

GROWING DISCIPLES –Pray In Faith

Discipleship Helps

Six Kinds of Prayer

<u>PRAYER</u>	<u>NATURE OF THE PRAYER</u>	<u>GOD</u>
Confession	Responding to ...	God's holiness
Praise	Responding to ...	God's attributes
Worship	Responding to ...	God's glory
Thanksgiving	Responding to ...	God's riches
Petition	Asking that is led by ...	Your Heavenly Father
Intercession	Asking that is led by ...	Your Master

Confession means agreeing with God. Confession includes agreeing with God about the nature of your sin, after which you seek God's cleansing and restoration to intimate fellowship. Confession is a good beginning place for prayer, preparing you to enter the presence of Holy God.

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.

Worship: When God reveals His Person and His glory, you love Him and long to be with Him. You respond to God's glory through prayers of worship. You worship by expressing your awe, reverence, honor, love, and adoration for God.

Thanksgiving is responding to God's riches bestowed through His blessings. Thanksgiving is not just an act or a statement. It is an attitude of gratitude. Prayers of thanksgiving reveal a relationship between the Giver and the receiver.

Petition: God is your Heavenly Father. He wants you to show the world what a child of God looks like. Therefore, He will guide your petitions to help you become more like Him.

Intercession: God is Master, and you are His Servant. God has chosen you to labor with Him through prayers of intercession. Intercessory prayers are for God's kingdom purposes to be completed in the lives of others. Your Master will lead you to pray for His purposes.

Prayers of Confession

(See pp. 34-35.) When you enter God's presence, you become aware of His holiness. In the presence of God's holiness you become aware of your sinfulness. Sin hinders your prayer relationship with God. *Confession* means *agreeing with God*. Confession includes agreeing with God about the nature of your sin, after which you seek God's cleansing and restoration to intimate fellowship. Confession is a good beginning place for prayer, preparing you to enter the presence of Holy God.

Confession is also agreeing with God about the truth. You can confess who God is. You can agree with Him about who you are in relationship to Him. You can agree with Him about the truth of your circumstances or your need.

Examples of Confession of Sin

"[David] said to the LORD, 'I have sinned greatly in what I've done. Now, LORD, because I've been very foolish, please take away your servant's guilt'" (2 Samuel 24:10).

"Our iniquities are higher than our heads and our guilt is as high as the heavens. Our guilt has been terrible from the days of our fathers until the present. Now, our God, what can we say in light of this? For we have abandoned the commandments you gave through Your servants the prophets. LORD God of Israel, You are righteous. ... Here we are before You with our guilt, though no one can stand in Your presence because of this" (Ezra 9:6-7, 10-11, 15).

"Be gracious to me, God,
according to Your faithful love;
according to Your abundant compassion,
blot out my rebellion.
Wash away my guilt,
and cleanse me from my sin.
For I am conscious of my rebellion,
and my sin is always before me.
Against You—You alone—I have sinned
and done this evil in Your sight.
So You are right when You pass sentence;

You are blameless when You judge.

Purify me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.

Let me hear joy and gladness;
let the bones You have crushed rejoice.

Turn Your face away from my sins
and blot out all my guilt.

God, create a clean heart for me
and renew a steadfast spirit within me.

Do not banish me from Your presence
or take Your Holy Spirit from me.

Restore the joy of Your salvation to me,
and give me a willing spirit.

Then I will teach the rebellious Your ways,
and sinners will return to You"

(Psalm 51:1-4, 7-13).

"Though our guilt testifies against us,

LORD, act for Your name's sake.

Indeed, our rebellions are many;

we have sinned against You" (Jeremiah 14:7).

"Forgive us our debts,

as we also have forgiven our debtors" (Matthew 6:12).

Group Confession

"Those of Israelite descent separated themselves from all foreigners, and they stood and confessed their sins and the guilt of their fathers. While they stood in their places, they read from the book of the law of the LORD their God for a fourth of the day and spent another fourth of the day in confession and worship of the LORD their God" (Nehemiah 9:2-3).

Promise for Confession

"If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9).

Examples of Confession of Truth

"Simon Peter answered, 'You are the Messiah, the Son of the living God!'" (Matthew 16:16).

"Master, You are the One who made the heaven, the earth, and the sea, and everything in them" (Acts 4:24).

Sample Prayers of the Confession of Truth

- Sin no longer has dominion over me.
- You have dressed me in robes of Your righteousness.
- You are Lord and Master; I am Your servant.
- You are my Father; I am Your child.
- You are Sovereign; my answer is yes.
- You are Truth; You are my Way and Life.
- I walk in victory with Christ.
- Greater is He who is in me than he who is in the world.

Prayers of Praise

(See pp. 36-37.) 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	attentive	good	pure
hallelujah	awesome	gracious	radiant
alleluia	all-powerful	healing	righteous
hosanna	beautiful	holy	slow to anger
magnify	blameless	indescribable	spirit
exalt	compassionate	invisible	strong
rejoice	blessed	jealous	supreme
exult	enthroned	just	sure
ascribe	ever present	kind	tender
bless	eternal	last	understanding
laud	exalted	light	true
worship	has authority	living	unique
adore	faithful	majestic	unfailing love
honor	first	merciful	wise
glorify	has integrity	mighty	wonderful
Attributes of God	flawless	patient	abounding love
able	forgiving	peaceful	
almighty	gentle	perfect	
all-knowing	glorious	protective	

Prayers of Worship

(See pp. 7-9.) God has acted in history, including your history. Because of His nature (attributes), God's actions reveal His glory—His beauty, His splendor, and His worth. God's glory is the evidence of His attributes. For instance, you know that God is powerful (an attribute). When God shows His power by giving you victory in a situation, He reveals His glory. The same is true when God reveals His love, mercy, forgiveness, justice, and other qualities. When God reveals His Person this way, you love Him and long to be with Him. You respond to God's glory through prayers of worship. You worship by expressing your reverence, honor, love, and adoration for God.

Examples of Worship

"Yours, LORD, is the greatness and the power and the glory and the splendor and the majesty, for everything in the heavens and on earth belongs to You. Yours, LORD, is the kingdom, and You are exalted as head over all. Riches and honor come from You, and You are the ruler of everything. In Your hand are power and might, and it is in Your hand to make great and to give strength to all" (1 Chronicles 29:11-12).

"As a deer longs for streams of water,
so I long for You, God.
I thirst for God, the living God" (Psalm 42:1-2).

"All the nations You have made
will come and bow down before You, Lord,
and will honor Your name.
For You are great and perform wonders;
You alone are God" (Psalm 86:9-10).

"Our Lord and God,
You are worthy to receive
glory and honor and power,
because You have created all things,
and because of Your will
they exist and were created" (Revelation 4:11).

"You are worthy to take the scroll
and to open its seals;

because You were slaughtered,
and You redeemed people for God
by Your blood
from every tribe and language and people
and nation.

They said with a loud voice:

The Lamb who was slaughtered is worthy
to receive power and riches
and wisdom and strength
and honor and glory and blessing!" (Revelation 5:9, 12).

"Great and awe-inspiring are Your works, Lord God, the Almighty;
righteous and true are Your ways,
King of the Nations.

Lord, who will not fear and glorify

Your name?

Because You alone are holy,

because all the nations will come

and worship before You,

because Your righteous acts have been

revealed" (Revelation 15:3-4).

Worship Commended

"Give the LORD—you heavenly beings—
give the LORD glory and strength.
Give the LORD the glory due His name;

worship the LORD
in the splendor of His holiness" (Psalm 29:1-2).

"Come, let us worship and bow down;
let us kneel before the LORD our Maker" (Psalm 95:6).

"Serve the LORD with gladness;
come before Him with joyful songs" (Psalm 100:2).

"Let us go to His dwelling place;
let us worship at His footstool" (Psalm 132:7).

Expressing Prayers of Worship

1. Describe your reverence for God.
2. Magnify the Lord.
3. Exalt the Lord.
4. Ascribe to the Lord the glory due Him.
5. Bless the Lord.
6. Glorify the Lord.

Sample Prayers of Worship

- I bless You, Lord.
- Honor and majesty belong to You.
- I stand in awe of Your greatness and power.
- I love You because You first loved me.
- I long to be with You, Lord. I hunger and thirst for You.
- I would rather be a doorkeeper in Your house than live as a rich person with the wicked.
- I glorify Your name because You have done great things.
- The heavens declare Your glory, Lord. I worship You in the splendor of Your holiness.
- The earth is full of Your glory, Lord. Your wisdom, knowledge, and power are beyond my understanding.
- Lord, Your splendor and majesty are glorious. I worship You.
- I long to be with You in eternity. I yearn for my redemption to be complete in Christ.
- I desire intimate fellowship with You.

Prayers of Thanksgiving

(See pp. 9-11.) God is our source for abundant living. He bestows on us material and spiritual blessings according to His grace. When God reveals Himself by giving blessings to you, thanksgiving is a natural response. Thanksgiving is responding to God's riches bestowed through His blessings. Thanksgiving is not just an act or a statement. It is an attitude of gratitude. Prayers of thanksgiving reveal a relationship between the Giver and the receiver.

Examples of Thanksgiving

"Riches and honor come from You, and You are the ruler of everything. In Your hand are power and might, and it is in Your hand to make great and to give strength to all. Now therefore, our God, we give You thanks and praise Your glorious name" (1 Chronicles 29:12-13).

"You turned my lament into dancing;
You removed my sackcloth
and clothed me with gladness,
so that I can sing to You and not be silent.
LORD my God, I will praise You forever" (Psalm 30:11-12).

"We give thanks to You, God;
we give thanks to You, for Your name is near.
People tell about Your wonderful works" (Psalm 75:1).

"LORD, I am indeed Your servant;
I am Your servant, the son of Your
female servant.
You have loosened my bonds.
I will offer You a sacrifice of thanksgiving
and will worship the LORD" (Psalm 116:16-17).

"We thank You, Lord God, the Almighty, who is and who was,
because You have taken Your great power and have begun to reign" (Revelation 11:17).

Daniel's Prayers of Thanksgiving

"I offer thanks and praise to You,
God of my fathers,
because You have given me
wisdom and power.
And now You have let me know
what we asked of You,
for You have let us know
the king's mystery" (Daniel 2:23).

Jesus' Prayers of Thanksgiving

"I praise You, Father, Lord of heaven and earth, because You have hidden these things from the wise and learned and revealed them to infants" (Matthew 11:25).

"Jesus took the loaves, and after giving thanks He distributed them to those who were seated—so also with the fish, as much as they wanted" (John 6:11).

"Jesus raised His eyes and said, 'Father, I thank You that You heard Me'" (John 11:41).

Paul's Prayers of Thanksgiving

"I never stop giving thanks for you as I remember you in my prayers" (Ephesians 1:16).

"I give thanks to Christ Jesus our Lord, who has strengthened me, because He considered me faithful, appointing me to the ministry" (1 Timothy 1:12).

A Call to Thanksgiving

"Give thanks to the LORD, call on His name;
proclaim His deeds among the peoples" (Psalm 105:1).

"Give thanks to the LORD, for He is good;
His faithful love endures forever" (Psalm 107:1).

"Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God" (Philippians 4:6).

"Give thanks in everything,

for this is God's will for you in Christ Jesus" (1 Thessalonians 5:18).

Subjects for Thanks

- Redemption, mercy, grace, forgiveness
- Meaningful spiritual experiences
- Family, relatives, friends, and church
- Provision for your needs
- Persons and events that have had spiritual impacts on your life

Prayers of Petition

(See week 5.) God is your Heavenly Father. Through you He wants you to show the world what a child of God looks like. Therefore, He will guide your petitions. Through these prayers you will work with God as He helps you become more like Him.

Examples of Petition

"Give Your servant an obedient heart to judge Your people and to discern between good and evil. For who is able to judge this great people of Yours?" (1 Kings 3:9).

"At the time for offering the evening sacrifice, Elijah the prophet approached the altar and said, 'LORD God of Abraham, Isaac, and Israel, today let it be known that You are God in Israel and I am Your servant, and that at Your word I have done all these things. Answer me, LORD! Answer me so that this people will know that You, Yahweh, are God and that You have turned their hearts back'" (1 Kings 18:36-37).

"If only You would bless me, extend my border, let Your hand be with me, and keep me from harm, so that I will not cause any pain" (1 Chronicles 4:10).

"Please, Lord, let Your ear be attentive to the prayer of Your servant and to that of Your servants who delight to revere Your name. Give Your servant success today, and have compassion on him in the presence of this man" (Nehemiah 1:11).

"They were all trying to intimidate us. ... 'But now, my God, strengthen me'" (Nehemiah 6:9).

"My Father! If it is possible, let this cup pass from Me. Yet not as I will, but as You will" (Matthew 26:39).

"I do believe! Help my unbelief" (Mark 9:24).

Petitions from Psalms

"Answer me when I call,
God, who vindicates me.
You freed me from affliction;
be gracious to me and hear my prayer" (Psalms 4:1).

"LORD, do not rebuke me in Your anger;
do not discipline me in Your wrath" (Psalms 6:1).

"LORD my God, I seek refuge in You;
save me from all my pursuers and rescue me" (Psalms 7:1).

"LORD, I turn my hope to You.
My God, I trust in You.
Do not let me be disgraced;
do not let my enemies gloat over me" (Psalms 25:1-2).

"God, hear my cry;
pay attention to my prayer.

I call to You from the ends of the earth
when my heart is without strength.
Lead me to a rock that is high above me" (Psalm 61:1-2).

"God, deliver me.
Hurry to help me, LORD!" (Psalm 70:1).

"Teach me Your way, LORD,
and I will live by Your truth.
Give me an undivided mind to fear
Your name" (Psalm 86:11).

"Search me, God, and know my heart;
test me and know my concerns.
See if there is any offensive way in me;
lead me in the everlasting way" (Psalm 139:23-24).

"Let me experience
Your faithful love in the morning,
for I trust in You.
Reveal to me the way I should go,
because I long for You" (Psalm 143:8).

Sample Prayers of Petition

- Heavenly Father, I am Your child.
- Father, I want to be like You. I want to be like Jesus. Teach me to be [name desired characteristics].
- Fill me with Your Holy Spirit.
- Bring glory to Yourself in my body and in my spirit.
- Guide me to know the way I am to go.
- Lord, give me a spirit of wisdom, understanding, knowledge, and reverence for You.

Prayers of Intercession

(See week 6.) God is Master, and you are His servant. He is working in the world to reconcile the lost to Himself through Christ. In carrying out Kingdom purposes, God has chosen you to labor with Him. One way to work with God is through prayers of intercession. Intercessory prayers are for God's Kingdom purposes to be completed in the lives of others. Your Master will lead your prayers according to His purposes.

Examples of Intercession

"LORD, please open his eyes and let him see.' So the LORD opened the servant's eyes. He looked and saw that the mountain was covered with horses and chariots of fire all around Elisha" (2 Kings 6:17).

"LORD God of Abraham, Isaac, and Israel, our ancestors, keep this desire forever in the thoughts of the hearts of Your people, and confirm their hearts toward You" (1 Chronicles 29:18).

Jesus' Intercession

"Holy Father, protect them by Your name that You have given Me, so that they may be one as We are one.

I am not praying that You take them out of the world but that You protect them from the evil one.

Sanctify them by the truth; Your word is truth.

I pray not only for these, but also for those who believe in Me through their message.

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 have given them the glory You have given Me.

May they be one as We are one.

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, 15, 17, 20-23).

Paul's Intercession

"I pray that He may grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, and that the Messiah may dwell in your hearts through faith. I pray that you, being rooted and firmly established in love, may be able to comprehend with all the saints what is the breadth and width, height and depth, and to know the Messiah's love that surpasses knowledge, so you may be filled with all the fullness of God" (Ephesians 3:16-19).

"We haven't stopped praying for you. We are asking that you may be filled with the knowledge of His will in all wisdom and spiritual understanding, so that you may walk worthy of the Lord, fully pleasing to Him, bearing fruit in every good work and growing in the knowledge of God.

May you be strengthened with all power, according to His glorious might, for all endurance and patience, with joy giving thanks to the Father, who has enabled you to share in the saints' inheritance in the light" (Colossians 1:9-12).

Stephen's Intercession

"He knelt down and cried out with a loud voice, 'Lord, do not charge them with this sin!' And saying this, he fell asleep" (Acts 7:60).

A Church's Example

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

Epaphras's Example

"Epaphras ... is always contending for you in his prayers, so that you can stand mature and fully assured in everything God wills" (Colossians 4:12).

Possible Requests

- assurance
- bold witnessing
- Christian fruit
- Christian unity
- conviction of sin
- deliverance
- endurance
- faith
- faithfulness
- forgiveness
- generosity
- holiness
- hope
- humility
- integrity
- joy
- judgment
- justice
- knowledge
- love
- loyalty
- mercy
- obedience
- patience
- peace
- preservation
- provision of needs
- purity
- right conduct
- right motives
- spiritual cleansing
- spiritual growth
- stewardship
- understanding
- wisdom
- calling of Christian workers
- filling of the Holy Spirit
- guidance, God's will
- healing—spiritual, emotional, physical
- reconciliation of broken relationships
- repentance and revival among God's people
- spirit of servanthood
- spiritual awakening, conversion of the lost
- surrender and submission to Christ

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

Suggestions for Praying Together

1. Acknowledge God's presence and active participation with you in prayer.
2. Use common language rather than church words.
3. Speak for yourself, using *I, me, my,* or *mine* rather than *we, us, our,* or *ours*.
4. Prepare yourselves through prayers of confession, cleansing, and reconciliation.
5. Spend time in prayers of worship, praise, and thanksgiving.
6. Spend the bulk of your time in prayers of petition and intercession. Share requests as you pray rather than spend time at the beginning to list and discuss requests.
7. When time permits, pray until God is finished with you.
8. Pray about one subject at a time.
9. Take turns praying about a subject. Continue on that subject as long as God seems to guide the praying.
10. Be specific in what you ask of God.
11. Ask the Holy Spirit to guide your praying according to God's will. Pay attention to the Holy Spirit's direction for praying.
12. Consider God's viewpoint and give God a reason to answer.
13. Use biblical principles, patterns, and promises to guide your requests.
14. Seek Spirit-guided agreement with others in your prayers.
15. Seek to put yourself in the place of those for whom you are praying so that you can "feel" what they feel.
16. Listen to the prayers of others for direction or answers to your prayers.
17. Respond to the prayers of others.
18. Pray for one another.
19. Consider writing down the subjects for which you have prayed so that you can watch with anticipation for God's answers.
20. When God answers a prayer, remember to thank Him and watch for opportunities to testify to His wonderful work.

Evaluating Group Prayer Sessions

1. At particular times did you sense God's presence in a special way? When and how?
2. Did you spend most of your time in prayer rather than discuss prayer or share prayer requests?
3. Did you take time for confession, praise, worship, and thanksgiving? Was it meaningful or just ritual?
4. Did you pray about one subject at a time, or did individuals tend to pray through a list of several unrelated requests at one time?
5. Were your requests to God specific, or were they general and vague? Will you recognize when God answers your requests?
6. Did you use Bible promises, patterns, examples, or principles in your praying? Were they meaningful or helpful? Have any come to mind after your prayer session that would have been meaningful? If so, share them with the group.
7. Did you give God reasons to answer?
8. Did you come to a sense of Spirit-led agreement about the direction of your requests? Did your faith increase?
9. Did you listen to and respond to others' prayers?
10. Did you pray for one another?