



TRANSFORMED BY PRAYER

What should our approach be to God?

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need (Hebrews 4:16).

What is Prayer?

- Prayer is how you communicate with God.
- You have a relationship with a God who loves you.
- Jesus calls us His friends in the Gospel of Luke and taught us to call God our “Father.”
- Jesus said: “Father, hallowed be your name.... how much more will the heavenly Father give the Holy Spirit to those [His friends] who ask him” (Luke 11:2, 13). Robby Gallaty writes: “With two words, father and friend, Jesus taught us that prayer is personal, relational, and intimate. He begins and ends Luke 11:1-13 with the word Father.”¹

¹ *Growing Up, by Robby Gallaty*

J.D. Grear writes in his book, *The Gospel*, his famous Gospel Prayer: “There is nothing I have done that could make you love me less, and nothing I could do that would make you love me more.” This is a great way to begin your prayer time as it focuses on the Good News of God’s Grace!

Prayer is not something you have to do. Prayer is something you get to do.
Prayer is not a burden-giving duty. Prayer is a burden-lifting delight
God does not need your prayers. You need your prayers.
Prayer is not telling God something new. Prayer is inviting God in to help.
Prayer is less about us moving God’s hand. Prayer is more about God moving our heart.²

Where should we pray?

- Pray privately your prayer log (Matt. 6:6). Have a prayer time. Some do it in the mornings. Some during lunch. Some in the evenings.
- Pray out loud with your spouse, your children, and with your LIFEGroup.

When should we pray?

- Pray without ceasing (1 Thess. 5:17). Start your day with prayer. Know that God is always available throughout your day as you request strength, wisdom, salvation for others, etc. Dial His number in the morning and know that He is waiting, watching, and listening anytime you want to talk.
- Pray, pray, pray. No one learns how to pray without doing it.

What Does God Give to Us in Prayer?

...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. -Philippians 4:6-7

Categories of Prayers for your Prayer Time

Prayers of Thanksgiving/Adoration Example

Example: We ought always to give thanks to God for you, brothers, as is right, because your faith is growing abundantly, and the love of every one of you for one another is increasing (2 Thess. 1:3).

- Give thanks for not only material things but spiritual things

² Extracted from *Pray Like Jesus*, by Mark Driscoll

- Give thanks for what Jesus has done for you
- Adore God for who He is and where He is taking you

Prayers of Intercession Example

- A prayer of intercession is a prayer for others. Paul prayed for others 42 times in just 13 letters.

Example: Now may our God and Father himself, and our Lord Jesus, direct our way to you, and may the Lord make you increase and abound in love for one another and for all, as we do for you, so that he may establish your hearts blameless in holiness before our God and Father, at the coming of our Lord Jesus with all his saints (1 Thess. 3:11-13).

- Pray for your spouse
- Pray for your children’s salvation and growth in the Lord
- Pray for God to provide a godly spouse for your child
- Pray for your church’s mission
- Pray for your church’s leadership
- Pray for specific people you are hoping will know Jesus as their Savior
- Pray for people in your LIFEGroup

Prayers for Spiritual growth Example

Example: “And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding,¹⁰ so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God.¹¹ May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy,¹² giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light” (Col. 1:9-12).

- Pray about what is troubling you
- Pray for growth in the fruits of the Spirit
- Pray for courage to share Jesus with others

Head: These questions help us understand Scripture

1. What stood out to you about this lesson?
2. What does prayer do for you?

Heart: These questions help us wrestle with our beliefs for our lives

3. What does your prayer life look like right now?
4. What do you value about your prayer time?
5. What kinds of things do you pray for in comparison to Paul?

Hands: These questions help us do something after hearing the Word

6. How can prayer be a bigger part of your daily life (and your family's life if you live with them)?
7. How can every aspect of your life be brought under prayer?