

Prayer YOUTH101



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Key Bible verses:

When you call on me, when you come and pray to me, I'll listen.

Jeremiah 29:12 MSG

When you pray...
Matthew 6:5a

Are you hurting? Pray. Do you feel great? Sing.
James 5:13 MSG

SUMMARY

WHAT IS PRAYER?

- Prayer is having a conversation with God which requires listening and speaking.
- You don't have to use big fancy words when you pray!
- God patiently waits for you to speak and listen to Him...He loves it when you do!
 - » Jeremiah 29:12
- There is no set way/right way to pray.
- You can pray walking, standing, kneeling, eyes closed, etc.
- When we pray, we are actively inviting God's presence.

HOW OFTEN SHOULD WE PRAY?

- There is no right amount but...the more you get to know God the more you will desire to speak to Him – just because of who He is! Just like you enjoy spending time with a good friend.
- Prayer was an important part of Jesus' life, and because we are trying to be like Jesus... it should be for us too!
- The Bible doesn't say "if" you pray, but "when" you pray.
 - » Matthew 6:5a
- Constant conversation brings growth to any relationship, including our relationship with God.
- The book of Luke records multiple situations where Jesus prayed:

At His baptism - Luke 3:21

After a day of working miracles - Luke 5:16

Before choosing His 12 disciples - Luke 6:12

Before giving His life as a sacrifice for our sin - Luke 22:40-44

During his crucifixion - Luke 23:34

- » It wasn't by coincidence that all of these important moments of Jesus' life were connected to prayer!
- The best response to any situation is to pray.
 - » James 5:13-14

LET'S DISCUSS...

- Do you believe in the power of prayer? Why or why not?
- On a scale of 1-10 with 10 being the highest, how would you rate your time spent talking with God? Explain.
- How do you communicate with God? Which ways do you find helpful and which ways do you find difficult?
- Is there anything that makes prayer difficult for you?
- What types of things do you pray about?

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LET'S PRAY...

Here's a helpful acronym: **A-C-T-S**

Adoration is all about worshipping God for who He is. You might spend some time reflecting on God's characteristics, or on the ways He has blessed you.

Confession is all about acknowledging your sins and asking for forgiveness. Be honest with God, who already knows all things, but who wants to hear from you anyway, because He loves you!

Thanksgiving is all about giving thanks for everything God has done in your life. This could include things that have happened recently, or things that have happened in the past.

Supplication is all about making requests of God. This could be anything from asking for help with a problem you're having, to asking for guidance in a decision you need to make. You can also pray for others during this time.

- Take a moment to pray through **A-C-T-S**. Thank God for being accessible to us anytime, anyplace!

LET'S GO DEEPER...

- **The Prayer Course** by 24/7 Prayer [online course]
- **The Prayer Practice** by Practicing the Way [online course]
- **Lectio 365** [app]
- **Reimagining the Examen App** [app]
- **PrayerMate – Christian Prayer** [app]

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