

EQUIPPED FOR LIFE

SPIRITUAL DISCIPLINE: Prayer

FOCUS: *Listening and communicating with God through Jesus by the power of the Holy Spirit, which can include confession, adoration, petition and supplication.*

OUR SALVATION:

John 3:16-17

Ephesians 2:8-9

Romans 10:9-10

OUR CREATED PURPOSE:

Mark 12:30-31

Matthew 28:16-20

OUR MISSION:

We exist to bring God
glory and make disciples

OUR VISION

Through
Gospel-Centered Worship
Gospel-Centered Community
Gospel-Centered Service
Gospel-Centered Multiplication

SUNDAY: **1 Timothy 2:4**

MONDAY: **Ephesians 1:16-18**

TUESDAY: **Luke 21:34-36**

WEDNESDAY: **Luke 18:1**

THURSDAY: **Matthew 26:41**

FRIDAY: **1 John 1:9**

SATURDAY: **Matthew 6:5-15**



What jumped off the page at you (word, phrase, concept, application, question) **as you read the verse(s)**

Equipped
Resource
Website:
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Why is what jumped off the page Biblically accurate?

What does God want you to do about what He has made clear to you?

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SPIRITUAL DISCIPLINE: Prayer

A TRUTH

Prayers to God are about “not as I will, but as you will.” **Matthew 26:39, Mark 14:36, Luke 22:42**

SPIRITUAL DISCIPLINE: Prayer NOW

MISSION: **We exist to bring God glory and make disciples.** [REAL LIFE]

THE SPIRITUAL DISCIPLINE OF PRAYER is an important aspect to why we exist.

Based on this what can we do to become more like Jesus?

Gospel-Centered

WORSHIP Listen and pray to God daily offering confession, adoration, petition and supplication.

COMMUNITY Listen and pray with others daily.

SERVICE Memorize the Lord’s Prayer and pray it daily to God.

MULTIPLICATION Give others the opportunity to pray as well on their own to God and with others.

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Why the Spiritual Disciplines are Needed

Ephesians 1:16-18

16 I do not cease to give thanks for you, remembering you in my prayers,
 17 that the God of our Lord Jesus Christ, the Father of glory, **may give you the Spirit of wisdom and of revelation in the knowledge of him,**
 18 **having the eyes of your hearts enlightened,** that **you may know what is the hope** to which he has called you, what are **the riches of his glorious inheritance in the saints,**

Biblical Foundations of Prayer

Luke 21:34-36

34 "But **watch yourselves lest your hearts be weighed down** with dissipation and drunkenness and cares of this life, and that day come upon you suddenly like a trap.
 35 For it will come upon all who dwell on the face of the whole earth.
 36 But **stay awake at all times, praying that you may have strength to escape all these things that are going to take place,** and to stand before the Son of Man."

Luke 18:1 And he told them a parable to the effect that they **ought always to pray and not lose heart**

Matthew 26:41

41 **Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."**

A TRUTH

Prayers to God are about "not as I will, but as you will." Matthew 26:39, Mark 14:36, Luke 22:42

SALVATION

1 John 1:9 The Word of Life

9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

How to Pray Biblically

Go through the **TAKE HOME PRAYER GUIDE Part 4**

Romans 8:26

26 Likewise **the Spirit helps us in our weakness**. For we do not know what to pray for as we ought, but **the Spirit himself intercedes for us with groanings too deep for words**.

27 And **he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God**.

Matthew 6:5-15 The Lord's Prayer

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.

6 But 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.

8 Do not be like them, for your Father knows what you need before you ask him.

9 Pray then like this: "Our Father in heaven, hallowed be your name.

10 Your kingdom come, your will be done, on earth as it is in heaven.

11 Give us this day our daily bread,

12 and forgive us our debts, as we also have forgiven our debtors.

13 And lead us not into temptation, but deliver us from evil.

14 For if you forgive others their trespasses, your heavenly Father will also forgive you,

15 but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

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BIBLE VERSES RELATED TO Prayer

PRAY

1 Samuel 12:22 For the LORD will not forsake his people, for his great name's sake, because it has pleased the LORD to make you a people for himself.

23 Moreover, as for me, far be it from me that I should sin against the LORD by ceasing to pray for you, and I will instruct you in the good and the right way.

24 Only fear the LORD and serve him faithfully with all your heart. For consider what great things he has done for you.

The Lord's Prayer

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Romans 8:26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

27 And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

1 Corinthians 14:13 Therefore, one who speaks in a tongue should pray that he may interpret.

14 For if I pray in a tongue, my spirit prays but my mind is unfruitful.

15 What am I to do? I will pray with my spirit, but I will pray with my mind also; I will sing praise with my spirit, but I will sing with my mind also.

Colossians 4:3 At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison—

4 that I may make it clear, which is how I ought to speak.

1 Thessalonians 5:17 pray without ceasing,

18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you

Pray for All People

1 Timothy 2:1 First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people,

2 for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.

3 This is good, and it is pleasing in the sight of God our Savior

1 Timothy 2:8 I desire then that in every place the men should pray, lifting holy hands without anger or quarreling

PRAYED

To God Daniel 9:4, Jonah 2:1, Matthew 26:39, Luke 18:11,13, Acts 9:40-42

PRAYER

Psalms 54:2 O God, hear my prayer; give ear to the words of my mouth.

Psalms 69:13

13 But as for me, my prayer is to you, O LORD. At an acceptable time, O God, in the abundance of your steadfast love answer me in your saving faithfulness.

Isaiah 56:6 "And the foreigners who join themselves to the LORD, to minister to him, to love the name of the LORD, and to be his servants, everyone who keeps the Sabbath and does not profane it, and holds fast my covenant—

7 these I will bring to my holy mountain, and make them joyful in my house of prayer; their burnt offerings and their sacrifices will be accepted on my altar; for my house shall be called a house of prayer for all peoples."

Daniel 9:3 Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes.

4 I prayed to the LORD my God and made confession, saying, "O Lord, the great and awesome God, who keeps covenant and steadfast love with those who love him and keep his commandments,

5 we have sinned and done wrong and acted wickedly and rebelled, turning aside from your commandments and rules.

Matthew 21:13 He said to them, "It is written, 'My house shall be called a house of prayer,' but you make it a den of robbers."

Matthew 21:22 And whatever you ask in prayer, you will receive, if you have faith."

Acts 1:14 All these with one accord were devoting themselves to prayer, together with the women and Mary the mother of Jesus, and his brothers.

Romans 12:12 Rejoice in hope, be patient in tribulation, be constant in prayer.

2 Corinthians 1:11 You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of many.

Colossians 4:2 Continue steadfastly in prayer, being watchful in it with thanksgiving.

1 Timothy 4:5 for it is made holy by the word of God and prayer.

James 5:16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

PRAYERS

Beware of the Scribes

Mark 12:38 And in his teaching he said, "Beware of the scribes, who like to walk around in long robes and like greetings in the marketplaces

39 and have the best seats in the synagogues and the places of honor at feasts,

40 who devour widows' houses and for a pretense make long prayers. They will receive the greater condemnation."

Acts 2:42 And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers.

2 Corinthians 1:11 You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of many.

Ephesians 1:16-18

16 I do not cease to give thanks for you, remembering you in my prayers,

17 that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him,

18 having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints,

Philippians 1:18-20 To Live Is Christ

18 What then? Only that in every way, whether in pretense or in truth, Christ is proclaimed, and in that I rejoice. Yes, and I will rejoice,

19 for I know that through your prayers and the help of the Spirit of Jesus Christ this will turn out for my deliverance,

20 as it is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death.

1 Timothy 2:1 First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people,

2 for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.

1 Peter 3:7 Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered.

Revelation 5:8 And when he had taken the scroll, the four living creatures and the twenty-four elders fell down before the Lamb, each holding a harp, and golden bowls full of incense, which are the prayers of the saints.

PRAYING

Mark 11:24 Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.

25 And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses."

John 17:8 For I have given them the words that you gave me, and they have received them and have come to know in truth that I came from you; and they have believed that you sent me.

9 I am praying for them. I am not praying for the world but for those whom you have given me, for they are yours.

10 All mine are yours, and yours are mine, and I am glorified in them.

Acts 13:2 While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."

3 Then after fasting and praying they laid their hands on them and sent them off.

Acts 16:25 About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them,

26 and suddenly there was a great earthquake, so that the foundations of the prison were shaken. And immediately all the doors were opened, and everyone's bonds were unfastened.

Intercedes for us

Romans 8:34 Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us.

Romans 8:26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

27 And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Hebrews 7:25 Consequently, he is able to save to the uttermost those who draw near to God through him, since he always lives to make intercession for them.

Pray for...

The peace of Jerusalem Psalm 122:6

Those who persecute you Matthew 5:44

Those who abuse you Luke 6:28

One another James 5:15-16

OTHER RESOURCES

Sharing the Truth Tips

When revealing the Biblical truth to someone **ask questions and give them the opportunity to wrestle with their relationship with Jesus.**

It is the Holy Spirit who gives Christians the proper heart, mind, soul and strength to share the Biblical truth in a way that will hopefully result in salvation and sanctification for the hearer.

Ask questions, encourage others to ask questions. Everyone is three good questions away from sharing what is really going on in their heart, mind and soul.

BOOK: *Spiritual Disciplines for Christian Life* by Donald S. Whitney

For the Purpose of Godliness

BOOK: *Disciplines for the Inner Life* by Bob & Michael Benson

Disciplines for, Obstacles to, Patterns for, Inward Graces of and Outward Fruits of the Inner Life.

BOOK: *Face to Face Vol. 1* by Kenneth Boa

Praying the Scriptures for Spiritual Growth

BOOK: *Face to Face Vol. 2* by Kenneth Boa

Praying the Scriptures for Spiritual Growth

BOOK: *Essentials of Discipleship* by Francis M. Cosgrove Jr.

With Guidelines for Group Discussion

BOOK: *Letters to Malcolm: Chiefly on Prayer* by C.S. Lewis

A discussion more than instruction on prayer

READ: Charles Spurgeon Sermons on Prayer

<https://www.spurgeongems.org/spurgeon-sermons-on-prayer/>

READ: Billy Graham on Prayer

<https://billygraham.org/answers/stay-focused-and-intentional-during-your-prayers>

WATCH: Charlie Kirk on Prayer

<https://www.youtube.com/shorts/wXpA9biEHbo>

WATCH: Jack Hibbs – How to Pray

<https://www.youtube.com/watch?v=qu58T9F0Ws8>

WATCH: Frank Turek – Are We Just Using God to Get Our Prayers Answered? [Q&A Format]

<https://www.youtube.com/watch?v=wSluxhJh5PY>

WATCH: John MacArthur - The Armor of God: Praying at All Times (Ephesians 6:18-20)

<https://www.youtube.com/watch?v=sPZxnMPuDkw>

WATCH: Nathan Swartz – Equipped: Prayer [Start 25:50]

<https://www.youtube.com/watch?v=v17nd9cAgxg>

TAKE HOME Prayer Guide Part 4

Study & Meditate on the Bible, Pray, Listen, Pray

Be specific, praise God, pray for others and yourself.

Ways to pray with others

Out loud, Whispered, Silently

SUNDAY: 1 Timothy 2:4

God we want our desires to be the same as Your

desires, help us to have the same desires.

MONDAY: Ephesians 1:16-18

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Biblically accurate?

What prayer do you have based on this truth?

Praise Reports and Prayer Requests

Praise God for... Ask God to... for...
Give to God...

BIBLICAL WAYS TO PRAY EVERY DAY

Remember

The Lord's Prayer Guidelines
Matthew 6:5-8

Memorize and Pray

The Lord's Prayer *Matthew 6:9-15*
The Lord is My Shepherd *Psalms 23*

During Your Prayer Time

Meditate on the Bible

What is God saying? What should I do?

Adoration

Love God with your words and listening

Confession

Tell God everything to be forgiven & strengthened

Thanksgiving

Praise God for who He is, has done and will do.

Supplication

Share Needs of others and yours with God.