

“Rooted and Built Up” Discipleship Program

Lesson Eight- What is Prayer?

Scripture- Matthew 7:7-11

Memory verse- Hebrews 4:16, *“Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.”*

INTRODUCTION- Being a Christian is much more than just a collection of doctrinal beliefs, a few spiritual practices, and a set of rules. True Christianity is about having and maintaining a personal relationship with God. Children of God come to know more about their Heavenly Father in two ways: First, by reading, studying, and meditating upon His Word daily; Second, by communicating with God every day through prayer. There is a natural tendency to feel a bit awkward in the early stages of establishing the habit of praying to God, but as you



consistently *“let your requests be made known unto God”*, you grow more comfortable in speaking openly and aloud to Him (Philippians 4:6; Psalm 55:17). Therefore, the only way to know how to pray is by praying. Some have given up on prayer believing that their former prayers went unanswered simply because their difficulties remained, or due to the fact that God did not answer in the exact manner in which they prayed. But, is it not true that parents know what is best for their children? Did we receive an answer of “yes” to every request we submitted to our parents? Of course not. If the answer was “no”, it may have been only a “not right now”, and then, it might have been “no” because there was a greater “yes”. In this lesson, let us discover what the Bible has to teach us regarding a topic of so great importance—What is Prayer?”

I. THE TRUE “ FOR PRAYER

- A. Communication with God builds a closer _____.**
(Isaiah 64:8; Matthew 6:9, 26; Romans 8:14-16; John 8:12, 12:35)

- B. Conversation with God establishes a deeper _____.**
(Matthew 7:7; I John 5:14; Jeremiah 33:3; Psalm 91:15; Isaiah 65:24; John 15:7; Matthew 6:13; II Corinthians 1:10; Daniel 6:7, 10, 23; Romans 8:28; Daniel 6:25-27)

II. THE RIGHT “ ” OF PRAYER

A. How should we pray?

1. **Establish a quiet _____ and _____.**
(Matthew 14:23; Mark 1:35, 6:46-47; Luke 5:15-16, 6:12, 9:18, 22:41-42)
2. **Approach the Lord with a humble and pure _____.**
(Psalm 66:17-20; Isaiah 59:2, 64:7; I Peter 5:6; II Chronicles 33:10-13)
3. **Expect God to hear and answer your _____.**
(Philippians 4:6; Psalm 20:5; I John 5:15)

B. What should we say?

1. **Spend some time in _____ to God.**
(Psalm 150:6; Luke 11:1-2; Psalm 29:2)
2. **Spend some time in _____ to God.**
(I John 1:8-9; Psalm 38:18)
3. **Spend some time in _____ to God.**
(Psalm 100:4; Colossians 1:12; I Thessalonians 5:18)
4. **Spend some time in _____ to God.**
(Philippians 4:19; Luke 11:3; Matthew 6:6-8, 7:7-8)

C. When should we pray?

1. **Christians should pray _____.**
(Psalm 55:17; Daniel 6:13)
2. **Christians should pray at _____.**
(I Samuel 9:13; John 6:11, 23; Luke 24:30; Deuteronomy 8:10)
3. **Christians should pray _____.**
(I Thessalonians 5:17; Matthew 17:21; Mark 9:29)

III. THE SUBTLE “_____” TO PRAYER

- A. _____ is an obstacle that keeps a believer from prayer.
(Proverbs 28:9; Micah 3:4; Zechariah 7:12-13; Genesis 3:8)
- B. _____ is an obstacle that can harm a believer’s prayer life.
(Exodus 16:2-5; Numbers 21:4-5; James 4:1-4)
- C. _____ can obstruct us from having an effective prayer life.
(II Chronicles 7:14)

IV. CONCLUSION

The Bible is filled with many verses concerning prayer and the promise of answered prayer. Maybe each of us should choose one or even two verses of Scripture and attach them to our prayer list. Many Christians have even adopted one verse that stands out as a testimony of their life or a goal for their life. If you have not chosen a “life’s verse”, consider doing so as soon as possible. Look for verses that mean a great deal to your heart and adopt it for your own. Then, in times of despair, claim that verse in prayer to God.

Student tip- Prayers without faith is like a gun firing blanks into the sky—it makes a lot of noise, but nothing gets launched toward Heaven.