

PART THREE: PRAYING IN ADVANCE

Most people pray in reverse. They pray after the fact. An example is praying for forgiveness for sins committed. This is necessary when a person sins, (1 John 1.9) but it is not the way Jesus showed His disciples to pray. Read Luke 22:39-46 and answer the following questions.

How did Jesus approach the coming arrest and crucifixion?

Answer:

How did God respond to Jesus and help prepare him for what was coming?

Answer:

What did he tell his disciples they needed to do to keep from sinning? Why is this a better way to approach life and temptation the enemy puts before a person?

Answer:

Mark 9.14-29 What do you learn about praying in advance here and being ready for the tough times we will face?

Answer:

Luke 6:12-13 What can we learn about prayer and making important decisions? Why is this important to a believer?

Answer:



FACE TIME WITH GOD 2 OF 5

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The translation quoted here is the New International Version (NIV)

What you will need to complete this lesson:

- * A Bible (A New International Version is a good choice if you need to get a Bible) These are also available online if you do not have one.
- * Paper with pen or pencil to write your answers
- * A quiet place to work where you are not distracted.

PART ONE: PREPARATIONS FOR PRAYER

At daybreak Jesus went out to a solitary place. The people were looking for him and when they came to where he was, they tried to keep him from leaving them. Luke 4:42

This one verse teaches four very important lessons about how we should pray.

You need a **TIME** to pray: Jesus prayed At DAYBREAK

Mark 1.35: Jesus prayed _____

Luke 6.12-13 Jesus prayed _____

When is the best time for you to pray? Why?

Answer:

Why is this different for each person?

Answer:

Why is setting a specific time important to having a successful prayer life?

Answer:

You need **SOLITUDE** to pray:

Jesus went [to a SOLITARY place](#)

What are two reasons you pray alone? See Matt. 6:5-6,

Answer:
1.

2.

Matt. 14:23 How did Jesus use solitude as part of his daily life? How would this be a benefit to a person's daily devotional life and relationship with God?

Answer:

Other examples: Luke 5:16, Luke 6:12, Luke 9:18
Be careful, this does not eliminate praying in public, with others, or where you can be seen. It merely means there must be regular times when it is just you and God.

You need a **PLACE** to pray:

Jesus went [to a solitary PLACE](#)

Luke 11.1 How can having a particular place to pray enrich your prayer life?

Colossians 4:2 How does this help us understand how to be thankful? What should you do differently in your daily life to be a more thankful person?

Answer:

Further study: how does each of these sections of scripture help you to understand how to be more thankful before God in your prayer time? Matthew 11:25; Psalm 92:1-5; Psalm 106:1; 107:1-3; 118:1-4; Luke 17:11-19; Matthew 14.19, 15.36; Psalm 103.2-6, Psalm 50:14 –15

SUPPLICATION: There are times we need to ask God for help. Many people make this the focus of their prayer time. This should be part of but not the only thing you pray about when you come before God. In each of the following verses what is being ask of God.

- Luke 22.31-32 _____
- Luke 22.44 _____
- Matthew 27:46 _____
- Matthew 19.13 _____
- John 11.41-43 _____
- Matthew 6.11 _____

How do these help us know what we can ask of God during our prayer time? What are the limits of prayer?

Answer:

What should the person do to restore fellowship and the answering of his/her prayers?

Answer:

Psalm 51 is about David praying after he committed adultery with Bathsheba and was confronted by the prophet Nathan. Reading it can help you understand the need for confession to restore fellowship with God.

Psalm 44 and 74 are about shared confession. They are examples of how we are jointly responsible for the actions of groups we belong to and the need for public times of prayer and confession. Notice in psalm 44 the progression leading up to the request in verse 26. This is a pattern of honest prayer that can be used for an individual as well as a group.

THANKSGIVING: Is expressing gratitude to God for what He has done for a person. It is a particular form of praise. Mark 14.22 What is Jesus giving thanks for here? What can you learn about being thankful from this?

Answer:

Philippians 4:6 How does thanksgiving play a role in a successful prayer life? Why?

Answer:

Answer:

Luke 9.28-29 How does separating yourself to a special place to pray help you in your relationship with Jesus?

Answer:

Additional: Why is praying in bed not the best location to have as your primary place to talk to God?

Plan for **DESTRUCTION** free prayer: Jesus needed to get away because The people WERE LOOKING FOR HIM
Luke 5:15-16 How did Jesus avoid distractions in his prayer life? How can this help you?

Answer:

See Mark 1.35-37 How does Jesus avoid allowing distractions to interfere with his prayer, ministry and life? What distractions do you face in having a successful prayer time? What can you do to eliminate distractions from your prayer time?

Answer:

Note: Jesus did not always pray alone. Luke 9:28 ,Matt 18:20 Some who prayed alone were doing it for the wrong reason as pointed out by Jesus. Luke 18:10-11 Others were blessed because of their attitude and submissions to God in their prayer life.

PART TWO: A PATTERN FOR PRAYER

Bill Hybels in his book 'Too Busy NOT To Pray' shares an acrostic using the word ACTS. This stands for *adoration, confession, thanksgiving* and *supplication*. This simple pattern can make prayer fuller and deeper. It will help keep you from making your prayers one dimensional and self-centered. Here we will look at each part and discover how it can help you in your prayer life. Each part should be incorporated into your daily prayer time.

During the days of Jesus' life on earth, he offered up prayers and petitions with loud cries and tears to the one who could save him from death, and he was heard because of his reverent submission. Hebrews 5.7

ADORATION: This is about praise and worship of our Heavenly Father. "*For great is your love, reaching to the heavens; your faithfulness reaches to the skies. Be exalted, O God, above the heavens; let your glory be over all the earth.*" Psalms 57.10-11 Read Luke 10.21 How does Jesus use adoration as part of his prayer life? Why would you want to make this a part of your daily prayer life?

Answer:

Read Psalm 57:10-11 How can using scripture in your prayer time enhance and help you in times of adoration before God?

Answer:

Psalms 19, 33, 103, 109, 145 all have great sections of praise and adoration. These can be used as part of your prayer time. Praise is something we repeat, over and over (I love you cannot be said once and forgotten) Repeat it if you mean it. This is especially true when praying to God. God does not need our praise to be God. Why is it important for us to praise and worship Him? Hint: God does not need our praise but He does deserve it. How does praising God help you in your relationship with God?

Answer:

CONFESSION: You must be honest with God and with ourselves. Your time with God must not skip this step. This is where God wants to show you how to be better and stronger believers by removing from your life sinful and hurtful habits.

Read Psalms 13 and answer the following questions. What can keep God from answering your prayers?

Answer: