

Lord teach us...



to PRAY

A BIBLE STUDY TO LEARN TO PRAY SO THAT WE CAN BE VICTORIOUS IN OUR DAILY WALK WITH CHRIST AND HELP OTHERS ALONG THE WAY.

Lord teach us...How to PRAY

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Besides God's word this material is being compiled from the following books:

1. Women opening the word....Our Father in Heaven...teach us to pray By Cassandra Martin available from 21st Century Christian
2. Lord Teach us How to Pray
By Ancil Jenkins available from the Gospel Advocate company
3. Prayer 101 What it is, what it isn't, how to do it
By Don M. Aycock available from Broadman and Holman Publish
4. Power of a Praying Woman
By Stormie Omartin available from Harvest House Publishers
5. Living the Lord's Prayer
By David Timms available from Bethany House

Lord, teach me... this is my own personal prayer

As we start this series on prayer, I feel as if I have so much to learn. I feel as if I have just begun, and I have been a Christian now for close to 40 years! None of us have arrived at our destination, we are just all at various stages of the journey. I personally didn't really grasp and start depending on prayer as my life line, until my children left home, and I realized I no longer had any control (as if I ever did!). That's not to say that I didn't pray before that time, but my prayers were shallow, and I didn't really learn to pour my heart out and totally depend on Him for ALL the areas of my life- and also ask Him to search me and let me know the areas within myself that I needed to work on or grow in. I also now realize that sometimes prayer is not just 'talking' but listening to God, through what He says in his word. Now that I have begun to experience that, I hunger for more.

So, what is being presented in this series on prayer, is born out of my (our) own desire to grow deeper and become much better at the language of our faith, which is prayer.

I also hope we can grow closer together as God's family here in this congregation, to look at our differences as God's gifts to us to help us learn from each other. We all have different gifts and abilities, and God has sown us all together to accomplish His work in our lives and in this area.

So....let's get into the Word and ask the Lord to teach us...how to pray!

LESSON ONE

PRAYER-THE LANGUAGE OF FAITH

Prayer is the language of faith. Through the words that flow from our minds, hearts and lips, we lay our lives open before the Father and express our needs, desires, praise, fears, struggles and joys. Prayer is an intimate connection that ties our hearts to the heart of God. It connects us to God and opens the door for God to draw us nearer to Him. It deepens our relationship with the Lord, soothes our souls, and covers our hearts with peace. It is the power source we need to live victoriously as a Christian. It is a time of transformation when the power of God is poured out into our lives. Prayer is as vital to our spiritual well being as breath is to our physical well being. Prayer matters, prayer changes things, prayer changes us.¹

Prayer is a powerful thing. Perhaps it is for that reason that we feel so inadequate. Few of us feel that our experience in prayer is as rich or deep as we would like it to be. We are hindered by uncertainty, of how to pray and exactly what to pray for. We are hobbled by lack of experience for example, and we are hesitant to ask for help or know which way to go.⁵

Who taught you how to pray? Were the words of prayer on your lips as a child, or did you come to prayer later in life? Who modeled prayer for you? Who do you pray for? What do you pray for? Who prays for you? Learning to pray is much like a child learning to speak. It is something that we can and must learn how to do. No one is born speaking. No one is born praying. We learn to communicate with God in much the same way children learn to communicate with those around them. We learn the language of prayer by listening to our Father-listening to His words.¹

This study is an invitation to sit at Jesus' feet and learn from Him how to pray. As we study word by word, or line by line from the Lord's prayer, we will learn to be more committed to prayer. We will learn both the practical aspects of prayer and being creative in what to pray about as we learn the language of prayer written in God's word. We will have the opportunity to take prayer walks, learn how to pray through scripture, and how to be quiet and listen before the Lord.

Before we begin, **PRAY**

Ask the Lord to teach YOU how to pray. Ask for a teachable heart. Ask Him to fill you with a deeper understanding of what prayer is, and a desire to grow in your prayer life. And Thank Him. Thank Him that He desires to hear from you.

REFLECT for thought and discussion before we begin

1. Jesus' first disciples asked, " Lord teach us to pray." This shows they wanted to be taught, and had a teachable heart. What are the characteristics of a teachable heart?
2. Jesus often went off by himself to pray. Why do you think he did that?
3. How do most people learn to pray? How did you learn to pray?
4. On a scale of 1 to 5, with one being most important, how important do you think prayer is to spiritual growth and spiritual well being? Why?
5. We are told to examine ourselves in 2 Corinthians 13: 5, so let's do that. Are you satisfied with your personal prayer life?
6. What hinders you in prayer?

DIG INTO THE WORD of GOD TO LEARN ABOUT PRAYER

Read Matthew 6: 5-15 and Luke 11: 1-13

1. From Matthew 6: 5- 8, write down three things Jesus taught about prayer.
2. From Luke 11: 5-13, what points do you think Jesus is trying to get across?
3. Before we begin our in depth study, write down anything that jumps out at you about the prayer Jesus taught his disciples. Or write down any questions you have.

In *review*, even though we haven't looked at the Lord's prayer yet, Jesus teaches us some important things about prayer in Matthew 6: 5-8 and Luke 11: 5-13 .

We have learned that prayer

- Is **Private** - between us and God –an intimate relationship
- Is made up of **Meaningful words**- not rote or meaningless repetition-words that come from our heart
- Is all about **talking or communicating with Him**. He already knows our needs, but he wants us to tell Him- to talk to Him
- should be **persistent**- something we are to continually do
- The **means by which God grants gifts to His children**. He is just waiting...if we would just ask!

