

Spiritual Growth

Repairing & Rebuilding Firm Foundations in Christ

Session Eight

Developing A Faithful Prayer Life

Opening Prayer

Objective:

- ❖ *Begin to recognize that prayer is the most important element of our Christian walk,*
- ❖ *understand the elements of prayer, and*
- ❖ *reveal the simplicity of it.*

Explain to the class: Prayer is the single most important element of our Christian walk. Without it, we are left powerless to live in a world full of adversity. As we learned last week, prayer is what we do when we have put on the full armor of God Ephesians 6:10. Once we have prepared ourselves with “the truth,” we then take our “battle position.” A couple of years ago, I did a skit on Wednesday night with about 120 children (share the “battle position”). Our battle position is on our knees. There, in prayer, we can change the direction of nations, affect the outcome of another person’s life, or change anything and everything in our own life. It’s no wonder that the enemy does everything he can to prevent us from living a life of prayer. When we stand praying we are literally standing before the throne of God. Once we begin to experience His presence during prayer, the devil knows that we will always want more.

Elements of prayer:

Adoration

The root word of adoration is “adore.” This part of prayer is devoted to worshipping God because of His greatness, His goodness, etc. Adore means to love and honor with intense devotion. Many of the Psalms are examples of adoration for God.

Confession

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

Supplication

Supply is a root of this word, which means to furnish with something needful. When we supplicate we are asking God to give us a supply of something He has. Supplication means to ask humbly or pray earnestly (without ceasing).

Scriptural Example: 1 Timothy 2:1-4 *Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. For this is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth. (NKJ)*

Intercession

To intercede is to plead or petition on behalf of another.

Scriptural Example: James 5:14-18 *Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much. **Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain; and it did not rain on the land for three years and six months. And he prayed again, and the heaven gave rain, and the earth produced its fruit. (NKJ)***

Thanksgiving

This is the most important element of prayer. We must always have a heart full of thanksgiving toward God. After all He has saved us from death, hell, and the grave. He has made us to be kings and priests in the kingdom of God. Remember also, faith says thank you in advance.

Scriptural Example: Philippians 4:6-7 *Be anxious for nothing, 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 minds through Christ Jesus. (NKJ)*

Prayer produces Faith/Believing and not Doubting

Since it takes no faith to believe for things that are **faith, or believing, is an integral ingredient to receiving what we have prayed for.**

Matthew 21:21-22: *So Jesus answered and said to them, "Assuredly, I say to you, if you have faith and do not doubt, you will not only do what was done to the fig tree, but also if you say to this mountain, 'Be removed and be cast into the sea,' it will be done. "And whatever things you ask in prayer, believing, you will receive." (NKJ)*

Faith also has **confident expectation** that God will do what He said He would.

Mark 11:24: "Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them. (NKJ)

What hinders our Prayers

Unforgiving Spirit

Mark 11:25-26: "And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. "But if you do not forgive, neither will your Father in heaven forgive your trespasses." (NKJ)

Disobedience:

Prayer changes us by asking and believing we receive. Prayer changes individuals by intercession and that same faith to believe God will move on their behalf.

How prayer changed the direction of a nation

Moses intercedes for the people and God removes His judgment from the people (Exodus 32:8-14).

Share about the curse of Amalek (Exodus 17:13-16), preventing God's people from coming into their inheritance (1 Samuel 26:19).

Why is the Baptism of the Holy Spirit So Vital?

Building Yourself Up, On Your Most Holy Faith

Jude 1:20-25: But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit, keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life. And on some have compassion, making a distinction; but others save with fear, pulling them out of the fire, hating even the garment defiled by the flesh. Now to Him who is able to keep you from stumbling, and to present you faultless before the presence of His glory with exceeding joy, To God our Savior, who alone is wise, be glory and majesty, dominion and power, both now and forever. Amen. (NKJ)

1 Corinthians 14:4: He that speaks in an unknown tongue edifies himself; but he that prophesies edifies the church. (KJV)

Praying the Perfect Will of the Father.

1 Corinthians 14:2: For he that speaks in an unknown tongue speaks not unto men, but unto God: for no man understands him; howbeit in the spirit he speaks mysteries. (KJV)

Also read Romans 8:26 & 27 to the Class

Closing Prayer

This week's assignments

- ❖ Utilize the elements of prayer for yourself and others
- ❖ Exercise your faith in believing your prayers will come to pass
- ❖ Take care of anything that hinders your prayers
- ❖ Journal about your week and be prepared to share with the class