

**YOUR NAME**



# WEEK 3 - PRAYER

## THIS WEEK'S MEMORY VERSE

### Matthew 6:6-15 (ESV)

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.

*in each of the spaces below, write the date you will do the corresponding assignment*

**DAY ONE**

**DAY TWO**

**DAY THREE**

# DAY ONE

## DRILL

1. Read Matthew 6:6-15 three times out loud
2. Write it out
3. Turn these verses into a personal prayer

## DIG

Open your Bible to Ephesians 3:14-21.

Take five minutes to silently read through the passage and write your thoughts next to these symbols:

1. Something which stands out to you as you read this.
2. Any questions this passage raised for you.
3. Write down what you think the main point of the passage is
4. Write down any applications or "take-aways" you get from this passage.



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# DAY TWO

## DRILL

1. Read Matthew 6:6-15 three times out loud
2. Turn these verses into a personal prayer
3. Try saying it from memory to someone else

## DIG

### HOW TO PRAY

#### The A.C.T.S. Method of Prayer

#### ADORATION

*Begin your time in prayer with worship and praise: "Our Father, who art in heaven, hallowed by Thy name..." (Matt. 6:9)*

- ✓ Use the Psalms as a starting point
- ✓ Use a hymn book
- ✓ Use a one or two of your favorite worship and praise songs
- ✓ Sing with or without an instrument (one that you can play, of course!)
- ✓ Keeping a journal will help as well

#### CONFESSION

*Next, spend time confessing your sins (cf. 1 John 1:9) and asking the God to help show you where you have failed to live according to His standards: "Forgive us..." (Matt. 6:12)*

- ✓ Be sensitive to any areas of sin that you become aware of
- ✓ Agree with God about the sin and change your mind ("repent") about it
- ✓ If need be, write down the problem area and commit to aggressively dealing with it (possibly getting help from another mature Christian)

#### THANKSGIVING

*Be sure to spend time thanking God for the many different things He has graciously blessed you with: "Give thanks to the Lord, for He is good..." (Psalm 136:1)*

- ✓ Keep a list of things you're thankful for in a journal or notebook
- ✓ Keep track of answers to prayer (they are so easy to forget!)
- ✓ Use items to help you remember what you're thankful for: (i.e., your wallet, photos, keys to the house and car, Bible, cell phone, etc.)

#### SUPPLICATION

*Supplication means asking. Bring to the Lord whatever desires and burdens He has laid on your heart: "Give us this day..." (Matt. 6:11)*

- ✓ Keep a list of prayer requests
- ✓ Remember that supplication is more than just asking for “things”
- ✓ Join a prayer chain or similar prayer network
- ✓ Do intercession (asking on the behalf of others)

**How does this method of prayer help you to pray? In what way(s) would teaching this to others be helpful?**



### Application

Spend 20-30 minutes praying this way using this method. Afterwards, take a few minutes and thoughtfully answer the following question:

**Did this following this method help you to better commune with God? If so, how? If not, why?**



# DAY THREE

## DRILL

1. Read Matthew 6:6-15 three times out loud
2. Try saying it from memory 3x
3. Turn these verses into a personal prayer

## DIG

### PRAYER AND THE WILL OF GOD

#### Why Pray?

Prayer is a vital part of our relationship with God. One of the most insightful writers on the subject of prayer was E.M. Bounds. He defines prayer this way: *“Prayer is the divinely appointed means by which man comes into direct connection with God.”*

Think about it. Though His Word, God talks to us. Through prayer, we talk back to God. Without prayer we have no way of personally responding back to God. And God wants us to know that prayer is powerful! Prayer makes a difference. It is so important that we pray! Why?

**The first way prayer makes a difference is that prayer moves God to work.** Consider this from E.M. Bounds:

*When we say that prayer puts God to work, it is simply to say that man has it in his power by prayer to move God to work in His own way among men, in which way He would not work if prayer was not made. Thus while prayer moves God to work, at the same time God puts prayer to work. As God has ordained prayer, and as prayer has no existence separate from men, but involved men, the logically prayer is the one force which puts God to work in earth’s affairs through men and their prayers. (from The Weapon of Prayer)*

It is through prayer that we are able to witness the unfolding of God’s will while we simultaneously participate in it. *“Prayer lays hold upon God and influences Him to work”* Bounds declares.

But is this really what the Bible teaches? Look at these verses from 1 John 5:

**1 John 5:13-14:** *And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.*

The Apostle John is reassuring his readers that their prayers are heard! Where did he get this idea? From the teachings of His Master Jesus:

**Matthew 7:7:** “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”

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

Jesus often encouraged His followers to pray. He told them that God was listening and would hear them. Consider the following words of Jesus which he spoke during the final hours of his life before his crucifixion:

**John 14:13:** “Whatever you ask in my name, this I will do, that the Father may be glorified in the Son.”

**John 15:7:** “If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.”

**John 16:24:** “Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.”

**What do you believe about prayer? Do you believe prayer moves God? How differently would we spend our time in prayer if we truly believed this?**



**The second way prayer makes a difference is that it is through prayer that God's will can be known!** His will can be revealed, discovered, followed and obeyed. God wants us to approach Him through prayer believing that He wants to reveal Himself, His purposes and His ways.

**Jeremiah 33:3:** “Call to me and I will answer you, and will tell you great and hidden things that you have not known.”

Pastor and author Henry Blackaby explains how we can know and do God's will in his course entitled: *Experiencing God: Knowing and Doing the Will of God*. It is highly

recommended reading! Here is a summary of the important principles involved in experiencing God:

1. God is always at work around you.
2. God pursues a continuing love relationship with you that is real and personal.
3. God invites you to become involved with Him in His work.
4. God speaks by the Holy Spirit through the Bible, prayer, circumstances, and the church to reveal Himself, His purposes and His ways.
5. God's invitation for you to work with Him always leads you to a crisis of belief that requires faith and action.
6. You must make major changes in your life to join God in what He is doing.
7. You come to know God by experience as you obey Him and He accomplishes His work through you.

As the fourth principle states, God will use prayer, in addition to other means, to speak to us and show us what His will is. While we notice that prayer is not the *exclusive* means that God uses in revealing His will, we still recognize the significant role that prayer does play in better understanding the will of God.

How can we be certain that our prayers will be heard?

*Hebrews 4:14-16: "Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. 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."*

Jesus has made it possible for weak, sinful, and broken people like you and me to be heard by a perfect, holy, all-powerful, all-knowing God! What are you waiting for?

Here are some other considerations to make when you pray:

- **What about His glory?** Is what you're asking for have as its chief end the glory of God (cf. 1 Cor. 10:31)?
- **What about boundaries?** Is the request outside limitations which God has ordained and imposed (cf. 1 John 5:14-15)?

- **What about obedience?** Are you walking in obedience to the Lord (cf. 1 John 3:22)?
- **What about dependence?** Is the prayer being brought in full dependence upon Jesus Christ and being offered in His name (cf. Matt. 18:19; John 14:13-14)?
- **What about trust?** Is the prayer being offered in with the belief and assurance that God is both able to do what He is being asked to do and willing to do it (Matt. 7:7; Jas. 4:2)?
- **What about expectation?** Are you waiting with an attitude of confidence for an answer (cf. John 16:24)?

**What is most important to keep in mind about prayer? How will this help you in future prayer times?**



## DISCUSS

### HEART-TO-HEART DISCUSSION QUESTIONS

1. **What impacted you the most in this lesson?**
2. **How did you feel about prayer before this lesson? How do you feel about it now?**
3. **What did you learned about prayer that you hadn't known before?**

**Recite your memory verse: Matthew 6:6-15!**

### LEADER TRIADS DISCUSSION QUESTIONS

1. **What impacted you the most in this study about prayer?**
2. **How can prayer help you to grow as a leader?**
3. **What encouragement do you need to keep praying?**

**Recite your memory verse: Matthew 6:6-15!**

## SUBMIT

After you complete this week's assignment, you can return to your Week 3 email and click the button at the bottom or go to [www.saltnextgen.com/bootcamp](http://www.saltnextgen.com/bootcamp) and click the "Complete Week 3" button!

**COMPLETE**  
WEEK 3