



LESSON 9 // PRACTICING PRAYER, PART 1

Big Idea: In Philippians chapter 4, the Apostle Paul reminds us that our joy is very dependent on our prayer life. Understanding this and establishing a consistent, persistent pattern of prayer with your heavenly Father is an important part of a pathway to joy and peace in your life.

Philippians 4:6-7 (NLT) *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

Matthew 6:5-8 (NIV) *And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. ⁶ But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. ⁷ And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him.*

John 10:27 (NIV) *My sheep listen to my voice; I know them, and they follow me.*

Hebrews 4:14-16 (NIV) *Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. ¹⁵ For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are — yet he did not sin. ¹⁶ Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

Start Talking:

Is prayer more of a duty, desire or delight for you? Explain.

Start Thinking:

Read Philippians 4:6-7. How can prayer as a believer in Jesus lead to greater peace in your life?

Read Matthew 6:5-8. What do you learn from Jesus in these verses about the right motives and heart for prayer?

Read John 10:27. What does it mean to "listen" to Jesus' voice as our Good Shepherd? How does this help us know and follow Him?

Read Hebrews 4:14-16. What role does Jesus have as our High Priest in heaven? How should this impact how and what you pray?

Start Praying and Doing:

Take time this week to simply be with God, setting aside any distractions. Let the Scriptures in this lesson encourage you to pray with the right motives and desire to honor the Lord, know Him better and live for His glory. Allow His Spirit to fill and guide you as you commune and communicate with your heavenly Father.