

GROWING DISCIPLES –Pray In Faith

Week 2: Developing Your Prayer Life

"If two of you on earth agree about any matter that you pray for, it will be done for you by My Father in heaven"—Matthew 18:19

OVERVIEW OF WEEK 2

Day 1: Reasons to Pray

Day 2: Daily Prayer

Day 3: Tools to Help You Pray

Day 4: The Bible and Prayer

Day 5: Being a House of Prayer

VERSE TO MEMORIZE

"If two of you on earth agree about any matter that you pray for, it will be done for you by My Father in heaven" (Matthew 18:19).

DISCIPLESHIP HELPS FOR WEEK 2

"Prayers of Praise" (pp. 14-15)

PREVIEW OF WEEK 2

When you are related to your Heavenly Father by adoption, prayer is a natural part of the relationship. You talk to Him, and He talks to you. This relationship can be neglected or developed. This week we want to help you develop your personal prayer relationship with your Heavenly Father. This week you will—

- identify 10 reasons to pray;
- learn how prayer can and should be a constant, natural part of your day;
- use some practical tools to enrich your personal prayer life;
- learn ways to use the Bible in your prayers;
- understand the importance of our church's being a house of prayer.

Day 1: Reasons to Pray

Scripture-Memory Verse

"If two of you on earth agree about any matter that you pray for, it will be done for you by My Father in heaven" (Matthew 18:19).

Prayer is a relationship with your Heavenly Father. He created you for a love relationship with Himself. If you love someone, you want to spend time with him or her. If you love God, you want to

spend time with Him. That conscious time you spend in God's presence is what we call prayer. One of the best reasons to pray is to spend time with the One you love.

① **What is one of the best reasons to pray?**

Spending time with the One you love is a great reason to pray. Last week you studied two purposes of prayer. God wants you to identify with Him by becoming like Him and by working together with Him.

② **Read John 15:16; Romans 8:29; and 2 Corinthians 3:18 below. Match the Scripture references below with the reasons to pray by writing a letter beside each reference.**

"You did not choose Me, but I chose you. I appointed you that you should go out and produce fruit and that your fruit should remain, so that whatever you ask the Father in My name, He will give you."—John 15:16

"Those He foreknew He also predestined to be conformed to the image of His Son."—Romans 8:29

"We all, with unveiled faces, are reflecting the glory of the Lord and are being transformed into the same image from glory to glory; this is from the Lord who is the Spirit."—2 Corinthians 3:18

John 15:16 a. To become like God (Jesus)

Romans 8:29 b. To work together with God

2 Corinthians 3:18

③ **Read the following verses and underline other reasons to pray. One is underlined for you.**

Matthew 26:40-41 • "Couldn't you stay awake with Me one hour? Stay awake and pray, so that you won't enter into temptation."

Luke 18:13-14 • "The tax collector, standing far off, would not even raise his eyes to heaven but kept striking his chest and saying, 'God, turn Your wrath from me—a sinner!' I tell you, this one went down to his house justified."

John 16:24 • "Ask and you will receive, that your joy may be complete."

Romans 8:26-27 • "We do not know what to pray for as we should, but the Spirit Himself intercedes for us ... according to the will of God."

Hebrews 4:16 • "Let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us at the proper time."

Hebrews 13:15 • "Let us continually offer up to God a sacrifice of praise."

More reasons to pray include: to gain strength to resist temptation (Matthew 26:40-41), to be justified (made right) with God (Luke 18:13-14), to experience fullness of joy (John 16:24), to know God's will (Romans 8:26-27), to find mercy and grace (Hebrews 4:16), and to offer sacrifices to God (Hebrews 13:15).

Two more reasons to pray are to learn authority and to release God's power. In the beginning God granted authority and dominion to Adam. When Adam sinned and fell, he lost the authority God intended for all humanity. But Jesus' sinless life and sacrificial death made it possible for us to recover all Adam lost. As believers, we are now seated with Christ and are joint heirs with Him. God is in the process of restoring our authority by training us to use our authority properly. In eternity we will exercise that authority by reigning with Christ (see Revelation 5:10 below).

"You made them a kingdom and priests to our God, and they will reign on the earth."—Revelation 5:10

Because prayer is God's training ground, continual prayer instills authority in us. We learn proper authority when we pray rightly and God answers. We learn wrong uses of authority when we pray incorrectly and God refuses our request.

Authority controls power. When you learn to use authority properly, you release God's power in answer to prayer. Exercising your authority in prayer releases God's power.

④ What are two more reasons to pray?

To learn _____

To release God's _____

↕ **Review below the list of reasons to pray. Ask the Lord which reason you need to emphasize most in your life today. Circle it and spend a few minutes in prayer for that reason.**

10 Reasons to Pray

1. To spend time with God—the One you love
2. To identify with God by becoming like Him
3. To identify with God by working together with Him
4. To gain strength to resist temptation
5. To be made right with God
6. To find forgiveness, mercy, and grace
7. To learn God's will
8. To offer sacrifices to God
9. To learn authority
10. To release God's power

Day 2: Daily Prayer

Today's Prayer Promise

"You did not choose Me, but I chose you. I appointed you that you should go out and produce fruit and that your fruit should remain, so that whatever you ask the Father in My name, He will give you" (John 15:16).

Because prayer is a relationship with God, prayer can actually be continual (see 1 Thessalonians 5:17; Hebrews 13:15 below). You need to live your life in such an attitude that you can talk to God anytime. You always need to listen so that He can speak to you at any time. God is always present with you as a believer. Therefore, you can pray continually.

"Pray constantly."—1 Thessalonians 5:17

"Through Him [Jesus] let us continually offer up to God a sacrifice of praise."—Hebrews 13:15

"Search for the LORD and for His strength; seek His face always" (1 Chronicles 16:11).

"He [Jesus] then told them a parable on the need for them to pray always and not become discouraged" (Luke 18:1).

"With every prayer and request, pray at all times in the Spirit, and stay alert in this, with all perseverance and intercession for all the saints" (Ephesians 6:18).

1 Based on these verses, how often should a believer pray during a day?

- a. Ten minutes in the morning and a blessing at each meal
- b. Three times a day, 15 minutes each time
- c. One hour a day
- d. Always, continually

You can always be in a spirit of prayer because you have an uninterrupted relationship with God.

Did you check (d) *Always, continually*? Does that seem impossible? It is ... if you see prayer as a religious activity that you perform at certain times each day. God created you for a relationship with Him. He is always present and can speak to you anytime. You can pray anytime. You can always be in a spirit of prayer because you have an uninterrupted relationship with God.

Try to envision a day in which you pray continually. We join in prayer each morning as God grants us new mercy and new grace of a new day. We set aside that time each morning as the Psalmist has stated in Psalm 5 in the morning with Him. We may read a passage from your Bible, through which God speaks to you. You spend time in confession, praise, worship, and thanksgiving. You talk to God about your life, what you need, and what He wants you to be. You

pray for others and seek God's work in them and the circumstances they face. After you say, "Amen," are you finished praying for today? No, you should not be.

You continue to listen to God and pray as you shower, as you travel in to work, as you go on your way. You thank Him for your food and His blessings as you eat breakfast. You pray with and for your children before they leave for school. On your way to work, you pray for God's involvement in your work, for problems, for relationships, and for witnessing opportunities. While you are praying, your attention is captured by the beauty of a tree's leaves that are turning colors, and you worship God for the beauty of the earth and for His grandeur in creating it. A problem arises at work, and you whisper a prayer to your Master in heaven for guidance. He guides you to resolve the problem, and you drop to your knees in your office to thank Him. A coworker mentions a family problem, and you pray with her. You continue to commune with God throughout the day until bedtime, when you thank Him for the blessings of the day.

② Think about a typical day. When are natural times to approach your Heavenly Father in prayers of confession, praise, worship, thanksgiving, petition, and intercession? List at least five times.

③ Spend today or tomorrow in an attitude of prayer all day, recognizing that God is always present. Be alert to times and ways you can pray privately as well as with others.

Times and places to pray

You can pray anytime and anywhere. Jesus prayed at different times and in a wide variety of places. (Read the Scriptures under Jesus' Example below.) Sometimes you can pray aloud, and sometimes you must pray silently. No one can prevent you from praying, even in a place where public prayer is not permitted, because God is always present with you.

Jesus' Example

"Very early in the morning, while it was still dark, He got up, went out, and made His way to a deserted place. And He was praying there" (Mark 1:35).

"After He said goodbye to them, He went away to the mountain to pray. When evening came, ... He was alone on the land" (Mark 6:46-47).

"He [Jesus] often withdrew to deserted places and prayed" (Luke 5:16).

"He [Jesus] went out to the mountain to pray and spent all night in prayer to God" (Luke 6:12).

Many believers begin the day with a quiet time with God in prayer. Daniel prayed three times a day (see [Daniel 6:10](#) below). Try to spend concentrated time in prayer, whether morning, noon, or evening. For these regular times of private prayer, find a place where you can be alone with God.

"When Daniel learned that the document [a law against prayer] had been signed, he went into his house. The windows in its upper room opened toward Jerusalem, and three times a day he got down on his knees, prayed, and gave thanks to his God, just as he had done before."—[Daniel 6:10](#)

↕ **Take a few moments to pray about your personal prayer life. Ask God to direct you to make the adjustments necessary to develop a meaningful lifestyle of prayer.**

Day 3: Tools to Help You Pray

Today's Prayer Promise

"Everything is possible to the one who believes" ([Mark 9:23](#)).

You may have some simple yet practical questions about prayer. The remaining lessons this week will give you suggestions for developing your personal prayer life. Today I will share with you some tools that have been used that may help you in your personal prayer life.

Organizing your thoughts in prayer is one way to show reverence for God (see [Ecclesiastes 5:2](#) below). A prayer list provides reminders for many of the areas for which you need to pray. Keep a list in your Bible, organize a notebook, or use a computer file to guide your praying. In our study we provided the Discipleship Helps section to serve as your prayer journal for the next few weeks.

"Do not be hasty to speak, and do not be impulsive to make a speech before God."—[Ecclesiastes 5:2](#)

① **Take a few minutes to flip through the Discipleship Helps on pages [17-18](#) to see the tools prepared for you to use.**

② **Read the following descriptions of prayer lists. You've been given a sample for each list below. After you read about a list, turn to the appropriate page at the back of this study and list persons, concerns, topics, and requests that you want to include in your own prayer times.**

Prayers of Confession (week 1, [p.14-16](#))

You are my Father; I am Your child.

Prayers of Praise ([p. 14](#))

"My lips will glorify You because Your faithful love is better than life" (Psalm 63:3).

Prayers of Worship (p. 96___)

"The Lamb who was slaughtered is worthy to receive power and riches and wisdom and strength and honor and glory and blessing!" (Revelation 5:12).

Prayers of Thanksgiving (week 1 p.14)

Salvation, privilege to serve, good health

Daily Requests (p. 17___)

Leslee (my wife)

Daily Temporary Requests (p. 17___)

A volunteer to lead our church's prayer ministry

Weekly Requests (p. 17___)

Monday: Terry and Sue, missionaries in Chile

Monthly Requests (p. 18___)

15th: New Hope MBC—unity

21st: America, Egypt, Nigeria, China, Russia, Nigeria etc.

Confession, praise, worship, and thanksgiving lists. You may want to keep separate lists to use daily in your responding prayers. On these lists you might record attributes of God, items for which you are thankful, truths you want to confess, and so forth.

Daily requests. Keep a list of persons and subjects you pray for daily. Include members of your family, your pastor, close friends, those in authority over you, and continuing concerns you want to pray for daily.

Daily temporary requests. Keep a daily temporary list of persons and concerns that change from time to time. Include special projects you are working on, sick friends, and other temporary requests.

Weekly requests. Each day of the week make a separate list of concerns you pray for on the same day each week. These weekly lists could include friends, church concerns, upcoming events, governments, elections, elected officials, missionaries, lost people who need Christ, and other less frequent requests.

Monthly requests. For each day of the month make a list that includes items of importance or concern but somewhat removed from your immediate situation. Pray for the items you have

listed for each day of the month. These might include praying for a different country each day or relatives.

Scriptures. For many items on your lists you may want to write appropriate Scriptures. For example, write Scriptures that apply to a Christian spouse as you pray for your spouse. Choose other Scriptures that guide your prayers for your pastor, missionaries, Christian leaders, and others.

Using your lists. Do not follow your lists so rigorously that the practice becomes legalistic, routine, or ritualistic. Prayer must be personal and intimate. Use your lists as general guides to—

- prevent your praying from focusing exclusively on yourself;
- aid your memory so that you do not forget special concerns;
- assign an order of importance to your requests if time is limited.

Also plan free periods of prayer in which you joyfully follow the Holy Spirit's leading in many matters, including concerns, praise, and thanksgiving. Be sensitive to ways your Father guides you to pray and listen for direction from your Master. During these times God may remind you of a person or a need that is not on your lists. These occasions can become special times of intercession. You may even want to set aside one day each week for "free prayer."

Other Prayer Tools

All you need for prayer is the Lord's presence. However, you can use certain tools to enrich your prayer time. You may want to use a hymnal in prayer, for many hymn texts are prayers to God. You can pray a song or sing a hymn to the Lord.

Many people like to use journals for writing their prayers to the Lord. Writing your prayers can help you focus on your requests and can remind you of your prayer when the answer comes. You may also want to use books on prayer, biographies of great people of prayer, maps, pictures, or other reminders for prayer.

↕ **As you pray to close this lesson, use some of the items you included on your lists as subjects for your prayers. You may want to take some extra time to expand your prayer lists.**

Day 4: The Bible and Prayer

Today's Prayer Promise

"Whoever keeps His word, truly in him the love of God is perfected. This is how we know we are in Him: the one who says he remains in Him should walk just as He walked" (1 John 2:5-6).

T.W. Hunt shares an experience he had years ago when had reached a point in his morning devotions at which he gave large blocks of time to prayer and only a few minutes to Bible study. Then he heard E. F. Hallock, a great preacher, say “we should not have to choose between time in the Bible and time in prayer. If a choice is to be made, it is more important that God speak to the individual than that a person speak to God.” That statement reformed his prayer life. He began reading, studying, memorizing, and meditating on Scriptures more frequently. T.W. recalls that he found himself and his prayers increasingly being shaped by the words of Scripture that had become lodged in his subconscious.

Bible reading and study do not have to be separate activities from prayer. The Bible is another way God speaks. Therefore, prayer and Bible reading should be practiced together. By praying the words of the Bible, you learn to think God's thoughts. Listen to what God may want to say to you as you read and study your Bible. Let the Scriptures point you to your love relationship with God.

① Read John 5:39-40 below. Where should a study of the Scriptures lead you?

"You pore over the Scriptures because you think you have eternal life in them, yet they testify about Me. And you are not willing to come to Me that you may have life."—John 5:39-40

- a. I find eternal life in a study of the Scriptures.
- b. The Scriptures lead me to a knowledge of good literature.
- c. The Scriptures point me to a long list of do's and don'ts.
- d. The Scriptures point me to a living relationship with Jesus.

Jesus was speaking to the Jewish leaders (probably the Pharisees) in John 5:39-40. They knew studying the Scriptures was important. Yet they had so emphasized and prided themselves in gaining knowledge that they had missed the whole purpose—a living relationship with God through His Son, Jesus Christ. You too need to emphasize studying, reading, memorizing, and meditating on Scriptures. But don't place your focus on knowledge alone. Always look through the Scriptures to God. The Scriptures will lead you to Jesus, and He gives you life. He is your life!

Memorizing and meditating on (or thinking about) Scriptures are also valuable activities for your devotional life.

② Read Joshua 1:8; Psalms 119:11, 105 below.

"This book of instruction must not depart from your mouth; you are to recite it day and night, so that you may carefully observe everything written in it. For then you will prosper and succeed in whatever you do."—Joshua 1:8

"I have treasured Your word in my heart so that I may not sin against You."—Psalms 119:11

"Your word is a lamp for my feet and a light on my path."—Psalm 119:105

a. When should you meditate on Scriptures?

b. What is one reason for memorizing God's Word?

c. What is a practical way God's Word can help you?

The Bible is a practical guide for living. It shows you God's will and God's ways. One reason for memorizing God's Word is so that you will not sin against God. When you know what God says about an activity or a relationship, you can obey what He commands. Meditating on the Scriptures you have memorized can also help you observe and do what God says. These Scriptures should be the subject of your thinking day and night. Scriptures are very valuable in shaping and guiding your prayer life.

③ Read below some ways to use Scriptures in prayer. Draw a star beside one that you have or would like to use.

Ways to Use Scriptures in Prayer

1. Quote a promise as assurance of an answer.
2. Quote a fulfilled promise as a reason for praise.
3. Apply Bible verses to a current situation.
4. Use Bible verses as a prayer or praise.
5. Use Bible phrases in a prayer.

Ask the Holy Spirit to guide you in applying Scriptures to particular situations.

As you use Scriptures in prayer, ask the Holy Spirit to guide you in applying them to particular situations.

④ Who has the right to decide which promises or Scriptures apply to situations for which you are praying?

- a. I do. If I find a Scripture I like, I can claim it as a promise and pressure God to do what I want.
- b. The Holy Spirit does. Only He knows God's mind and will. When He gives me a Scripture, I can depend on God to keep His Word.

The Holy Spirit will guide you in using Scriptures to pray. Trust Him to help you when you don't know what to pray. He is ready to help.

↕ Close today's lesson by praying through Psalm 139 in your Bible. Observe that the Scriptures can be a wonderful aid in prayer.

Day 5: Being a House of Prayer

Today's Prayer Promise

"Even before they call, I will answer; while they are still speaking, I will hear" (Isaiah 65:24).

Jesus taught His disciples to pray. Nearly all His teaching on prayer focused on corporate or group prayer, using words like *you* (plural), *our*, *we*, and *us*.

① Read the Model Prayer (Matthew 6:9-13) below. Circle the words *you*, *we*, *our*, and *us*.

The Model Prayer

"You should pray like this:

Our Father in heaven,

Your name be honored as holy. Your kingdom come. Your will be done on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever" (Matthew 6:9-13).

Jesus began by saying, "*You* [plural] should pray like this: *Our* Father. ... Give *us*. ... Forgive *us*, ... as *we*. ... And do not bring *us* ..." (Matthew 6:9-13, emphasis added). God intended for His people to pray together. He said, "My house will be called a house of prayer for all nations" (Isaiah 56:7).

A church must be a house of prayer, or it may begin to oppose God and what He wants to accomplish.

God wanted His house to be a house of prayer. In Luke 19 Jesus wept over Jerusalem because the people had refused to accept Him—the One who could have brought them peace. Then He made His way to the temple. There Jesus drove out of the temple those who were buying and selling animals. "He said, 'It is written, My house will be a house of prayer, but you have made it a den of thieves!'" (v. 46). Because God's people were no longer a house of prayer, they sought to destroy Jesus when He came to them. A church must be a house of prayer, or it may begin to oppose God and what He wants to accomplish.

② If God evaluated our church, would He say that you are a house and people of prayer? Check the statement that in your opinion best describes our church.

- Yes, prayer is our life. We devote extended times to prayer and can testify to many answers to prayer. Our people know how to pray effectively. Other people know us as a people of prayer.
- No, we do not pray together often. Most of our prayers are brief and general. Usually, only one person prays. Our prayer meetings are poorly attended, and we seldom hear testimonies of answered prayer.
- Other: _____

Perhaps you could not check either of the first two statements because you feel like our church falls somewhere between these two extremes. If you had to check no, there is still some good news for us. The very fact that you/we are studying this course and are learning to pray together with other believers indicates that God is at work! He may be preparing to take you and our church to a deeper level of united prayer than you have known.

③ Read below Scriptures describing the prayer activities of the early church. Was the early church a house of prayer?

The Early Church:

"All these were continually united in prayer" ([Acts 1:14](#)).

"They devoted themselves to the apostles' teaching, to fellowship, to the breaking of bread, and to prayers" ([Acts 2:42](#)).

"We [the apostles] will devote ourselves to prayer and to the preaching ministry" ([Acts 6:3](#)).

"Peter was kept in prison, but prayer was being made earnestly to God for him by the church" ([Acts 12:5](#)).

- Yes
 - No
-

Praying in Unity

The early Christians were a group of united believers who prayed earnestly. The importance of the disciples' unity is seen repeatedly in Jesus' great prayer in [John 17](#) (see [vv. 11](#), [21](#), [23](#) below). Jesus wanted the disciples to be one, to be united with a single purpose and spirit. He wanted them to be united just as He and God the Father are united. When this kind of unity is expressed in the church, the world around will know and believe that Jesus was indeed sent from God. Is it possible that our inadequacies in reaching people for Christ are due in part to our lack of unity? Probably so.

"Holy Father, protect them by Your name that You have given Me, so that they may be one as We are one. May they all be one, as You, Father, are in Me and I am in You. May they also be one in Us, so the world may believe You sent Me. I am in them and You are in Me. May they be made completely one, so the world may know You have sent Me and have loved them as You have loved Me."—John 17:11, 21, 23

Jesus promises Christians a special presence when they gather together to pray: "I assure you: If two of you on earth agree about any matter that you pray for, it will be done for you by My Father in heaven. For where two or three are gathered together in My name, I am there among them" (Matthew 18:19-20). Jesus desires that the church be unified and that it pray together. This is exactly what we see in the beginnings of the church. Both the unity and the praying of the church are conspicuous, along with the results of its unified praying. The most powerful form of prayer available to the body of Christ is united prayer. The greater unity you present to God when you pray together, the greater the authority God invests in your prayer.

↕ **We have been praying for unity in our church and in our prayers for other churches for years. Would you join us in praying that God will help our church become a house of prayer that is pleasing to Him and is powerful in prayer? If you will, pray now for that result.**

Suggestions for Praying Together this Week

When you pray together, individuals have a tendency to pray about several topics at one time. Pay special attention during this session to pray about one subject at a time. Take turns praying about that subject. One person may pray about the circumstances. Another may pray for the persons involved. Another may pray for God's glory, purpose, or will. One may claim a scriptural promise or recall a biblical pattern that seems to apply. Let the Holy Spirit guide your prayer on a topic. Continue to pray about that subject as long as God seems to guide the praying.

Discipleship Helps

Prayers of Praise

(See Day 2.) In many different ways God reveals to you what He is like. His character traits are called His attributes. Praise is lifting up the attributes of God. You have a tendency to become like what you value or praise. By lifting up God's attributes in praise, you respond to Him by becoming more like Him. Through praise you elevate Him in the eyes and ears of others.

Examples of Praise

"I will praise you, O Lord, with all my heart; I will tell of all your wonders. I will be glad and rejoice in you; I will sing praise to your name, O Most High" (Psalm 9:1-2, NIV).

"Your name, God, like Your praise, reaches to the ends of the earth; Your right hand is filled with justice" (Psalm 48:10).

"I will praise You, Lord, among the peoples; I will sing praises to You among the nations. For Your faithful love is as high as the heavens; Your faithfulness reaches to the clouds" (Psalm 57:9-10).

"My lips will glorify You because Your faithful love is better than life" (Psalm 63:3).

"You are my God, and I will give You thanks. You are my God; I will exalt You" (Psalm 118:28).

"I praise You seven times a day for Your righteous judgments" (Psalm 119:164).

"I will give You thanks with all my heart; I will sing Your praise before the heavenly beings. I will bow down toward Your holy temple and give thanks to Your name for Your constant love and faithfulness. You have exalted Your name and Your promise above everything else" (Psalm 138:1-2).

"I will praise You, because I have been remarkably and wonderfully made. Your works are wonderful, and I know this very well" (Psalm 139:14).

"Yahweh is great and is highly praised; His greatness is unsearchable. One generation will declare Your works to the next and will proclaim Your mighty acts. I will speak of Your glorious splendor and Your wonderful works" (Psalm 145:3-5).

Mary's Praise

"My soul proclaims the greatness of the Lord, and my spirit has rejoiced in God my Savior, because the Mighty One has done great things for me, and His name is holy. His mercy is from generation to generation on those who fear Him. He has done a mighty deed with His arm" (Luke 1:46-47, 49-51).

Praise Commended

"Hallelujah! How good it is to sing to our God, for praise is pleasant and lovely" (Psalm 147:1).

"Praise God in His sanctuary. Praise Him in His mighty heavens. Praise Him for His powerful acts; praise Him for His abundant greatness. Praise Him with trumpet blast; praise Him with harp and lyre. Praise Him with tambourine and dance; praise Him with flute and strings. Praise Him with resounding cymbals; praise Him with clashing cymbals. Let everything that breathes praise the LORD." (Psalm 150).

"Give thanks to the LORD; proclaim His name! Celebrate His deeds among the peoples. Declare that His name is exalted" (Isaiah 12:4).

"Through Him [Jesus] let us continually offer up to God a sacrifice of praise, that is, the fruit of our lips that confess His name" (Hebrews 13:15).

Biblical Words for Praise

praise	<u>ATTRIBUTES OF GOD</u>	exalted	jealous	righteous
hallelujah	able	has authority	just	slow to anger
alleluia	almighty	faithful	kind	spirit
hosanna	all-knowing	first	last	strong
magnify	attentive	has integrity	light	supreme
exalt	awesome	flawless	living	sure
rejoice	all-powerful	forgiving	majestic	tender
exult	beautiful	gentle	merciful	understanding
ascribe	blameless	glorious	mighty	true
bless	compassionate	good	patient	unique
laud	blessed	gracious	peaceful	unfailing love
worship	enthroned	healing	perfect	wise
adore	ever present	holy	protective	wonderful
honor	eternal	indescribable	pure	abounding love
glorify		invisible	radiant	

Daily Requests

Daily

Daily Temporary

Weekly Requests

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday/Saturday

Monthly Requests

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Life Group Participants Guide

Session 2: Developing Your Prayer Life

Opening Prayer

Instead of a single prayer, use the following suggestions for this week's prayer focus on praise and spend an extended time in praise to the Lord. Encourage members to try to refrain from making requests during this time. (I know that's hard; just try.)

This Week's Prayer Focus: Praise

(See pages 14-15 Discipleship Helps for examples and topics.)

As you are asked or if no one else volunteers share in a praise report something about God and who He is to you. Be prepared to make statements of praise to God, focusing on one or more attributes. You may want to read Scriptures of praise or quote a line of praise from a hymn or a song. After your statement of praise, join others in your group quoting together these phrases from Psalms 67:3: "Let the people praise thee, O God; let all the people praise thee" (KJV)—like a soloist with a choir backup singing the chorus.

Reviewing Week 2 and Sharing Responses

Share if you can 10 reasons to pray. For which reasons do you sense a need to pray most and why? As people share, listen for opportunities to pause and pray for a need that may be expressed. When appropriate, as you are asked pray. (Day 1)

What does "pray constantly" mean? (Day 2)

How different was your day when you tried to remain in an attitude of prayer throughout the day? (Day 3, activity 3)

What are five ways to use Scripture in prayer? Give an example of each one. Which ones have been meaningful to you? (Day 4)

Share your responses to activity 2 and explain why. (Day 5)

How important is unity as we pray together? (Day 5)

Interacting with the Scriptures

1. Quote Matthew 18:19 and write it below.

2. What verse, prayer promise, or other Scripture has been most meaningful or challenging to you this week and why?

3. What truth about prayer has been most meaningful or practical this week?

Praying Together

(Volunteer To) As you are invited to turn to the prayer lists on pages 17-18. Practice praying about one subject at a time. You pray a prayer about one of your requests. Then encourage (*ask someone*) others to join in praying about that concern. Follow the facilitators lead as another member prays about one of his/her requests, and as a group join her/him in prayer.

(Volunteer To) Pray that God will develop your church into a house of prayer for the nations. Pray for unity.

Previewing Week 3

Overview for next week's lesson to preview our study for the coming week.

Closing Prayer

(Volunteer To) Close by reciting (or reading) in unison the Model Prayer (Matthew 6:9-13).