

Spiritual Disciplines Prayer

One of the most foundational elements of a flourishing relationship is good communication. We have already come to see how the Bible is God's word to us and as we read it we listen and hear God speak to us. Prayer is the means by which we speak to Him. He not only hears the words we speak, but He can also read our hearts as we lift them up to Him. It is in prayer that we develop intimacy and dependence on God. Let's read what Jesus had to say about prayer.



Matthew 6:5-10

⁵“And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. ⁶But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

⁷“And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. ⁸Do not be like them, for your Father knows what you need before you ask him. ⁹Pray then like this: “Our Father in heaven, hallowed be your name. ¹⁰Your kingdom come, your will be done, on earth as it is in heaven.

Philippians 4:4-7

⁴Rejoice in the Lord always; again I will say, rejoice. ⁵Let your reasonableness be known to everyone. The Lord is at hand; ⁶do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

READ Matthew 6:5-10—mark “pray” with a  and mark “Father” with a  including pronouns.

V5,7—what two warnings does Jesus give about praying?

What is the focus of such praying?

V6—what is the antidote for trying to impress others?

What are the benefits of being with God in secret?



V8 Why do we just need simple words when we pray?

V9 Of all the names of God, which one does Jesus invite us to use in prayer? Why do you think this is?

V9 -10 What three requests frame all of our asking?

How does God's name, His kingdom and His will give us a framework within which to pray?

Lets see what Paul says about prayer. He writes in prison.

Read Philippians 4:4-7 and mark “pray” with a  and mark “Lord, God ” with a  Underline the words “**always, everyone, nothing**” and “**everything**”

Reasonableness—Strong's 1933—gentleness, patience

How is the last phrase of v5 related to the first phrase of v6?

In what ways can anxiety impact on rejoicing and patience?

V6 List Paul's instructions regarding anxiety and prayer?

V7 What is the outcome of such praying?

Why is it important that our hearts and minds are guarded?

John 14:12-14

¹² "Truly, truly, I say to you, whoever believes in me will also do the works that I do; and greater works than these will he do, because I am going to the Father
¹³ Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. ¹⁴ If you ask me anything in my name, I will do it

John 15: 7-8,16

⁷ If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. ⁸ By this my Father is glorified, that you bear much fruit and so prove to be my disciples.

¹⁶ You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you.

James 4:3

³ You ask and do not receive, because you ask wrongly, to spend it on your passions.

James 1:5-8

⁵ If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. ⁶ But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. ⁷ For that person must not suppose that he will receive anything from the Lord; ⁸ he is a double-minded man, unstable in all his ways.

Jesus spends his last evening before his death, teaching his disciples and he discussing prayer with them.

READ John 14: 12-14 and mark "ask" with a 

In v12 what is possible for those who believe in Jesus?

What does he invite them to do and what does he promise?

V13 How does he express the ultimate goal of their asking?

READ John 15:7-8, 16 and mark "ask" with a 

In v7 what is the prerequisite for asking and receiving?

V8 what is the expected outcome of answered prayer?

In v16, again what is the context of the "asking"?

In these passages what is the ultimate purpose of prayer?

How does this tie in with the first three statements of the Lords prayers that you noted overleaf?

READ James 4:3 and mark "ask" as before.

What reason does James give for unanswered prayer?

How does this tie in with what you have already discovered ?

READ James 1:5-8 and mark "ask" as before.

V5 What are we to do if we lack wisdom? Why?

V6 –8 in what ways can doubting express itself?

What happens when we hover between God's wisdom and our own or the worlds wisdom?