

Igniting a Passion to Pray and Fast

Class Overview---Bible Study Part I- Prayer

The value of persistent prayer is not that He will hear us, but that we will finally hear Him.
William McGill

Lesson One

Why Pray?

- 1) Who Can Pray? ---I John 5:13-15
- 2) What is Prayer? --Homework-----complete the attached handout
- 3) Hindrances to Prayer---Galations 4:4-7, Hebrew 4:12, Isaiah 55:11
- 4) Why Doesn't God Answer?--Isaiah 59:2, James 4:3, Habakkuk 2:3
- 5) How Should We Pray?--I Thessalonians 5:17, Psalm 5:1-3, Psalm 90:14

Knowing My God -- Praise

Lesson Two

1. What is Praise? --Exodus 3:14, I Chron 29:11, Hebrews 13:15, Rev 5:12-14
2. Why Praise?--- Psalm 18:3, Isaiah 43:21, Psalm 50:23
3. How Do We Praise Him (we use God's Word)
4. Why Start With Praise? Luke 11:2, II Chron 20:1-30

Week 1

Opening My Heart to Pray

Introduction

When I pray, you answer me; you encourage me by giving me the strength I need. Psalm 138:3 (NLT)

Questions:

1. What caused you to come to this class?
2. Where are you in your prayer journey?
3. Where do you want to be?

List 2 prayer goals that you want to accomplish by the end of the six weeks:

1. _____

2. _____

I. What is Prayer?

- A. _____ with God
- B. "A _____ between two persons who love each other"
(Rosalind Rinker)
- C. _____ one's heart with God and _____
to His heart
- D. Letting Jesus into our _____
- E. The _____ available to the
children of God
- F. Prayer changes _____

...prayer doesn't really change things; no, prayer changes us. Prayer doesn't really change things; God changes things in response to prayer.
Phil Ware, *Avalanche of Grace*, Heartlight, Inc.

Prayer is how the will of God that is finished in heaven comes into the circumstances of earth. Prayer releases the power of God to accomplish the purposes of God. He Leads Me Beside Still Waters, Jennifer Kennedy Deanll.

II. Why Pray?

- | | |
|---------------------------|--|
| _____ 1. John 14:13 | a. to grow spiritually mature |
| _____ 2. Jeremiah 33:3 | b. to have fellowship with God |
| _____ 3. Revelation 3:20 | c. to see God's will done on earth |
| _____ 4. Mark 1:35 | d. to glorify God |
| _____ 5. James 5:17-18 | e. to defeat Satan |
| _____ 6. Colossians 4:12b | f. to obey God's command |
| _____ 7. Matthew 6:10 | g. to follow Christ's example |
| _____ 8. Luke 22:31-32 | h. to increase our faith through answered prayer |

1. *And I will do whatever you ask in my name, so that the Son may bring glory to the Father.* John 14:13
2. *Call to me and I will answer you and tell you great and unsearchable things you do not know.* Jeremiah 33:3
3. *Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.* Revelation 3:20
4. *Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.* Mark 1:35
5. *Elijah was a man just like us. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. Again he prayed, and the heavens gave rain, and the earth produced its crops.* James 5:17-18
6. *He is always wrestling in prayer for you, that you may stand firm in all the will of God, mature and fully assured.* Colossians 4:12b
7. *...your kingdom come, your will be done on earth as it is in heaven.* Matthew 6:10
8. *"Simon, Simon, Satan has asked to sift you as wheat. But I have prayed for you, Simon, that your faith may not fail. And when you have turned back, strengthen your brothers."* Luke 22:31-32

Other Benefits of Prayer

A. Joy

Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete. John 16:24

B. Peace

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

C. Wisdom

If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think he will receive anything from the Lord; James 1:5-7

D. Confidence

Dear friends, if our hearts do not condemn us, we have confidence before God and receive from him anything we ask, because we obey his commands and do what pleases him. And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us. I John 3:21-23

E. Strength

When I called, you answered me; you made me bold and stouthearted.

Psalm 138:3

F. God answers

*To the LORD I cry aloud, and he answers me from his holy hill.
Selah*

Psalm 3:4

The LORD has heard my cry for mercy; the LORD accepts my prayer.

Psalm 6:9

We do not pray to get things from God, but as we pray God changes us until His will becomes our will.

– Ruth Bell Graham

God could have shown up at any time, but over and over in the Bible, He revealed Himself when people began to pray.

– Jim Cymbala

We need to pray in times of adversity, lest we become faithless and unbelieving. We need to pray in times of prosperity, lest we become careless and self-sufficient.

– Billy Graham

III. Who Can Pray?

Anyone who is a child of God

I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life. This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us--whatever we ask--we know that we have what we asked of him.

I John 5:13-15

What does it mean to be a child of God?

A. God loves you.

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

John 3:16 (place your own name in verse)

B. We are all sinners.

For all have sinned and fall short of the glory of God.

Romans 3:23

C. The penalty for sin is death.

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Roman 6:23

D. Jesus paid the penalty for your sin.

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Romans 5:8

E. Salvation is a free gift.

For it is by grace you have been saved, through faith--and this not from yourselves, it is the gift of God-- not by works, so that no one can boast.

Ephesians 2:8-9

F. You must personally receive Christ as Savior.

Yet to all who received him, to those who believed in his name, he gave the right to become children of God--

John 1:12

That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.

Romans 10:9-10

The following is a sample prayer that you might want to put into your own words:

“Heavenly Father, I need You. I admit that I am a sinner. I need the salvation that You have provided through Your Son, Jesus Christ. I believe that Jesus shed His blood for my sin on the cross. Through this demonstration of His love, I believe that He gave me the free gift of eternal life. By faith, I ask Jesus to come into my heart and to be the Lord of my life. I want to follow and serve You. ● On the authority of Your word, I thank You that Jesus has come into my heart. I am now Your child. In Jesus’ name I pray, Amen.”

IV. Hindrances to Prayer

A. Unbelief

1. We fail to understand who we are in Christ.

But when the time had fully come, God sent his Son, born of a woman, born under law, to redeem those under law, that we might receive the full rights of sons. Because you are sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, “Abba, Father.” So you are no longer a slave, but a son; and since you are a son, God has made you also an heir. Galatians 4:4-7

2. We don’t believe God’s word. We must take Him at His word. He is truth.

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Hebrews 4:

So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.

Isaiah 55:

I will bow down toward your holy temple and will praise your name for your love and your faithfulness, for you have exalted above all things your name and your word.

Psalms 138:2

B. Apathy – lack of interest, lack of urgency, unaware of the need

C. Busyness

We are too busy not to pray.

— Bill Hybels

D. Unaware of the battle

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
Ephesians 6:12

E. Discouragement

V. Why Doesn't God Answer?

A. We have unconfessed sin.

But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear.

Isaiah 59:2

B. We ask with wrong motives.

When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

James 4:3

B. His timing may differ from ours.

For the revelation awaits an appointed time; it speaks of the end and will not prove false. Though it linger, wait for it; it will certainly come and will not delay.

Habakkuk 2:3

B. His will is a better plan.

"For my thoughts are not your thoughts, neither are your ways my ways," declares the LORD. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."

Isaiah 55:8-9

VI. How Should We Pray?

A. Constantly – Unceasingly

Pray without ceasing.

1 Thessalonians 5:17 KJV

- a. Pray about little and big things — God cares about everything that concerns us.
- b. Pray arrow prayers. These can be those prayers of praise, confession, thanksgiving or intercession that we "shoot" up at any given moment throughout the day. It can be something like, "Lord, I love You." Or, "Father, forgive." "Thank You so much." "Help me say the right thing to my husband. Don't let me bring You dishonor." Or, "Lord, I need Your wisdom in this situation. Show me Your way."

A. Individually – Pray daily in your personal Quiet Time

1. A Time

Set aside time; give Him the best part of your day. David encourages the morning hours.

Give ear to my words, O LORD, consider my sighing. Listen to my cry for help, my King and my God, for to you I pray. In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation.

Psalm 5:1-3

Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.

Psalm 90:14

Those who have no set time for prayer, do not pray —Watchman Nee
I have so much to do today — I need to pray three hours.

—Martin Luther

Make prayer a part of every day. I have never met a person who spent time in daily prayer and in the study of God's word who was ever discouraged for very long. In the morning, prayer is the key that opens to us the treasures of God's mercies and blessings; in the evening, it is the key that shuts us up under His protection and safeguard.

—Billy Graham

Isn't it incredible to think.....

- that God wants to meet with us personally?
- that He longs for our love, our devotion and our worship?
- that He is saddened when we skip our time with Him?

2. A Place

- a. Set aside a definite place where you can meet God alone.
- b. Avoid distractions. (For example, you might let the recorder take your phone messages during this time.)
- c. Prepare your place the night before (Bible, pen, note paper for distracting thoughts, prayer journal, etc.).
- d. Have an expectant heart that God will talk to you.

3. A Plan

- a. Read the Word of God – Ask: “What does it say?” and “What does it mean to me?”
- b. Memorize Scripture
- c. Pray
- d. Use a prayer journal
 - Write down your thoughts on a particular portion of Scripture.
 - Record your daily prayer requests (See page 1.16 for a sample form you might want to use.).
 - You may want to write out your prayers.
 - You may want to write your prayer in a note to the person you are praying for.
- e. Use a devotional book
(See Appendix A for a list of suggested titles.)

Discussion: Have you used a prayer journal? How has it helped your personal quiet time?

C. Pray Corporately – Group Prayer

Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them.

Matthew 18:19-20

It is scriptural to pray together. The Bible repeatedly portrays God's people as coming together to pray corporately. Scripture confirms praying out loud.

- Prayer Meeting in the Upper Room (Acts 1)
- Paul and Silas (Acts 16)
- Story of the Redwoods

Group Discussion: When you have your Quiet Time, how does it impact your daily walk?

Homework Commitment: Set a goal to have a Quiet Time five of the next seven days. You may use your own materials or those included on the following pages.

One Accord Praying

Why Pray Together?

- ♥ God promises that He will be present with you.
For where two or three come together in my name, there am I with them. Matthew 18:20
- ♥ Burdens shared become lighter.
Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous [woman] is powerful and effective. James 5:16
- ♥ When there is agreement in what is asked, no room is left for doubt or wavering.
I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. Matthew 18:19
- ♥ Sometimes the Holy Spirit will give the same thoughts to two or more moms in the group at the same time. This gives great confirmation that what you have asked for will be answered.
This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him. 1 John 5:14-15
- ♥ The more we share with other moms, the more we begin to trust them, and sharing becomes more honest. Just meeting together will build each other up.
Therefore encourage (admonish, exhort) one another and edify—strengthen and build up—one another, just as you are doing. 1 Thessalonians 5:11 (AMP)
- ♥ We become more bold in asking for things that we never intended asking for at all.
Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:16
- ♥ “Being in unity and in one accord will produce an army strong like a cord; an army that cannot be broken, nor divided in its determination to beat the devil. That same unity will produce a wall that stops the work of the devil.” *
Two can accomplish more than twice as much as one, for the results can be much better. If one falls, the other pulls [her] up; but if a [woman] falls when [she] is alone, [she’s] in trouble ... one standing alone can be defeated, but two can stand back-to-back and conquer; three is even better, for a triple-braided cord is not easily broken. Ecclesiastes 4:9-12 (TLB)

*Quotation taken from *Armed and Battle Ready* by Tim Sheets.

Some of these materials were taken from Rosalind Rinker’s book, *Prayer, Conversing with God*, Zondervan Publishing House, Grand Rapids, Michigan, 1959. Used by permission.

