



Paradigm Discipleship Lesson

The purpose of this resource is to provide some guidance for you as you encourage your disciple to develop a strong devotional relationship with God.

We encourage you to do your own study, using this resource as a guide, to develop a learning experience for you and your disciple that will help you both move deeper in your understanding and experience of interacting with a God who desires a deep, intimate relationship with you.

Prayer

GOAL: For us to know what Prayer is, why we should pray, and how to pray.

Prayer is more than asking God for help. Prayer is talking and listening to God. The aim of this study is to help each other truly believe that we can go freely to God any time.

OPENING DIAGNOSTIC QUESTIONS:

- How often do you pray?
- What do you do when you pray?
- What do you pray about?
- What keeps you from praying?

STUDY QUESTION: What is prayer? Simply put, prayer is talking to God.

“Prayer is pouring out our hearts to God in praise, petition, confession of sin, and thanksgiving.”
- New City Catechism - Psalm 62:8

“Not only does God express himself and bid us to hear his voice (His Word), but he wants to hear ours. The speaking God not only has spoken, but he also listens.” - David Mathis

READ MATTHEW 6:5-8

- What is an incorrect view of prayer? What are we trying to get out of prayer?
 - Are we praying to impress others? To impress God? To Help him hear us?

STUDY QUESTION: Why pray?

1. God wants us to trust him and be in a relationship with him - Luke 11:5-13
2. God commands and encourages us to pray - 1 Thess. 5:16-18, Phil 4:6-7
3. Jesus prayed! - Mark 1:35, Luke 5:16, Luke 6:12-13

READ 1 John 5:14-15

- John 15:7, Psalm 66:17-20, James 4:2-3

STUDY QUESTION: According to these passages, what seems to be the criteria for being heard in prayer and receiving answers to prayer?

- When we pray according to God's promises, we can be assured our prayers will be answered.

STUDY QUESTION: How should we pray? READ Matthew 6:9-13

- What can we learn about prayer in this model prayer given to us by Jesus?
- This prayer isn't "magical" but is given to us as an example of how to pray.

Pray using the acronym **ACTS**:

- **Adoration** - worship/awe for who God is/delight in who God is.
- **Confession** - recognizing our sin, weakness, and brokenness before God.
- **Thanksgiving** - thanking God for his mercy and recognizing all things are from God.
- **Supplication/Intercession** - asking God for our needs and the needs of others according to God's will.

Which part of **ACTS** comes easy or natural? Which part is hard or new?

Habits to Develop:

- Daily Time set aside to pray, read, and meditate with God:
 - This could be referred to as a "Quiet Time"
 - Pray as you read the Bible
 - Pray using ACTS
- Pray as you go:
 - Develop the habit of turning your internal dialog into conversations with God
- Pray instantly when prompted by the Holy Spirit:
 - You will only go deeper in your relationship with God as you are willing to follow His direction in your life.
- Spiritual Retreats - examples:
 - Afternoon of focused prayer
 - Hour (or other small increments of time) of silence on a regular basis
 - Getting away from technology and the business of life for a whole day or more to pray, read, meditate, etc. with God.

Practice praying together using ACTS.

- Model this for your disciple by you doing it first.
- If they feel uncomfortable praying out loud, just have them pray along with you, or have them pick which part of ACTS they would like to do.

HOMEWORK: Read and Pray through Psalm 23 this week.

ADDITIONAL RESOURCES:

- Enjoy Your Prayer Life by Michael Reeves (Book - 46 pages)
- Praying the Bible Videos by Don Whitney (<https://www.youtube.com/watch?v=A-HziKu5Ot0>)
- Learning How to Pray - Becoming Something - Episode 83 (Podcast - 30 minutes)