the Lord? Have you ever thought about the connection between your confessions and your requests?
- Why do you think God instructs us to ask “with thanksgiving”?

Day 5 – Review Q&A and recite memory verse

This week we have learned quite a bit about prayer: That the Holy Spirit helps us to pray, that we need to align to the will of God in our prayers, that we need to pray in faith and trust in the name of Christ, and to confess our sins and thank God for His mercies in our prayers. Scripture also answers the question of how and when to pray. We are to pray always, in every way and in every place, whether it is personally, with our family, in public, or at church. We will explore more of this in the weeks to come but Luke 18:1 says that we...*ought always to pray and not lose heart*. Matthew 6:6 says, *But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you*. Again, we see om 1 Thessalonians 5:17... *pray without ceasing*. Prayer is not just a single thing that we do here and there but a way of life. The Christian believer walks in constant communion with God. Every place, and every time is a special occasion when we can be lifting our souls toward God in heaven.

Discussion Questions

- How can you cultivate a prayerful heart as you go about your daily life?
- Some prayers are public and some are private. Some are short and some are long. What kind of prayers come easier for you and what areas do you need to grow in?

Baptist Catechism

Family Worship Guide



West Oaks Baptist Church

(in preparation for Sunday, October 19th, 2025)

Baptist Catechism Question #105

Q: What is prayer?

A: *Prayer is an offering up our desires to God, by the assistance of the Holy Spirit, for things agreeable to his will, in the name of Christ, believing, with confession of our sins, and thankful acknowledgments of his mercies.*

Suggested Memory Verse

1 Peter 3:12 For the eyes of the Lord are on the righteous, and his ears are open to their prayer. But the face of the Lord is against those who do evil.

Day 1 – Review Q&A and recite memory verse

What is prayer? The immediate answer is simple. Prayer is “an offering up of our desires to God,” or, if we use the language of the Psalms, it is *the lifting of the soul heavenward* (Psalm 25:1). Psalm 62:8 says, *Trust in him at all times, O people; pour out your heart before him; God is a refuge for us*. Prayer is a welcomed opportunity to pour out our hearts, ask our petitions, share our concerns, and seek answers from our loving Father who hears us and desires to give us good gifts. 1 Peter 3:12 says, *For the eyes of the Lord are on the righteous, and his ears are open to their prayer. But the face of the Lord is against those who do evil*. There are two things to note about prayer. First, it is not about the eloquence of your words, how long the prayer is, or getting some prayer formula right. It is about your sincerity, humility, and dependence on God. Will you come and ask? Can you admit you need God? Secondly, the direction of our prayers should obviously be heavenward, toward God. Praying to anyone or anything else would be idolatry and would give honor to created things. God says He alone is worthy of worship and that He will not give or share His glory with another (Isaiah 42:8). Communing with God through prayer is part of our worship.

Discussion Questions

- How often do you pray?
- Do you tend to think of prayer as a privilege, an obligation, or something that is optional for a Christian? Why do you think that?

Day 2 – Review Q&A and recite memory verse

Sometimes we will tell children or new believers that prayer is simply “talking with God.” While that is true in one sense, prayer is a special kind of conversation that is somewhat different than just talking to a friend. For one thing, prayer happens by the assistance of the Holy Spirit. Many times we do not even know what or how to pray, but scripture says the Holy Spirit will help us. *Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God* (Romans 8:26–27). Notice that our prayer needs to align with God’s will. The secret of effectual prayer is not convincing God to do our will but aligning our will with His. 1 John 5:14 says, *And this is the confidence that we have toward him, that if we ask anything according to his will he hears us*. When you miss this key component, James says, *You ask and do not receive, because you ask wrongly, to spend it on your passions* (James 4:3). Ask the Holy Spirit to help you pray according to our Father’s will and you will find great joy in serving our King!

Discussion Questions

- Is it OK to pray and ask God for things even if you aren’t sure if it is His will or not?
- Have you ever asked the Holy Spirit to help you pray? Explain.

Day 3 – Review Q&A and recite memory verse

Why should God listen to us? This is a good question. God is in no way obligated to listen to His creatures, especially sinful ones like us. And yet, because of the work of Christ, God has promised to hear the prayers of those who come to Him in Jesus’ name and by faith. It is by His authority and power that we come before the throne of God and ask anything. Not our own. As Jesus was speaking in John 16:23, He said, *Truly, truly, I say to you, whatever you ask of the Father in my name, he will give it to you. When you pray, do you believe God can and will answer you? Do you have faith in Christ? The remaining catechism questions will explore what kinds of things we are instructed to pray for in the Lord’s prayer (Matthew 6:9-13 and Luke 11:2-4). But, whatever the topic of prayer, it should all be directed to God, and offered by faith in the name of Christ. Matthew 21:22 says, And whatever you ask in prayer, you will receive, if you have faith. Hear those last words again... “if you have faith.” When we pray, we must trust that as born-again children of God, saved by Jesus, our Father will hear us and answer our prayer. Ask God to strengthen our prayers and to help our unbelief.*

Discussion Questions

- Some people have a tendency to “name drop.” They casually mention the names of any important people they know as a way of gaining respect or credibility. How is this like... or unlike... praying in Christ’s name?

Day 4 – Review Q&A and recite memory verse

Prayer is not like a vending machine where you simply choose what you want and then wait on a mechanism to deliver. Prayer is relational. We are invited to bring our requests to God, but scripture says those requests should be paired with confession of sins and thankful acknowledgment of His mercies rather than any sense of entitlement. David was called man after God’s own heart. He was quick to confess his sin and did so often. Psalm 32:5 *I acknowledged my sin to you, and I did not cover my iniquity; I said, “I will confess my transgressions to the LORD,” and you forgave the iniquity of my sin*. Scripture also says *If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us* (1 John 1:9–10). The Lord forgave David, and He has promised to forgive all who believe in Him, place their trust in Him, and come to Him. There are many who make statements such as “I don’t need forgiveness.” Those people do not trust in God, and His Word is not in them. For those who have known God’s forgiveness, Philippians 4:6–7 says... *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.*