WHY WE PRAY
Discipleship Guide #11

TODAY'S GOAL
- To get a good understanding of where your student's heart is towards prayer and to discuss misconceptions and the biblical reason for why we pray.

OPEN IN PRAYER
- Pray together and ask God to prepare your hearts to be changed by His Word today.

TAKE A PRAYER SURVEY
- Have your student(s) take a "prayer" survey! Discuss: **On a scale of 1-10, with 10 being the most comfortable, how do you feel about of prayer? (1=not comfortable & 10=love it!)**
- Discuss: **Why did you give yourself that ranking?**
- Explain to your student(s) that you would love for them to talk you through thier views/thoughts on of prayer. Then discuss: **Is there anything you find intimidating about prayer? Or have questions about?**

SEARCH SCRIPTURE FOR WHY WE PRAY
- Our lesson is divided into two teaching points. *Key Fundamentals* and *Reasons for Prayer*. Key Fundamentals are basic biblical truths about why we should pray.
- Take this next portion of time to walk the student(s) through the following key fundamentals on why we pray. For each one, start by reading the attached Scriptures and discuss: **How do these verses speak to the importance of prayer in our life?** Then, after observing the Scriptures, share with the student(s) the key fundamental. Once you've covered the fundamentals, select additional teaching points from Reasons for Prayer to address some of the questions/ideas/roadblocks your student shared with you in the Q&A time. Using a white board as a visual for writing the key reasons will be helpful. Make sure to allow space for conversation about each reason and how it might show up practically in the students life.
- Key Fundamentals:
    - We pray because God asks/commands us to.
        - **Romans 12:12**; **Ephesians 6:18**; **Colossians 4:2**; **1 Thessalonians 5:17**
    - Prayer is our communication and relational tool – it is how Jesus talked to God the Father and how we have relationship with the God of the universe.
        - **Luke 6:12**; **Matthew 14:23**; **Matthew 26:36**
    - When we pray, we are relying on God to be our help/supply.
        - **Eph 3:14-21**
        - After sharing the key fundament draw a large vat or an expansive ocean and next to it a small paper cup on the whiteboard. Explain the following truth to your student(s): *The expansive ocean/vat is God's supply/resource. The paper cup is our supply. When we choose not to pray, we choose to manage all of life with what we have in our little paper cup. However, when we pray, we are drawing help/resources from God's never-ending supply. When we draw from God's supply then He receives the glory, not us.*

- Reasons for Prayer:
  - We pray because we believe God hears us.
    - **Ps 66:19, Ps 69:13**
  - We pray because God cares for us
    - **1 Pet 3:12**
  - We pray because God can do things we cannot.
    - **Jam 5:13-16, Mat 19:26, John 15:5**
  - We pray because God will heal us, transform us, and strengthen us.
    - **Phil 4:6, Rom 8:26, 2 Thes 1:11**

ASK ABOUT THE STUDENT'S PRAYER LIFE

- Explain to your student(s) that prayer is the key to a relationship with God. Understanding why we should pray will help us grow in our prayer life. Then discuss the following questions:
  - What part of the above foundations/reasons for why we pray impacted you the most?

LIFESTYLE BUILDING BLOCK

- Have your student(s) start a prayer request list (on their phone is easily accessible) of any prayer requests they receive moving forward and start praying for these regularly. Also, encourage the student(s) to once they start praying also start watching! Have them start looking to see how God is working in their life as a result of answering their prayers. Check in with your student(s) moving forward by asking how they have seen God answer their prayers recently?".

CONSIDER OPTIONAL HOMEWORK:

https://1drv.ms/w/s!An5ireFvcG7q-EE1iByvlFk0UyXB

CLOSE IN PRAYER

- Discuss: **What is your main obstacle to growing in prayer?** Whatever the student(s) shares, bring it before God in prayer.
- Also, spend this time thanking God for giving us the gift of prayer and for all the benefits discussed today about why we pray.