

# HERITAGE BASICS: Lesson 8

## Prayer

### I. The Nature of Prayer

#### a. Prayer is a learning experience that must develop into a spiritual discipline.

i. What do the disciples ask of Jesus in Luke 11:1?

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ii. Read Romans 8:26

1. Who assists us in our prayers? \_\_\_\_\_

2. In light of this, what should we do when we are not sure what to pray for?

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#### b. Prayer is communication with God. Scripture tells us that God is very interested in our personal struggles.

i. What does Psalm 34:15 say about the Lord? \_\_\_\_\_

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ii. What did David bring before God in prayer (Psalm 142:2)? \_\_\_\_\_

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iii. How are we encouraged to approach God (Hebrews 4:16)? \_\_\_\_\_

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iv. Though we have the privilege of access, what caution does Ecclesiastes 5:2 advise?

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v. What comfort does 1 Peter 5:6-7 offer believers? \_\_\_\_\_

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#### c. Prayer is effective, changing people and situations. We should and are encouraged to pray expecting results.

i. For whom did the church pray in Acts 12:5? \_\_\_\_\_

How did God answer their prayers (Acts 12:7)? \_\_\_\_\_

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ii. Besides answers, what else does God grant to those who pray (Philippians 4:6-7)?

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***“The effective prayer of a righteous man can accomplish much.” –James 5:16***

**II. Practicing Prayer**

**a. God encourages and commands believers to persevere in prayer throughout the Bible.**

i. In Luke 18:1, the disciples were taught that they should always pray and not

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ii. What is God’s will for believers in Christ Jesus (1 Thessalonians 5:17)?

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iii. When should believer pray (Ephesians 6:18)? \_\_\_\_\_

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**b. There are many guidelines in the bible to help you develop the practice of prayer.**

i. In this parable in Luke 11, what did Jesus teach His disciples to expect if they persisted in prayer (Luke 11:5-10)? \_\_\_\_\_

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ii. What does Jesus teach as a requirement for answered prayer (John 15:7)?

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iii. According to 1 John 5:14, what is our confidence as we pray?

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**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 (sustenance)
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

**c. What are some of the hindrances to answered prayer listed in the following verses?**

i. Psalm 66:18 \_\_\_\_\_

ii. James 4:3 \_\_\_\_\_

iii. Isaiah 59:1-2 \_\_\_\_\_

**Four Important Areas of Prayer (A.C.T.S.)**

**Adoration**.....Reflect on God Himself. Praise Him for His attributes, His majesty, and His gift of Christ.

**Confession**.....Admit you have sinned. Be honest and humble. Remember, He knows you and loves you.

**Thanksgiving**.....Tell God how grateful you are for all He has given you, even the unpleasant things.  
This will help you see His purposes.

**Supplication**..... Make specific requests. Pray first for others and then for yourself.

Notice that the first letters of these four words form the word "ACTS."  
You can use this acronym as a guide to maintain balance as you pray.

**III. The Struggle of Prayer**

**a. A prayer can be hard work, but that should not keep us from praying, even when it requires sacrifice.**

i. How long did Jesus pray before He selected the 12 apostles (Luke 6:12)?

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ii. Describe the intensity of Jesus as He prayed in anticipation of the cross (Luke 22:44).

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iii. What should believers be careful to do when we devote ourselves to prayer (Colossians 4:2)? \_\_\_\_\_

**b. Even when we are frustrated or discouraged, we can still approach God in prayer.**

i. Why was David discouraged in Psalm 13:1-2? \_\_\_\_\_

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ii. What was David's complaint in Psalm 22:2? \_\_\_\_\_

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**c. Prayer is governed by God's sovereignty, and His purpose determines His answer to our prayers.**

i. Read 2 Corinthians 12:7-9.

1. What did Paul pray for? \_\_\_\_\_

2. How many times did he pray for it? \_\_\_\_\_

3. Did he receive what he asked for? Why or why not? \_\_\_\_\_

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