

# Prayer

## Prayer: A dynamic two-way communication with God

Jesus prayed constantly and He told us to pray too. Praying means to come into God's presence and talk to Him directly. The bible teaches that once we are believers we can boldly come directly into the presence of God and talk to Him face-to-face (no intercession is needed). Colossians 1:22; *"Yet now he has reconciled **you** (reconcile = made friends again) to himself through the death of Christ.... As a result, He has brought **you** into his own presence, and **you** are holy and blameless as **you** stand before him with **not** a single fault."* There has been a SIGNIFICANT relationship change and we now have direct access and communication to God through prayer.

Below is a simple guideline for prayer in the word **A C T S**.

**A** = Adoration of God – Start your prayer by worshipping God, Adore Him.

**C** = Confess any sins you may have done lately. God has forgiven all our sins but when we confess our current sin(s) when they occur it helps to realize His forgiveness in your daily life.

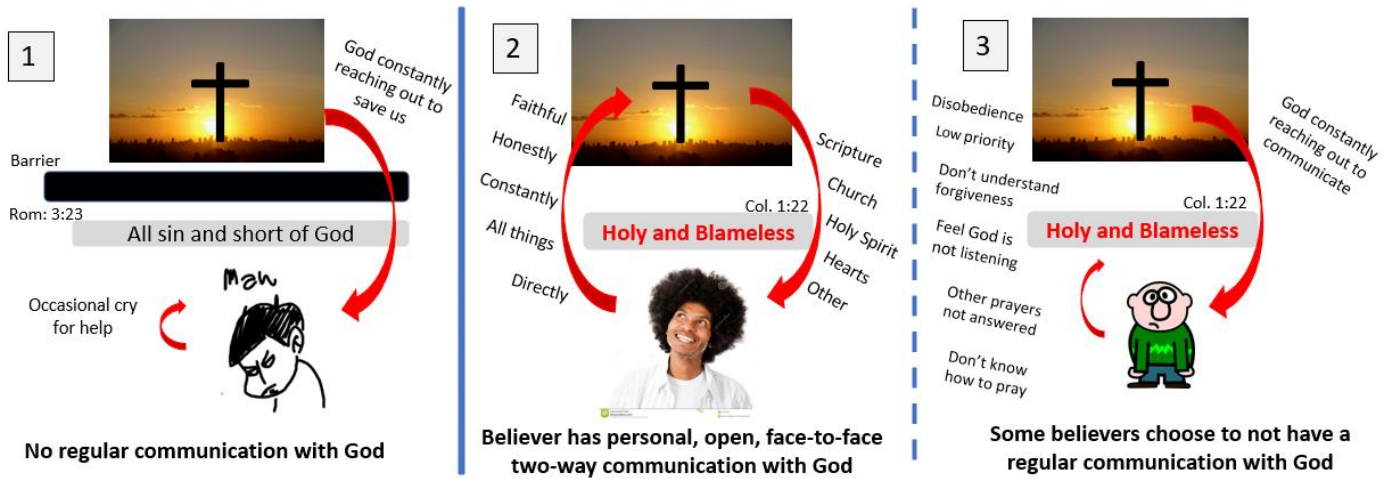
**T** = Thank God for all the good things He has done in your life.

**S** = Supplication. Bring Him any request you may have.

We are to pray continually: 1 Thessalonians 5:17; *"pray continually."* You can pray kneeling down, walking or working, out loud or silently, eyes open or eyes closed. You can tell God you are sad or angry, ask for help or wisdom, thank Him or tell Him how much you love Him. Just pray.

We are to pray for what is in God's will. God may not answer your prayer to win the lottery but does want us to 'Love one another' so when we pray for others, He hears us and wants to answer our prayers. 1 John 5:14; *"This is the confidence we have in approaching God; that if we ask anything according to His will, he hears us."*

When you pray do not rely on your FEELINGS but on FACT (Bible Fact) to determine the effectiveness of your prayer. If we live our Christian life based on FEELINGS, then we will live a rollercoaster life. Review the 3 diagrams below and discuss which diagram best represents your prayer life and where you want to be.



### Review and Discuss:

1. How do you like to pray? Formally? Informally? Daily?
2. Have you ever kept a journal of God's response to your prayers? Can you share some examples?
3. Why is it important to pray?
4. What if your prayers are not being answered. Why is that happening?
5. Look at the 3 different scenarios above. Which one best describes your prayer life? Why? Do you want to change?
6. What must you understand about prayer that will help you have a better prayer life?
7. Do you ever trust your feelings as the indicator that God is hearing your prayer? What is the downfall for doing that?
8. What guidelines (instructions on how to pray) do you give to your family-children on prayer?