

HOW TO PRAY

Discipleship Guide #12

TODAY'S GOAL

- To help the student(s) understand how Jesus taught us to pray and how prayer applies to the things on their heart right now today.
- This guide has a lot of content, so feel free to consider which portions following the section "LEARN HOW JESUS TAUGHT US TO PRAY" you may want to leave out for the time you have.

OPEN IN PRAYER

- Pray together and ask God to prepare your hearts to hear from His Word today.

REVIEW WHY WE PRAY

- Discuss: **What did you learn from last week on prayer and why we pray?**
- Discuss: **Was there anything that they learned between the last time you met and now as they were focusing on prayer?**

LEARN HOW JESUS TAUGHT US TO PRAY

- Take this time to focus on how Jesus taught us to pray. Walk through **Mat 6:7-15** with your student(s) in light of the following instructions. Jesus' prayer is broken up into sections below. With each section, discuss the following three key questions with the student(s). Review the cross-reference Scriptures for each section for further support. Help explain any words your student(s) may not understand (e.g., "hallowed" or "debtors").
- Key questions to discuss for each prayer section:
 - **What prayer type (praise & worship, petition & intercession, supplication, thanksgiving) is this section of Jesus' prayer an example of? (e.g., "Father in heaven, hallowed be your name" → acknowledging who God is & praise)**
 - **Why do you think Jesus encourages us to do this in our prayers? Why might this type of prayer be important for our prayer life?**
 - **What would it look like to incorporate this prayer type/element in your prayer?**
- **"Father in heaven, hallowed be your name"** (cross reference: Psalm 95:1-7)
 - Prayer type: praise & worship; proclaiming who God is; acknowledging His character.
 - Importance: worship of God is the greatest thing we can do. Even in the midst of our current life situations. God deserves our worship and praise. When we worship, we acknowledge God and can be encouraged that whatever is big on our heart is nothing compared to our God.
- **"Your kingdom come, your will be done on earth as it is in heaven"** (cross reference: Proverbs 3:5-6, 1 John 5:14-15)
 - Prayer type: Surrender to God's will and for His glory
 - Importance example: It orients our prayer to honor God rather than our selfishness. E.g., prayer isn't to pull the lever on the proverbial vending machine for our own treasures or comfort
- **"Give us this day our daily bread"** (cross reference: Matthew 6:25-34)
 - Prayer type: Request for specific things

- Importance example: e.g. We realize our daily need for God and acknowledge him as our provider. When we ask specifically, we also get to see God and praise God for His answer
- **“And forgive us our debts, as we also have forgiven our debtors”** (cross reference: 1 John 1:5-9, Isaiah 66:2)
 - Prayer type: repentance; forgiveness
 - Importance example: e.g., Prayer is how we repent to God. When we repent God forgives us and instead of seeing our sin, he sees the righteousness of Jesus that covered our sin. Prayer for repentance also reminds us that we need forgiveness, which humbles us to extend forgiveness as we have been given God’s forgiveness and grace.
- **“Lead us not into temptation but deliver us from evil”** (cross reference: Psalm 51:10, Psalm 86:11-12)
 - Prayer type: Asking God for help to fight sin and live for Him in a hard world
 - Importance example: e.g. We’re weak, helpless, and need God in this battle against sin but we have an awesome savior and shepherd to help us. Acknowledging our need is contriteness and brokenness and it is truly him that helps us become more like Christ and live for Him in this hard world where we both wrestle against sin and experience the hardships or suffering of evil.

ENCOURAGE YOUR STUDENT(S) TOWARDS NEXT STEPS IN PRAYER

- Discuss the following questions with your student. Look for areas you can provide encouragement for growth in their prayer life with God.
 - **What did you learn about prayer from Jesus’ teaching that is either new or something you never had thought on before?**
 - **What type of prayer do you feel is most comfortable for you?**
 - **Which type of prayer is most lacking in your prayer life? Which do you find hard? Why do you think that is?**
 - **Is there anything that comes to mind that you realize is keeping you from praying more often or like Jesus encourages us to pray?**
 - **How do you want to grow in prayer from today?**
 - **How does prayer and what you learned about prayer enter into a specific situation or heart wrestle going on in your life right now?** If it's appropriate share an example in your own life too.

PROVIDE STUDENT(S) A PRAYER MODEL

- Some people use the acronym ACTS to help remember the different types of prayer. Adoration, Confession, Thanksgiving, Supplication. Take a few minutes to go over the tool with the student(s) on a whiteboard if possible. Make sure they know what each of these words mean. As you walk through the prayer model, help the student(s) see where each of the types of prayer Jesus taught us falls into “A.C.T.S.”.

ENCOURAGE YOUR STUDENT(S)

- Encourage the student(s) to consider what things to “put off” so that they can better “put on” a praying life. Discuss the following question: **What are some you may need to give up in order**

to allow time for prayer in your daily life? What do you need to change in order to incorporate prayer into your life more?

- Example answers: leaving phone in another room, prioritizing time in prayer/the Word before screen time (“word before the world” challenge), etc.
- Encourage the student(s) with the truth that God is good, and prayer is another one of His GOOD gifts that invites us into actual relationship with Him. Wow! Prayer allows us to come to our almighty God for forgiveness and be made new. It enables us to ask for help in knowing that He is with us and brings us hope as we praise God and rejoice in who He is. Help your student(s) understand that growing in prayer isn’t about performance, but rather learning truths that compel you to go to God more often in prayer. When we do this, He promises to love and lead us. He told the little children to come unto him, and he wants us to come to Him (Mat 7:7-11).
- Finally, if the student(s) is wrestling with anything specific, like having trouble trusting that God can actually answer, feeling like God won’t hear them, etc. encourage them to take that to God and talk to Him in prayer about it and watch him answer. Sheep need lots of help to survive, they have a shepherd that guides them through hardship, danger, to food and water and rest...and we do too!

CONSIDER OPTIONAL HOMEWORK:

<https://1drv.ms/w/s!An5ireFvcG7q-EE1iByvIFk0UyXB>

CLOSE IN PRAYER

- Pray for a growing passion and joy to talk to God about the things on their heart.

We would love your feedback on this lesson! Click the link or scan the QR code.

<https://canyonhills.churchcenter.com/people/forms/334289>

