

Lesson 5: Prayer

For a follower of Jesus, prayer is assumed—it's direct communication with God, boldly entering His throne room. It fuels your friendship through talking and listening.

Read: Matthew 6:5-6 "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. 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."

Not "if" you pray, but "when." Prayer isn't optional; it's essential.

Key insight: Prayer is a conversation—talking and listening—with God.

INSTRUCTIONS FOR MENTOR/DISCIPLER: Share how prayer has energized your relationship with God. What changes have you seen? How do you pray daily?

A Conversation About Prayer

Prayer is conversation, not monologue. Many believers talk but don't listen.

God wants relationship, not just requests. Compare to friendships or marriages: both talking and listening.

Discussion: Which couple's communication (silent, one-sided, or vibrant) reminds you of your talks with God? What changes would you like?

Learn to Ask

The New Testament links "prayer" with "ask" often.

Read: Matthew 26:39 "Going a little farther, he fell with his face to the ground and prayed, 'My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.'"

Come to God humbly with requests.

- Pray with humility: Submit to God's will. Requests remind us we're dependent on Him.
- Pray like a child: Children ask freely, frequently. Jesus encouraged childlike faith.
- Pray boldly: No limits—ask big. God can do immeasurably more.

Read: Ephesians 3:20 "Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us..."

- Pray with confidence: God hears and responds per His will, building faith.

Read: 1 John 5:14-15 "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him."

As you know Jesus better, pray to join what He's doing.

Discussion: How does asking humbly change your prayers?

Pray Specifically

Vague prayers are hard to track. Specific ones show answers clearly.

Examples: Not "bless me," but "provide \$100 for this bill." Not "a job," but "a job at this company."

Read: James 4:2 "You do not have because you do not ask God."

God gives good things, glorifying Him and growing faith. It turns prayer into adventure.

Discussion: What's a general prayer you can make specific?

Keep Asking

Jesus taught persistence.

Read: Luke 18:1-5 "Then Jesus told his disciples a parable to show them that they should always pray and not give up. He said: 'In a certain town there was a judge who neither feared God nor cared what people thought. And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.' For some time he refused. But finally he said to himself, 'Even though I don't fear God or care what people think, yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually come and attack me!'"

Pray persistently, even for years—it reminds you of dependence on God!

Try praying the A.C.T.S. method:

- **Adoration** – Start by focusing on who God is and praising Him for His character.
- **Confession** – Honestly acknowledge your sins and receive God's forgiveness.
- **Thanksgiving** – Express gratitude for God's grace, provision, and faithfulness.
- **Supplication** – Bring your needs and the needs of others before God with trust.

Then Document Answered Prayers

We remember unanswered prayers but forget granted ones.

Keep a journal: Review requests and see God's responses. It grows faith and prompts thanks.

Asking Specifically—Right Now

Jot a specific request for yourself or someone. Check: Aligns with Bible? Godly motives? Others agree? Glorifies God?

Text 3 friends for prayer requests:

"I'd like to pray for you. If you had one specific thing you'd like God to do, what? Let me know when answered."

List their 3 requests. Pray them weekly; review answers next session.

Memory verse to consider

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you" (Matthew 7:7).

This Week's Action

During the next week:

1. Pray daily using the ACTS method for 5-10 minutes.
2. Pray for the three friends' requests; document any answers in a journal.

How can I pray for you?

Pray for each other: Specific areas to grow in prayer—asking boldly, specifically, persistently; victory through answered prayers; deeper friendship with God through conversation.