

3. After reading and studying so far:

What one thing from all this can you take in more deeply and live out more fully that could change your prayer life for the better?

Ask God to lead in your choice and help make the most of it. Things to make this real-

Write out a key verse or part of a verse and memorise it.

Make ways of reminding yourself of it during your normal day. And use this for several days. Chew it over - meditate on it.

Apply it to your life. Maybe put it in a personalised, memorable form so that there is no doubt what you are trying to do.

Tell someone about it!

Lord, teach us to pray



40 days to grow in prayer

part 2 - Learning from Jesus

1 task:

Learn from Jesus.

2 big questions:

How can his example help you in your prayer life?

In what way does his teaching challenge you?

Some *information* and *suggestions* to help:

The 4 gospels give us different perspectives on Jesus. Matthew, Mark and Luke generally have a lot in common and John comes from a different point of view. This is true when you look at the life and teaching of Jesus on prayer.

Generally, Matthew emphasises Jesus teaching the disciples and therefore us, Mark emphasises Jesus as a man of action, Luke focuses on the humanity of Jesus - there is more about his personal prayer life here. John doesn't use the word 'prayer' much, but there is a huge amount about the relationship between Jesus and his Father! He also has some extraordinary things to say about prayer in John chapters 14-16.

To make the task manageable **pick one gospel**. If you learn better from people's example then maybe look at Luke, if you want more teaching, try Matthew. Mark will be shorter, and John may be the most challenging.

1. Highlight or note down parts to look at in more detail later.

If you have time you could read through the gospel and note where prayer is the subject, but you could use a concordance or Bible on phone / computer / online and search for 'pray' and other words that may give you places where prayer is the subject, 'ask' for example. If you have access to the internet 'biblegateway' gives you all the tools you need. Have a look - do ask for help if you need it.

2. Ask questions that help you get the most from the examples or the teaching.

Example of Jesus: (some are similar questions to the one's for Nehemiah- see those notes for more detail)

When did Jesus pray? How did Jesus pray? What did Jesus pray? Sometimes you won't know, but can have an idea from what was going on at the time.

Why did Jesus pray? What did Jesus want God to do? Do you think he received guidance from his Father when he prayed?

Teaching of Jesus: Feel free to ask your own questions. Here are some possibilities: Is he challenging a wrong behaviour? Is he giving a law? Does what he says always apply? How does this fit with his life?

You may come across things that are very challenging, and some that give you more questions than answers. Knowing more about the New Testament generally, and Jesus' life in particular may help you to understand the context of what he says. Think how his teaching fits with other things, but do take his words seriously. If you have questions, write them down and ask someone (I, Steve, will be happy to talk about them - even though I don't have all the answers!)