



## *Living in Faith*

Discipleship Series

Making  
prayer a  
part of  
your life



# How to Talk with God



# **How to Talk with God**

*Making Prayer a Part of Your Life*



Multi-Language Publications  
Bringing the Word to the World

## HOW TO TALK WITH GOD

### *Living in Faith* Discipleship Series

*Adapted from* The Bible Teaching Series

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# Getting Started

Maybe the thought of praying is challenging. Maybe you would like some help learning about prayer and how to pray. That is what this book is for – to help you understand Christian prayer and how to make it part of your life.

## READ THE TEXT

Each lesson is broken up into smaller sections with a review question after each section. Feel free to stop at any of the passages to make sure you understand them or to dig more deeply into what they are saying. Circle, underline, or highlight key words.

## GRAPPLE WITH THE QUESTIONS

In this book there are also questions to start, review and end the lesson. If you are studying this on your own, think through the questions for yourself. If you are studying in a group, use the questions for deeper discussion. Designate someone as a facilitator. Allow each individual a level of comfort to ask questions and freedom to discover and grow.

## NOTICE OPPORTUNITIES FOR FURTHER STUDY

Each page also includes additional references on the sidebar for those who want to dig deeper (You will need a Bible or a Bible app to read those sections). They are available to use in group or in personal study.



= Location of Bible Story



= Search options – related passages

## MAP OUT YOUR NEXT STEPS

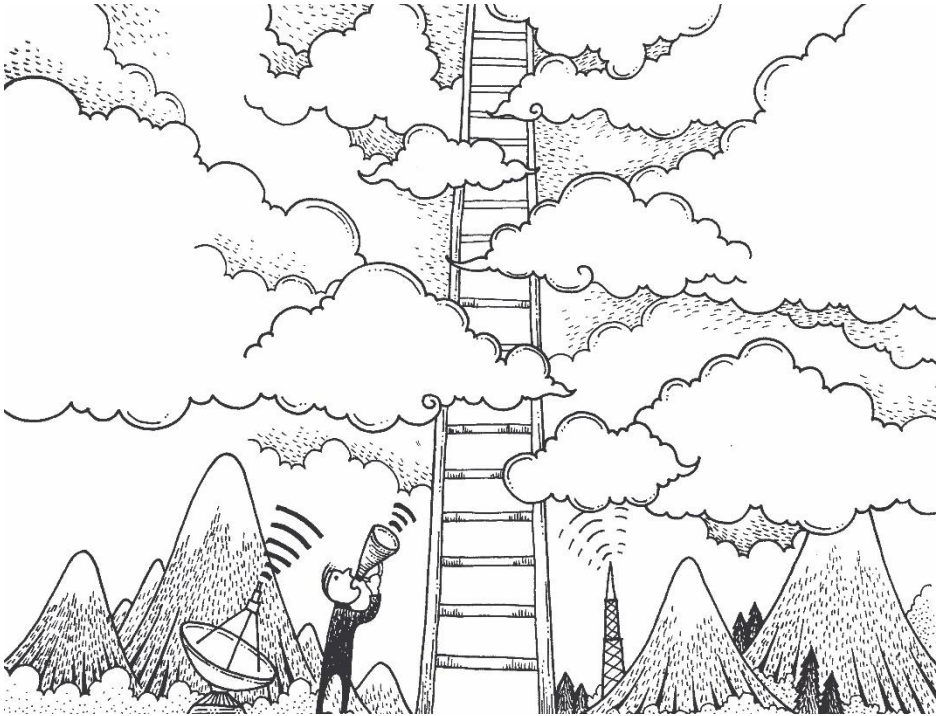


After connecting the timeless truths to your life, make sure you map out Next Steps before ending the lesson.



## Chapter One

# Recognize Who You Are Talking to



There is a longing in the human spirit to communicate with God in prayer. But how do you do that? Some believe prayers must go through priests or spiritual leaders. Others believe the words must be said correctly and the rituals done properly to even hope they work. Others send their prayers to the wind with wheels or flags.

1. Share your understanding on prayer so far.

Christian prayer is not some sort of magical ritual or a system to get the attention and blessings of the divine. Christian prayer is a response to our relationship with God. How you view God affects your confidence to approach him and will shape your prayer life.

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**Christian prayer is a  
response to our  
relationship to God**

---

The main place you get to know God is in the Bible where he introduces himself to us. For that reason, Bible study becomes the important foundation of our prayer life. Listening to God is the first step.

## **GOD – THE LORD OF THE UNIVERSE**

The awesome wisdom and marvelous craftsmanship of God can be admired by looking at the sky or exploring the wonders of our natural world (Psalm 19). But only in the Bible can we learn the more important facts about the skilled Creator of all that exists.

He is the all-powerful One who keeps the universe in motion (Job 38:4-30). He is the all-knowing One who understands everything past, present, and future. He is the One who pays attention to the details of our lives and uncovers the thoughts and intentions of our hearts.



**There is No  
Other God**

Exodus 20:1-7

Isaiah 43:10-13

Isaiah 44:6-28



As you dig deeper into the Bible, you recognize how much our life is dependent on God's mercy, power, and favor.

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**As you dig deeper into the Bible, you recognize how much our life is dependent on God's mercy, power and favor.**

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The fact that God as almighty is the important foundation that believers would pray to Him. When you pray, you do not worry if God answers your request or not. God's

almighty power helps us to dispel our doubt.

However, God is the holy and righteous One, does not tolerate sin or anything that defiles his honor. If the Lord keeps a record of our sin, how could we stand before him (Psalm 130:3)? Who would be able to approach him (Psalm 24:1-6)? No one is holy enough to come into his presence (Romans 3:9-20).

2. What reaction do you have when you think about the holiness and unlimited power of God?

## JESUS – OUR ACCESS TO GOD

But God is not merely a powerful Judge above us, he is also the One who loves us with an everlasting and unfailing love (Jeremiah 31:3, Psalm 6:4). In his love, God provided a way to no longer hold our sins against us (Psalm 130:3-4; 103:8-18) and still satisfy his holiness and justice.

---

**In love God promised to the world that he would send a Messiah**

---

At the right time, the Son of God himself left his glory in heaven to live for



**Awe of God**

1 Timothy 6: 15-16

Isaiah 6:3-5



**Jesus died on the cross for us**

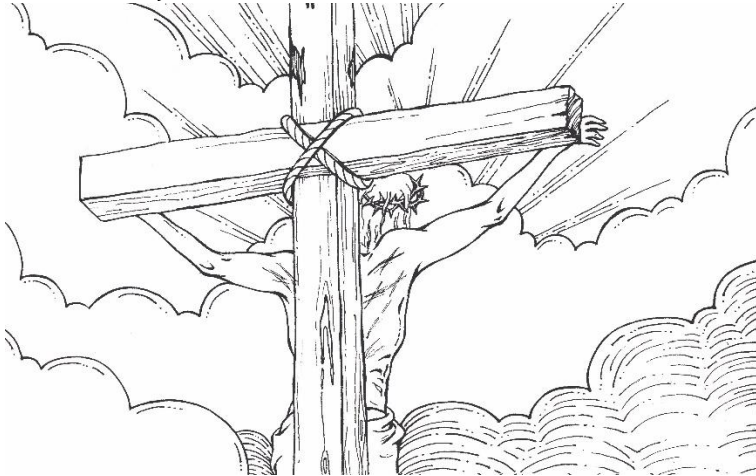
Isaiah 53

Matthew

27:19-50

a while in our world (John 1:1-5, 14-18). His name was Jesus (Matthew 1:20-23). The powerful God became a helpless baby in order to be our brother and stand in our place.

And in obedience to God the Father's plan, Jesus willingly let people nail him to a cross like a common criminal so that he could bear our shame. There God, his Father, poured out all his anger and wrath against our sins. There Jesus experienced the punishment of sin in our place to free us from ever facing that curse. There God for a time abandoned Jesus like he should abandon us.



But three days later Jesus came alive again. Shortly afterwards, Jesus returned to heaven as our brother but also as king to rule over all things for the sake of his people (Ephesians 1:18-23).

3. In your own words, describe how Jesus makes it possible for us to approach God.



**Jesus, the only  
Mediator  
between God  
and Us**

1 Timothy 2:5-6,  
Hebrews 4:15-16  
Ephesians 2:14-22

## GOD – OUR LOVING FATHER

Why can we pray to God? Because of Jesus our status before God has changed. Those whom he leads to believe in him are described as adopted children with all the

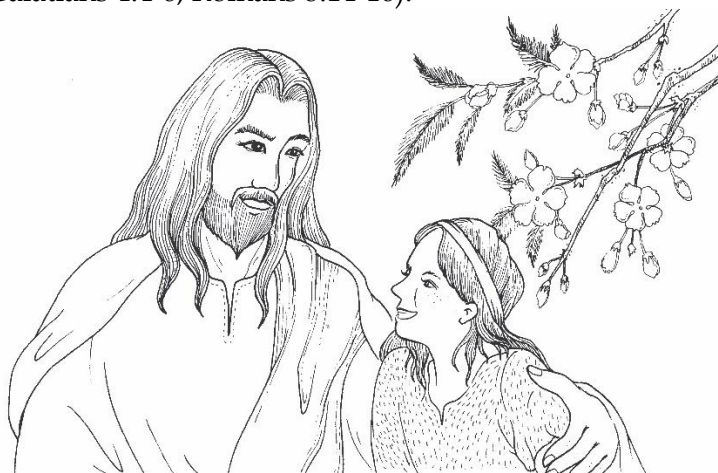
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**We can ... call God  
“Abba” (papa).**

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privileges of being in God’s family (Galatians 3:26).

That is the reason we can approach God in prayer with confidence to call God “*Abba*” (papa). Because of Jesus, we can talk to God with the same confidence of a little child depending on a father’s love and care (Galatians 4:4-6, Romans 8:14-16).



How does that all change our prayers? When you meet the mighty God of the Universe and tremble in awe before him, you can also have the boldness, and confidence of a child with a loving Father.

Feeling lost? Feeling alone? Needing guidance? He is there eager to listen and help. This is the God who hears prayers and answers. There is no one else like him.



**Adopted by  
God in  
Baptism**

Matthew 28:19

Acts 2:38-39

Romans 6:3-10



**Opening the  
eyes of our  
heart to know  
Jesus better**

Ephesians 1:13-  
22; 3:14-21

4. Discuss the privileges of being part in God's family.

God wants us to talk to him! There is no preset or required formula for our prayers to God. You can say whatever is

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**The great power in your prayer is not because of anything in you, but in the One you are praying to**

---

on your heart at whatever time and wherever you are. Some prayers of people in the Bible are like intimate conversations with a

friend. Others are like an appeal to a monarch or king. And still others resemble a wrestling match with God. The great power in your prayer is not because of anything in you, but in the One you are praying to.

So just start talking to God in your own words and in your own way – anytime, anyplace. He wants to hear from you, bless you, and give you strength through your regular fellowship with him (1 John 1:3).



**Jacob Wrestles  
with God**

Genesis 32:22-30



## CONNECTING TO YOUR DAILY LIFE

1. Discuss different viewpoints people have of God and how that influences their prayer life.
2. Some people say that our prayer is just like talking to no one. How do you respond based on this lesson?
3. Pick out the one point that was most meaningful for you in this lesson.
4. Please pray to God based on this.



## YOUR NEXT STEPS

### **Study it!**

Read again more carefully the passages in this lesson to understand what God is saying.

### **Memorize it!**

Identify a Bible passage in this lesson that is most meaningful for you and memorize it.

### **Apply it!**

Discuss how you can put this lesson into your life this week.

### **Share it!**

Who especially needs to hear this? Determine how you will share this chapter with others. (You can use this lesson to help you).

*Go on to Lesson Two to learn about the special prayer Jesus taught his follows to help them ask for what is important to God and to us.*

## Chapter Two

# Learn from Jesus How to Pray

### Part One – *For God's Honor and Work*



If you travel the world today, you may see people who pray with mantras or prescribed words spoken over and over again. It is their way to gain attention of the gods or connect with the divine.

1. What religion you have seen or heard in which the believers pray often?

In Jesus time, many spiritual leaders prayed publicly on street corners where everyone could see them. Jesus said they babble on and on thinking their prayers are answered because they repeat their words again and again (Matthew 6:1-6). Don't be like them, Jesus said. They honor God with their lips but their hearts are far from him. They worship God in vain (Matthew 15:8-9).

Once one of his disciples asked, *"Lord, teach us to pray"* (Luke 11:1; Matthew 6:5-15). What he spoke we call "The Lord's Prayer." He said, "This, then, is how you should pray:

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done, on earth as it is in heaven.**

Give us today our daily bread.

And forgive us our debts, as we also have forgiven our debtors.

And lead us not into temptation,  
but deliver us from the evil one.'

In this chapter we will look at the first half of the Lord's Prayer.

The Lord's Prayer, is the most well-known prayer in the Bible. It is prayed frequently by Christians in every culture. But it is not a mantra just to be repeated mindlessly. It is a rich treasure of God's word to dig into and learn from. It is worth memorizing and using often as part of our own conversation with God.

## Addressing God by Name

### OUR FATHER IN HEAVEN

The prayer starts out with an important reminder of who we are praying to. It is how Jesus himself often addressed God - "Father."

The apostle Paul wrote in one of his letters,



***"You are children of God by believing in Christ Jesus"***  
(Galatians 3:26).



**Bound  
together as  
children of  
God**

Galatians 3:26-29

Ephesians 2:11-22

While Jesus was teaching his disciples this prayer, he told them,

***"You know how to give good gifts to your children. How much more will your Father who is in heaven give good gifts to those who ask him?"*** (Matthew 7:11).

We can pray to God as boldly and confidently as dear children ask their loving father to give them something. Our Father is *"in heaven."* He is Ruler of the Universe and has authority to grant our requests.



Praying *"our"* Father reminds us we are part of a larger community connected with Jesus. They are his followers great and small, Christians of past and present, believers in Jesus in this culture and others. Whether from Africa, China, Russia, America or any other country, whether black or white or any other color, it is one family –brothers and sisters in faith.

2. What image comes to mind as you call God *"Our Father?"*

## Focusing on God's Work

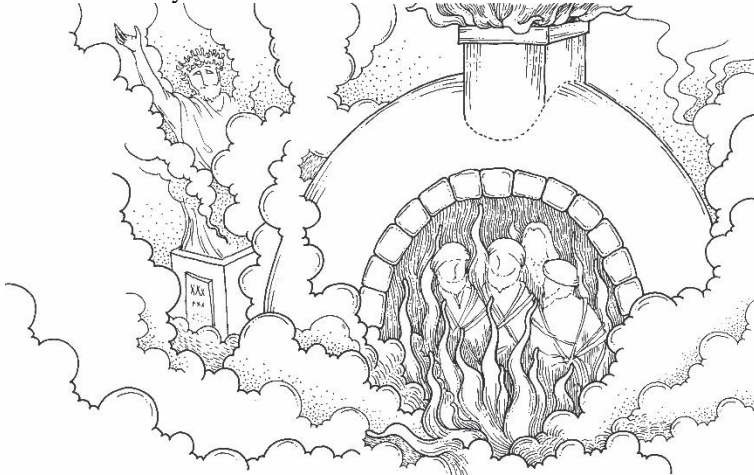
### **1<sup>st</sup>** HALLOWED BE YOUR NAME

God says,

*"I am the LORD. That is my name! I will not give my glory to another or my praise to idols" (Isaiah 42:8).*

God's name is every word that is used as his name. But God's name also refers to anything and everything we know about God. You could say that God's name is his reputation, everything that God is known for.

God's name is holy, even if we do not pray for it to be honored. Revelation 3:7 calls God "[The] One who is holy and true." But in this petition, we ask God to help us keep his name holy in our mind and heart.



When you are part of a family, your actions affect the reputation of your family. As God's dear children, we represent his name wherever we go. We are asking God



**God's name includes Father, Son, and Holy Spirit**

Matthew 28:18

John 14:6-7, 15-17, 26



**Three men who survived fire by standing up for God's name**

Daniel 3:1-29

to work in us so that the way we talk about God, the way we marvel at his creation, our thankfulness for Jesus, and our worship of Him would lead others to see what a great God he is. Jesus urges you to

*"Let your light shine in front of others. Then they will see the good things you do. And they will praise your Father who is in heaven" (Matthew 5:16).*

By living according to God's word and Jesus' teachings, we honor God's name, and we encourage other people to honor him here on earth! We want people from all nations to be drawn to call on that name and be saved and find lasting peace in him.

3. Discuss what are the other names of God.

## **2<sup>nd</sup> YOUR KINGDOM COME**

God's kingdom, according to Jesus, is not something we can see. It *"is not part of this world"* (John 18:36). Instead, he says, *"God's kingdom is among you"* (Luke 17:21). God's kingdom is among us and rules us when Jesus calms our troubled hearts with the peace he gives us. Paul wrote

*"God's kingdom... is a matter of being right with God. It brings the peace and joy the Holy Spirit gives"*  
(Romans 14:17).



God rescued us  
from the  
kingdom of  
darkness

Colossians 1:11-14

How does God bring his kingdom into our hearts? He uses the Gospel, the good news about Jesus Christ our Savior. When this word of God has control of our hearts, it changes us into new people. God's word brings us forgiveness for all of our sins. It makes us want to thank God with our lives. *"Rule us, control our lives, with 'the peace and joy the Holy Spirit gives.'"* This is what we are asking God to do for us in this petition.

The kingdom of God includes the progress of the gospel in the hearts of others and its influence in the world. We ask God to show us our role in extending his kingdom to many others (Matthew 28:18-20) until we join Jesus in his kingdom of heaven where he will reign for ever and ever.

4. Use your own words to explain what is God's kingdom.

### 3<sup>rd</sup> YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN

What is God's will? What does God want to happen?

*"[God] wants everyone to be saved. He wants them to come to know the truth" (1 Timothy 2:4).*

God accomplishes his will in our lives by bringing us to faith. Paul said,

*"God decided to choose us long ago in keeping with his plan. He works out everything to fit his plan and purpose" (Ephesians 1:11).*

Paul also said that,

*"God is working in you. He wants your plans and your actions to be in keeping with his good purpose" (Philippians 2:13).*

God's will is always done in heaven. His angel forces serve his good and perfect purposes. On earth, however, Satan seeks to oppose God's will and plan. It is also God's will that we live in obedience to the teachings of Jesus.

John wrote,

*"The way we show our love is to obey God's commands. He commands you to lead a life of love" (2 John 1:6).*



**God  
accomplishes  
his will**

Jeremiah

29:10-13

Ephesians

1:3-14

Galatians

4:1-7



**Don't  
conform to  
the world – be  
transformed**

Romans 12:1-2

Ephesians

4:17-32



Although Jesus knew he would be captured and tortured for standing for truth, in agony he still prayed to his Father,

*“Not my will, but yours be done.”* (Luke 22:42)

Those are good words for us to adopt. In this petition, Jesus reframes our viewpoint – not to get God to do our will – but to bring our will in line with his. It means willingly fulfilling our roles in his world and accepting the situation he puts us in to accomplish what he knows is best.

5. List three examples of God’s will.



## CONNECTING TO YOUR DAILY LIFE

1. What can you do in your daily life so that “God’s name is hallowed”.
2. Some people think that one of the tasks of Christian is to change the world and make it better. According to the teachings of this lesson about God’s kingdom, what will you respond of it?
3. The prayers of some Christians cover only their needs or of the people they care about. How does this lesson help them see what is most important for our prayers?
4. Pick out the one point that was most meaningful for you in this lesson.
5. Please pray to God based on this.



## YOUR NEXT STEPS

### **Study it!**

Read again more carefully the passages in this lesson to understand what God is saying.

### **Memorize it!**

Identify a Bible passage in this lesson that is most meaningful for you and memorize it.

### **Apply it!**

Discuss how you can put this lesson into your life this week.

### **Share it!**

Who especially needs to hear this? Determine how you will share this chapter with others. (You can use this lesson to help you).

*Go on to Lesson Three to continue to learn more from the Lord's Prayer.*



## Chapter Three

# Learn from Jesus How to Pray

### Part Two – *For Our Personal Needs*



In the first half of the Lord's prayer, Jesus has us focusing on the things of God and his work first. Now he moves on to focusing more on our personal lives – its needs and challenges.

1. What things usually drive people to turn to God in prayer?

Jesus told a story of two people who went to the temple to pray.

They both focused on themselves...but in different ways. The Pharisee compared himself with others and boasted how good he was – especially in comparison with the tax collector in the corner. Meanwhile the tax collector compared himself with God’s holiness and wouldn’t even look up to heaven. He hit himself in the chest and said, “*God, have mercy on me, a sinner.*” Jesus told the crowd that the humble man was the one that went home justified before God (Luke 18:9-14). The Lord’s prayer helps us humbly keep our eyes on the right things as we pray.

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done, on earth as it is in heaven.

**Give us today our daily bread.  
And forgive us our debts, as we also have forgiven our debtors.  
And lead us not into temptation,  
but deliver us from the evil one.’**

We’ll continue with the second half of the Lord’s Prayer:

## Focusing on Our Needs

4<sup>th</sup>

### GIVE US TODAY OUR DAILY BREAD

Our heavenly Father cares about our physical needs and supplies the details of our lives. God knows we need food every day to stay healthy. Psalm 145:15 says:

*"Every living thing looks to you for food. You give it to them exactly when they need it."*

But God knows we have other needs as well. When we are sad, we need cheering up. When we are lonely, we need a friend. When we are far from home, we need to know that our family and friends love us and are thinking about us.



**God can do  
miracles to  
feed people**

Exodus 16:1-21

2 Kings 4:1-7

Matthew  
14:13-21

When we are poor, we need money. The apostle Paul praised God when he said,

*"My God will meet all your needs. He will meet them in keeping with his wonderful riches that come to you because you belong to Christ Jesus" (Philippians 4:19).*



Daily bread is everything we need to live and stay healthy. God takes care of these things. We are to be like children depending on their parents. Jesus wants us to know that God is always providing what we need. We do not have to worry. Philippians 4:6 says,

*"Don't worry about anything. Instead, tell God about everything. Ask and pray. Give thanks to him."*

It is easy to forget where our daily supply comes from. We can easily complain or have anxiety when we forget. Jesus tells us not to worry about food, clothing, and other things.

*"Seek first the kingdom of God and his righteousness, and all these things will be added to you as well"* (Matthew 6:33).

2. Jesus taught us here to ask for "daily" bread. What does that emphasize?



**Contentment  
that God  
provides the  
best**

Matthew  
6:25-34

1 Timothy 6:6-  
10, 17-19

Proverbs 30:8

## **5<sup>th</sup> AND FORGIVE US OUR SINS AS WE FORGIVE THOSE WHO SIN AGAINST US**

Two things seem hardest in relationships – to admit we are wrong and to forgive others when they have wronged us.

God has been so kind to us. We deserved punishment, separation from God, and even death for our sins. But God loved us and has forgiven all of our sins at great cost to Jesus. How could we refuse to give forgiveness to someone else after seeking it ourselves from God? Perhaps we have not grasped the terrible nature of our sin. Maybe that is why we have not truly sought forgiveness from God, and are not willing to forgive and seek the good of those who we feel have wronged us. There is tension in our relationship with our heavenly Father if we harbor bitterness and anger in our relationships with others.



So Jesus directs us to show the same kindness to those around us. Paul says,



**The  
Unforgiving  
Debtor**

Matthew 18:21-35



**Joseph forgives  
his brothers  
who sold him  
into slavery**

Genesis 50:15-21

*"Put up with each other. Forgive the things you are holding against one another. Forgive, just as the Lord forgave you" (Colossians 3:13).*



**Prayers to  
Confess Sin**

Psalm 32

Psalm 51

Even when people annoy us, hurt us, or sin against us, we are to remember God has forgiven us much more than we will ever need to forgive others. Jesus doesn't ask us to do anything more than he has already done when he prayed,

*"Father, forgive them, for they do not know what they are doing" (Luke 23:34).*

3. Summarize the reasons for forgiving others that God teaches us.

## **6<sup>th</sup> AND LEAD US NOT INTO TEMPTATION**

Temptations will always be around us trying to lure us away from God. Our sinful nature is inclined to get hooked on them.

*"Your own evil longings tempt you. They lead you on and drag you away. When they are allowed to grow, they give birth to sin. When sin has grown up, it gives birth to death" (James 1:14,15).*

The devil recruits the world and our own sinful leanings to lead us astray.

*"The old serpent called the devil, or Satan... leads the whole world down the wrong path" (Revelation 12:9).*

The world can be very tempting sometimes – the love of money, the cravings for things, the lust of our eyes, the

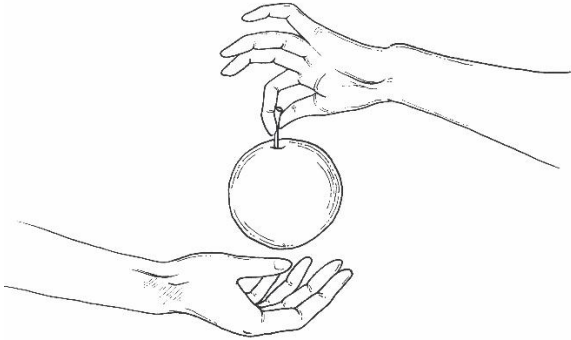


**Jesus stands up  
to Temptation  
by quoting  
Scripture**

Matthew 4:1-11

boasting of what we have. Our sinful nature is inclined to follow those things. We ask in this petition that God would help us from giving in to these temptations.

*"Do not let my heart be drawn to what is evil so that I take part in wicked deeds along with those who are evildoers; do not let me eat their delicacies" (Psalm 141:4).*



Jesus urges us,

*"Watch and pray. Then you won't fall into sin when you are tempted" (Matthew 26:41).*

We need God's help, and we have it. Jesus also prayed to his Father for us:

*"My prayer is not that you take them out of the world but that you protect them from the evil one... Sanctify them by<sup>(d)</sup> the truth; your word is truth" (John 17:15,17).*

The apostle Paul writes,

*"You are tempted in the same way all other human beings are. God is faithful. He will not let you be tempted any more than you can take. But when you are*



**Putting on  
Spiritual  
Armor to  
stand strong  
against the  
Devil**

**Ephesians  
6:11-17**

*tempted, God will give you a way out so that you can stand up under it" (1 Corinthians 10:13).*

God always provides a way out.

4. What are some of the temptations we usually face today?

## **7<sup>th</sup> BUT DELIVER US FROM EVIL**

Satan is the original source of all evil. We see its effect in the sickness, the disasters, the wars. Now, according to John,

*"the whole world is under the control of the evil one" (1 John 5:19).*

In 1 Peter 5:8 we are warned:

*"Your enemy the devil is like a roaring lion. He prowls around looking for someone to chew up and swallow."*

God promises to protect us from the devil and all the evil he can bring on us. He does this in one of three ways:

**1. He keeps it away.** Psalm 91:10 promises those who trust God, *"No harm will come to you. No terrible plague will come near your tent."*

**2. He strengthens us to bear it.** *"My grace is sufficient for you, for my power is made perfect in weakness."* (2 Corinthians 12:9)

**3. He makes bad things work for our good.** Romans 8:28 says, *"We know that in all things God works for the good of those who love him."*



**Satan causes Adam and Eve to fall away which brings evil to the world**

Genesis 3:1-19



**Learning from Hardships**

1 Peter 1:6-9

Hebrews 12:1-13



**Evil can't  
keep us down**

**2 Corinthians  
4:7-18**

Paul promises,

***"The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom" (2 Timothy 4:18).***

***"Our troubles are small. They last only for a short time. But they are earning for us a glory that will last forever. It is greater than all our troubles" (2 Corinthians 4:17).***

***"What we are suffering now is nothing compared with the glory that will be shown in us" (Romans 8:18).***

One day, at our death or when Jesus returns to judge the earth, he will take us to heaven to live in his glory there – where there is no hunger or thirst or tears – just the joys of God.

5. List the three ways God protects us from the devil and its application in our daily life.



## Final Praise (The Doxology)

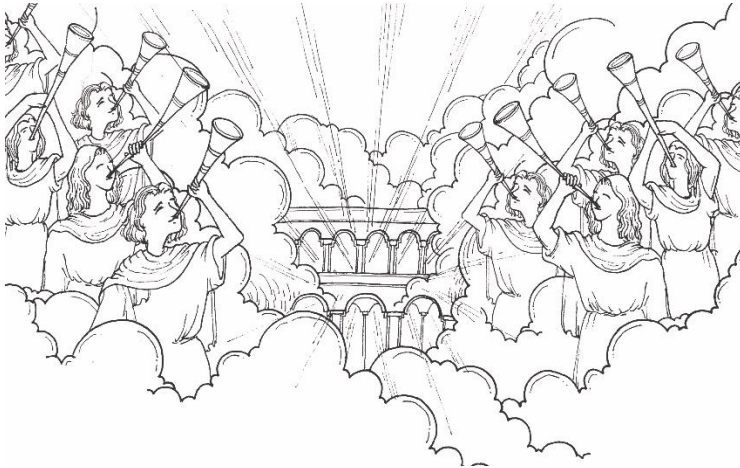
### FOR THE KINGDOM, THE POWER, AND THE GLORY ARE YOURS NOW AND FOREVER

It may seem strange that these words are added to Jesus' prayer. Similar words are used by King David in 1 Chronicles 29:11. We also hear words like these sung by angels in heaven: In Revelation 19:1 we read:

*"Salvation and glory and power belong to our God"*  
(Revelation 19:1).

*"Now the salvation and the power and the kingdom of our God have come. The authority of his Christ has come"* (Revelation 12:10).

These words remind us that God is the all-powerful King of the universe who has the authority and power to make all prayers come true.



Often the final word we say in prayer is "Amen" which in Hebrew means "truth." When the Jewish priests preached to the people, the people would give their



**Jesus'**  
**Special**  
**Prayer to**  
**his Father in**  
**heaven**

John 17

approval of what was said by shouting, "Amen!" What they meant is, "We believe that! That is right!" By saying Amen at the end of any prayer, we are agreeing to what we just heard, knowing it is true.

So this concludes the overview of the Lord's Prayer. Let it teach you as it speaks the very words Jesus taught. But let it also express your heart to God. And let the themes and flow of the Lord's prayer shape your own. We know it matches Jesus' will and will be honored and God will answer.



## CONNECTING TO YOUR DAILY LIFE

1. Some believers say that God is not taking care of their needs because they don't have a lot of money and struggle in daily life. How do you respond to them based on this lesson?
2. Some people feel they have been hurt or wronged and struggle with why they need to forgive others. They think that it is not fair and does not make sense. How do you respond to them base on this lesson?

3. Martin Luther talked about temptation and he said, "You cannot keep birds from flying over your head but you can keep them from building a nest in your hair". Explain this sentence and discuss its application.
4. Pick out the one point that was most meaningful for you in this lesson.
5. Please pray to God based on this.



## **YOUR NEXT STEPS**

### **Study it!**

Read again more carefully the passages in this lesson to understand what God is saying.

### **Memorize it!**

Identify a Bible passage in this lesson that is most meaningful for you and memorize it.

### **Apply it!**

Discuss how you can put this lesson into your life this week.

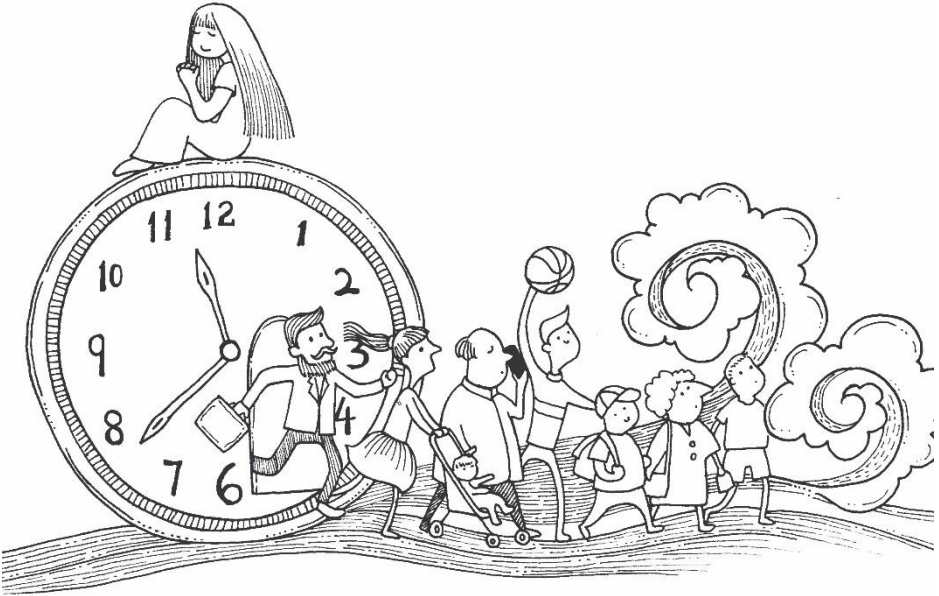
### **Share it!**

Who especially needs to hear this? Determine how you will share this chapter with others. (You can use this lesson to help you).

*Go on to Lesson Four to learn some helpful elements for your prayers.*

## Chapter Four

# Start your Prayer Life



Life gets busy. Many people wake up, hurry through the day, eat, sleep, and then do it all over again. Does that wear you out and exhaust you? Has life lost its meaning and all hope disappeared?

1. Discuss the meaning of your daily life and work.

Sometimes we might feel we are slaves to life and its responsibilities. Perhaps it is time to take control rather than letting life control you. Determine what is most essential – especially in view of your spiritual life. Your spiritual life will not only last for eternity, but also has the potential to make a real difference in lives today. Jesus said,

*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls”* Matthew 11:28-29).

## A CHILD’S TRUST

Jesus used the image of a child’s unquestioning trust to demonstrate what our faith in God should be like (Matthew 18:2-4). Coming to God in prayer, we can be the child again with open honesty, at times helpless, always dependent on our heavenly Father to guide and care for us. Jesus provides us that access to the Father through the work of the Holy Spirit and builds up in us the uncomplicated faith of a child.



Jesus told his followers,



**The  
centurion’s  
simple trust  
in Jesus to  
heal his  
servant**

**Matthew  
8:5-13**

*"I tell you the truth, my Father will give you whatever you ask in my name. Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full" (John 16:23-24).*

Prayers are built on this promise. When we come relying on the forgiveness and merit of Jesus, the almighty God, our heavenly Father, is willing and ready to help us.

In a world where we are affected with the dark forces of Satan (Ephesians 6:12), God invites us to his presence where we can find safely and strength.

*"Cast all your anxiety on him because he cares for you" (1 Peter 5:7).*

He tells us to take our burdens from our shoulders and put them onto his. How?

*"Do not be anxious about anything, but in every situation, 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).*

2. Compare the trust of adult and the trust of children.

## DEVELOP A HEALTHY PATTERN FOR PRAYING

Prayer should be a natural interaction with God. That is what God wants – his will for us. Paul tells us,

*"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus" (1 Thessalonians 5:16-18).*



**Prayer life of  
the early  
Church**

Acts 1:14,  
2:42,

4:23-31,

10:9, 30-32,

12:5, 12

Pray continually? This doesn't mean that all you do is kneel in prayer from morning to night and do nothing else. Rather, we are to be conscious of God all the time and regularly communicate with him throughout the day. During the day you may notice things that move you to say a short prayer – to praise him for his awesome creation, to thank him for the friendships you have, to repent of what you just said or did to someone, to protect you from impending danger and temptation, or to help you trust him despite your fears or frustrations.

Paul also tells us,

***“Pray in the Spirit on all occasions with all kinds of prayers and requests”*** (Ephesians 6:18).

Prayer should be in the moments of the day. There is no rule on what time should be for prayer, but it is helpful to set aside special time for prayer every day. There is also no rule on the location. You can pray in a quiet room or at your office. Some like to kneel when they pray, some stand. Some fold their hands and some open them to the Lord. You can use the way you like.





We learned the Lord's Prayer in the last two chapters. Jesus teaches us to seek his kingdom and righteousness first, then our needs. Here we divide our daily prayer into three parts based on the principle:

- **Upward** – praise and thanks to God for our blessings, what he achieved for us, and the coming of the kingdom of God.
- **Inward** – personal struggles, confession (sin against God and other people), and your needs.
- **Outward** – needs and intercession for others

Prayer is not always easy. Accepting his response isn't either. God reminds us,

*“My thoughts are not your thoughts, neither are your ways my ways... 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).

God's answer to our prayer may be “yes”, “no” or “not yet.” Whatever God answers to us, we should have a child's trust and believe that it is the best for us in the long run.

3. What concern do you still have about prayer based on the previous section? What most benefited you as you read this section?

## OBSTACLES TO PRAYER

What might be obstacles to your prayer?

- You doubt God will listen or act (James 1:6).
- You pray with the wrong motive – selfish ones (James 4:1-3).
- You cherish and harbor sinful attitudes and actions (Psalm 66:18, Isaiah 1:15-19; 59:1-4).

- Husbands, you are not treating your wives properly (1 Peter 3:7).
- You are living outside of God's will (Jeremiah 7:16-20).
- You honor idol gods instead of thanking God or giving him credit (Romans 1:18-23).



## David's Prayer of Confession

Psalm 51



## Even Pray for enemies

Matthew  
5:43-45

Luke 6:27-38

Confession is an important part of prayer life (as is thanksgiving). It deals with the issues that separate us from God. It admits how we are sinful, how we violated God's honor and neglected his will.

After King David prayed

*"When I kept silent, my bones wasted away through my groaning all day long. Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the LORD.' And you forgave the guilt of my sin. (Psalm 32:3,5).*

Thankfully, the power of prayer is not in the one who prays, but in the one who hears. He is powerful but also loves us. Paul reminds us,

*"He (our heavenly Father) who did not spare his own Son (Jesus) but gave him up for us all - how will he not also, along with him (Jesus), graciously give us all things." (Roman 8:32).*

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**Sometimes you might  
be tempted to think God  
isn't interested in the  
details of your life**

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Sometimes you might be tempted to think God isn't interested in the details of your life, but he tells us he watches over the birds of the air and clothes the

flowers of the field. Aren't you more precious than those? (Matthew 6:34).

If you have not decided what to pray about or sometimes have no idea what to pray, you can refer to the written prayers in the appendix of this book. They are helpful for providing prepared words for your prayer. Expanding on the Lord's Prayer is also a good option. Take each phrase and add specific applications for your daily life based on the context of the Lord's Prayer.

If you do not know how to start your prayer life, look for a prayer partner in your group to encourage and pray for each other.

4. What obstacles do you have in your prayer? Discuss what methods you can solve it.



## CONNECTING TO YOUR DAILY LIFE

1. How does the name, "Our heavenly Father," help us to understand prayer?
2. Make your prayer plan based on this lesson.

3. Pick out the one point that was most meaningful for you in this lesson.
4. Please pray to God based on this.



## **YOUR NEXT STEPS**

### **Study it!**

Read again more carefully the passages in this lesson to understand what God is saying.

### **Memorize it!**

Identify a Bible passage in this lesson that is most meaningful for you and memorize it.

### **Apply it!**

Discuss how you can put this lesson into your life this week.

### **Share it!**

Who especially needs to hear this? Determine how you will share this chapter with others. (You can use this lesson to help you).

# Appendix

## PRAYERS

### THE LORD'S PRAYER

Our Father in heaven,

Hallowed be your name, your kingdom come, your will be done on earth as it is in heaven.

Give us this today our daily bread.

Forgive us our sins, as we forgive those who sin against us.

Lead us not into temptation, but deliver us from evil.

For the kingdom, the power, and the glory are yours now and forever, Amen.

### MORNING PRAYERS

#### Luther's Morning Prayer

In the name of God the Father, Son, and Holy Spirit. Amen.

I thank you, my heavenly Father, through Jesus Christ your dear Son, that you have kept me this night from all harm and danger. Keep me this day also from sin and every evil, that all my doings and life may please you. Into your hands I commend my body and soul and all things. Let your holy angel be with me, that the wicked foe may have no power over me. Amen.

## **EVENING PRAYERS**

### **Luther's Evening Prayer**

In the name of God the Father, Son, and Holy Spirit. Amen.

I thank you, my heavenly Father, through Jesus Christ your dear Son, that you have graciously kept me this day. Forgive me all my sins, and graciously keep me this night. Into your hands I commend my body and soul and all things. Let your holy angel be with me, that the wicked foe may have no power over me. Amen.

## **MEALTIME PRAYERS**

Lord God, heavenly Father, bless us through these gifts which we receive from your bountiful goodness, through Jesus Christ, our Lord. Amen.

Come, Lord Jesus, be our guest, and let these gifts to us be blest. Amen

O give thanks to the Lord, for he is good; for his love endures forever. Amen.

## **SPECIAL PRAYERS**

### **For Forgiveness**

Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight. Wash me, and I will be whiter than snow. Create in me a pure heart, O God, and renew a steadfast spirit within me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Amen  
*(a prayer of King David from Psalm 51)*

Holy and merciful Father, I confess that I am by nature sinful and that I have disobeyed you in my thoughts, words, and actions. I have done what is evil and failed to do what is good. For this I deserve your punishment both now and in eternity. But I am truly sorry for my sins, and trusting in my Savior Jesus Christ I pray: Lord, have mercy on me a sinner. Assure me again how you have forgiven me through your Son Jesus who died on the cross for me and is alive today to live in me. In his name I pray, Amen.

### **For Strength to Accept God's Will**

Father, give me strength and willingness to say with your Son, "Not my will by your will be done." Make me cheerful and trusting to bear whatever you let happen to me – the good and the bad, the joy and the sorrow. Only keep me from sin, Lord God, comfort me with your kind Word, and help me represent you to the people I meet. In Jesus name I ask this. Amen.

## **For Those Who Suffer**

Father of Compassion, be kind to all who are in trouble. Heal those who are sick, comfort those who are sad, and give your strength to those who are weary and weak. Provide the blessings you know are best for all who are near and dear to me. Preserve us all in faith in our Lord Jesus Christ, for it is in his name I pray. Amen.

## **For the Blessings of God's Creation**

Lord God, open my eyes to the beauty of your created world. You made all things to nourish my life and to fill me with wonder and joy. Open my mouth to regularly praise and thank you for your gifts and make me a good steward of all you have entrusted to us. Amen.

## **For My Family**

Heavenly Father, I thank you that you have made me your child and have made Jesus my brother. Thank you for my home and family, for love and gentleness, for the laughter we enjoy and the sorrows we share, for the daily bread we receive from your hand. Protect us and keep us safe from the sorrows of this world and bless us so we can be a blessing to others. Help me represent you in my relationship to each member of my family that they may know your love and grow in their trust in your salvation. Amen

## **For Our Country**

Lord of all nations, I praise you for the blessings you have showered on our country. Guide and guard your representatives in government as they care for the needs of our citizens. Give them wisdom to rule our society with honesty and justice that we may have peace in our lives and opportunities to freely witness to your love. Bless every effort to establish peace among the nations of the world. Transform the hearts of people everywhere to exalt peace above war, justice above selfish gain, and honor above glory. Amen



## **Prayer When There is Strife**

O Lord, it grieves me that anger, strife, and bitterness have become a part of my life. Forgive my sins and renew my spirit so that I will forgive others and correct the mistakes I have made. Make me more cheerful toward those around me knowing that you have died also for them. Give me insights into their lives to understand them better so I may show them your love. Remind me through your Word that the peace you give us in Jesus provides the needed healing and change.

## **Prayer to Make a Difference in the World**

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, let me provide pardon;  
where there is doubt, let me share faith;  
where there is despair, let me give hope;  
where there is darkness, let me offer light;  
and where there is sadness, let me spread joy.

O Divine Master, grant that I may not so much seek to be consoled, as to console; not so much desire to be understood, as to understand; not long first to be loved, as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.

## **Pray for the Gospel to Reach Many More People:**

Lord God, heavenly Father, your love for sinners has no limit. In love you sent your Son into this world to bring us forgiveness and life and brought us to faith in Jesus. Give us the confidence to speak your Word to others and protect us from anything that would hold us back. Give us the right words at the right time and the right attitude. Open our eyes to see that the work you give us to do begins in our own families and continues to the ends of the earth.





# How to Talk with God



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