



**“Giving and Growing to Glorify God”**  
**Giving Oneself to Prayer**  
**Lessons I & II**  
**– An Introduction to Prayer**

**Memory Verse**

*Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Phil 4:6-7*

**Objectives:**

1. The student will understand why we pray
2. The student will consider some things we should pray for
3. The student will evaluate some definitions of prayer
4. The student will learn some of the synonyms for prayer
5. The student will determine set times of prayer.

**I. Introduction**

“*Lord teach us to pray*” was a request made by one of the Lord’s disciple (Luke 11:1). This request came from those who were walking with Jesus. Did they not already know how to pray? For most, praying is instinctive. Luke 11:1 makes it clear some aspects of prayer can be taught. The bible says a great deal on the subject of praying. The disciples asked Jesus to teach them to pray. Jesus responded by teaching them how to pray. Because Jesus prayed consistently and taught his disciples to pray, we can know assuredly, prayer is of utmost importance and is **vital** today to the child of God.

**II. The Why of Prayer**

Prayer is one of the most important tools in our Christian arsenal, Eph 6:18. Prayer in one form is talking and communicating with God; but it goes beyond the speech (Matt 6:1-5), it is also the rendering of one’s heart’s desire, speaking from what’s in the heart. Prayer accomplishes several things:

- ◆ It shows on whom we rely, Psa 25:1-4; Luke 18
- ◆ Gives us an opportunity to praise and thank God, Psa 18:3
- ◆ Gives us an opportunity to ask for what we need
  - Knowledge & Wisdom: Col 1:9-10, Jam 1:5
  - Forgiveness of Sin: Acts 8:22, Matt 6:12
  - Confession of Sin: 1 John 1:9
  - Unloading of burden: Psa 55:22
- ◆ Prayer is a source of protection:
  - Power and strength to withstand our enemy, Matt 6:12-13, Eph 6,
- ◆ It glorifies God
- ◆ It strengthens our bond with God

### III. Defining Prayer

a. According to Webster's Dictionary: To utter or address a petition to God or another deity. To make a fervent request. To plead. To beseech, to implore. To make a devout or earnest request for. To entreat. The act of communion with God, as a confession, praise or thanksgiving. A specially worded form used to address God. The slightest chance or hope.

b. According to God's Word: There is no one verse in the bible that gives us a definition of prayer. Therefore, we define prayer by examining the biblical use of the word and by studying some of the synonyms used for prayer in the bible.

c Use of the word / Synonyms for Pray:

(1) Pray means to plead...The first time the word "pray" is used in the scriptures...

(a) Abram pleaded with Sarah, Gen 12:13, Abraham pleaded with Lot, Gen 13:8

(2) Pray means to beseech... Rom 12:1; Acts 21:39, Rom 16:17. Beseech is often times used in regard to men.

(3) "Seeking the Lord"...

(a) "Seek the LORD and his strength, seek his face continually." 1 Chron 16:11

(b) "Enquired of the Lord"... Then there was a famine in the days of David three years, year after year; and David enquired of the LORD. And the LORD answered, It is for Saul, and for his bloody house, because he slew the Gibeonites. 2 Sam 21:1.

(4) An expression of one's dependence

(a) 2 Chron 26:5 "Uzziah... And he sought God in the days of Zechariah, who had understanding in the visions of God: and as long as he sought the LORD, God made him to prosper.

(b) Psa 34:10 "The young lions do lack, and suffer hunger: but they that seek the LORD shall not want any good thing.."

(5) Desiring communion/intimacy with the Lord

(a) Psa 27:8 "When thou saidst, Seek ye my face; my heart said unto thee, Thy face, LORD, will I seek."

(b) Psa 63:1 "O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty..."

c. A summation of the definitions and synonyms of prayer:

- Petitions to God made in **thankfulness** and **adoration**.
- Requests through Jesus made in **humble contrition**.
- Asking for the blessing of others in **intercession**.
- Yearning for the **presence** and **guidance**.
- Expressing one's **faith** and **trust** in God's ability.
- Relying on God's **mercy**, **power**, and **consolation**.

#### IV. Determining the Time(s) of Prayer

a. Pray without ceasing. 1 Thes 5:17. There is a difference between formal prayers and living a consistent life of prayer. The bible tells us we ought to pray without ceasing – that is a consistent life of prayer. Pray without ceasing doesn't make reference to a person closing their eyes, and posturing themselves in a certain position. "Pray without ceasing" is a lifestyle.

b. Biblical examples:

- A man after God's own heart prayed morning, noon and night, Psa 55:17.
- A man who was known as having an excellent spirit prayed 3 times each day. Dan 6:10
- The Son of Man, the one who died for the sins of the whole world often prayed.  
Luke 3:21, Luke 5:16, Luke 6:12, Matt 26:36-42, Matt 27:46

*Should we do any less?*

c. Times we should pray: *(This list is not exhaustive)*

When: Before retiring for the evening, Psa 55:17

Why: \_\_\_\_\_

When: When arising in the morning, Mark 1:35

Why: \_\_\_\_\_

When: Before partaking of a meal, Matt 15:36, Acts 27:35

Why: \_\_\_\_\_

When: Upon going to and from certain places, i.e. meetings, work place, etc. 1 Thes 5:17

Why: \_\_\_\_\_

When: At noontime, Psa 55:17

Why: \_\_\_\_\_

When: While interceding on behalf of another. 1 Tim 2:5-6, Rom 8:26-27, Rom 1:9, Phil 1:1-4

Why: \_\_\_\_\_

When: Before studying, Col 1:9-10

Why: \_\_\_\_\_

When: While you are being persecuted, Matt 5:44

Why: \_\_\_\_\_

When: During a crisis, Acts 12:1-5

Why: \_\_\_\_\_

When: Someone is sick, Jam 5:14-15

Why: \_\_\_\_\_

When: When you remember and realize how blessed you are, Eph 5:19

Why: \_\_\_\_\_

When: You need strength, Matt 26, Luke 18:1-8

Why: \_\_\_\_\_

### Bibliography

Zondervan, Holy Bible, KJV, NIV

Bible Words And Theological Terms Made Easy, Wayne Jackson, 2002

How To Pray In Public And At Home, T. H. Tarbert, Star Publications

Prayer, A Discussion Study, Robert K. Oglesby, 1975

An Introduction To Prayer "Without Ceasing", Melvin Otey, 2005

Online: [www.crosswalk.com](http://www.crosswalk.com)

### Next Lesson

Lesson 2: How to ensure our prayer is acceptable

Who Should Pray

Components of Prayer

### Homework

Begin your prayer journal tonight. Remember the suggested work on the coversheet.

Connect with your prayer partner – be prepared to share an experience in class.

### Questions for Reflection

1. What areas in my prayer life do I need to improve upon?
2. Does my life represent one that prays without ceasing?
3. Do I have a "beseeching" spirit toward man?
4. Do I pray for my enemies?
5. What set times do I have for prayer?