

LESSON ONE : WHAT IS PRAYER

“The little estimate we put on prayer is evidence from the little time we give to it.”-E. M. Bounds

Learning Objective

To understand what prayer is and communicate with God meaningfully.

Scripture to memorize: (Jeremiah 33:3, NIV)

“Call to me and I will answer you and tell you great and unsearchable things you do not know”.

Discussion

What comes into your mind when you hear or see the word “prayer”?

What views do people commonly hold about prayer?

Understanding Prayer

Simply, prayer is communication between us and God. It is holding a meaningful conversation with Him as our Heavenly Father.

So, through prayer, , we commune, fellowship and become intimate with God as we surrender and submit to His will, and welcome His involvement in our affairs. Prayer, therefore, is more than just telling God what we need or want. It involves hearing from him,listening to and understanding what He’s saying to us.

Through Jeremiah, God told the Israelites: “Call to me and I will answer you and tell you great and unsearchable things you do not know” (Jeremiah 33:3). So, it is important to view prayer as a two-way communication (dialogue) between us and God.

Why We Pray

To fellowship with God. Through prayer, we connect with and build our relationship with God. Jesus, for example, regularly communed with His

Father in prayer (Matthew 14:23; Mark 1:35; 6:46; Luke 3:21; 5:16; 6:12).

To understand God's will. God's general will is revealed in His written word, the Bible. When we pray, God will reveal His specific will and purpose for our lives (Proverbs 16:9, Proverbs 19:21)

To live a victorious Christian life. Jesus taught his disciples to pray, "lead us not into temptation but deliver us from the evil one" (Matthew 6:13). While praying on the Mountain of Olives, he told them, "Pray that you will not fall into temptation." (Luke 22:39-40).

To seek God's help. As God's children, we can confidently ask God to help us in our time of need or hardships. While under oppression in Egypt, the Israelites persistently cried out to God to deliver them and God heard their cry. At the right time, He sent Moses to lead them out of Egypt (Exodus 3:7-10).

Read the following Scriptures and identify other reasons for prayer:

John 14:13 _____

I Thessalonians 5:17 _____

Acts 4:23-33 _____

Matthew 9:38 _____

2 Chronicles 7:14 _____

2 Kings 20:1-11 _____

Ephesians 6:19-20 _____

1 Kings 3:4-9 _____

James 1:5 _____