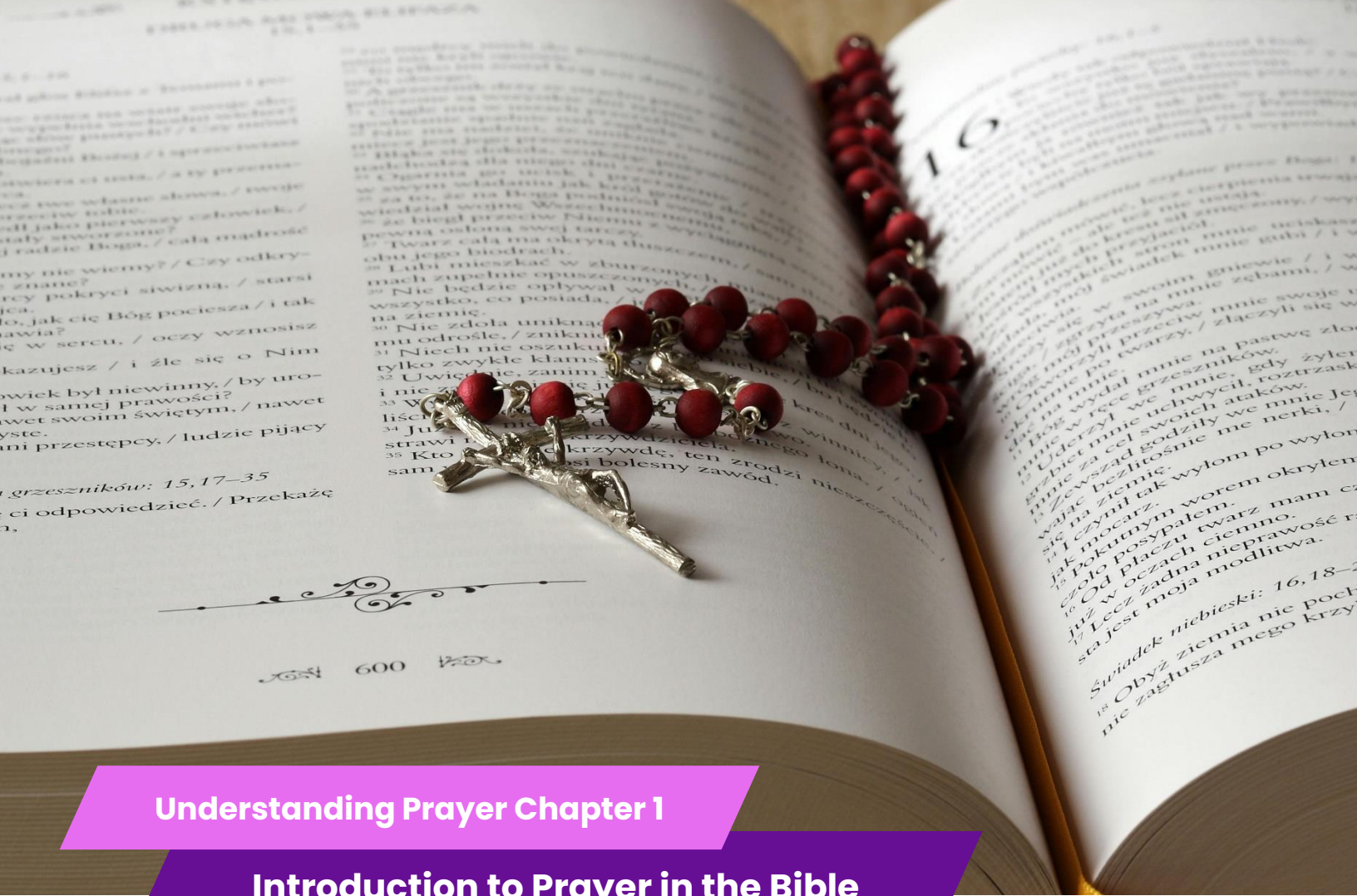




# TEACH US TO PRAY



— BY PASTOR ROUZARD THOMAS —



## Understanding Prayer Chapter 1

# Introduction to Prayer in the Bible

Prayer is a fundamental aspect of many religious traditions, including Christianity. In the Bible, prayer is described as communication with God, a way to seek guidance, comfort, and strength. This lesson will explore the significance of prayer in the Bible and provide insights into how prayer can deepen one's spiritual life.

### The Importance of Prayer in a Christian's Life

Prayer is a fundamental aspect of the Christian faith and plays a crucial role in the spiritual growth and development of believers. It is through prayer that Christians Involve God, Invite God, and Invoke God seeking His guidance, strength, and wisdom. Prayer is not just a one-way conversation, not a monologue but a dialogue. You talk to God and sit still and let God talk to you.



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Prayer is essential in maintaining a close connection with God and experiencing His presence in our daily lives. Through prayer, we can express our gratitude, confess our sins, seek forgiveness, and intercede for others. It is a powerful tool that allows us to surrender our worries and fears to God, trusting in His plan and sovereignty. By making prayer a priority, we can experience peace, joy, and spiritual renewal in our Christian journey. Notice what Jesus says in Matthew chapter 6.

## Matthew 6:5-8 NKJV

5 “And when you pray, you shall not be like the [a]hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. 6 But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you [b]openly. 7 And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. 8 “Therefore do not be like them. For your Father knows the things you have need of before you ask Him.

So we see that prayer is not an;

- Option it's a Order
- Nicety it's a Necessity
- Choice it's a Command

## Key Lesson Concepts:

- Prayer is a means of communication with God.
- Prayer helps deepen our relationship with God.
- Prayer provides guidance, strength, and spiritual nourishment.





## Understanding Prayer Chapter 2

### Understanding the Power of Prayer

Prayer is a powerful tool that can bring about profound spiritual transformation in individuals. In this lesson, we will delve into the significance of prayer and how it can positively impact our lives. Through a deeper understanding of the power of prayer, we can strengthen our connection with the divine and experience a greater sense of peace and fulfillment.

Prayer is not just a request for divine intervention, but a means of communication with the divine. It is a way for us to express our gratitude, seek guidance, and align our intentions with the greater good. By cultivating a consistent prayer practice, we can tap into the limitless power of the universe and manifest our intentions with clarity and purpose. Understanding the power of prayer can help us navigate life's challenges with grace and resilience.



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As we explore the transformative power of prayer, we will learn how to deepen our spiritual connection and cultivate a sense of inner peace and harmony. Through prayer, we can access a higher state of consciousness and experience profound moments of clarity and insight. By incorporating prayer into our daily routine, we can create a more meaningful and purposeful life filled with divine love and guidance.

God has not left us Powerless.

- Engines have Gasoline Power
- Earth has Solar Power
- Scientist have Atomic Power
- The Military have Nuclear Power
- Cars have HorsePower

## Christians have Praying Power

2 Corinthians 10:4

Amplified Bible, Classic Edition

4 For the weapons of our warfare are not physical [weapons of flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds,

Prayer is one of our Spiritual Weapons.

- Prayer Goes Into Heaven As Worship
- Prayer Goes Into The Word And Works
- Prayer Goes Into Hell As Warfare

James 5:16

Amplified Bible, Classic Edition

16 Confess to one another therefore your faults (your slips, your false steps, your offenses, your sins) and pray [also] for one another, that you may be



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healed and restored [to a spiritual tone of mind and heart]. The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working].

Satan doesn't want Saints praying, because he knows that prayer is our strongest weapon against him; it is the tool that God has given us to resist his temptations and his incursions into our lives.

Matthew 26:41

New King James Version

41 Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."

- Watching Sights The Enemy
- Praying Fights The Enemy

Key Lesson Concepts:

- Prayer is a tool for spiritual transformation and connection with the divine.
- It is a means of communication to express gratitude, seek guidance, and align intentions.
- Consistent prayer practice can help manifest intentions, navigate challenges, and deepen spiritual connection.
- Prayer has power

*"The one concern of the devil is to keep the saints from praying. He fears nothing from prayerless studies, prayerless work, prayerless religion. He laughs at our toil, he mocks at our wisdom, but he trembles when we pray."*  
Samuel Chadwick



## Prerequisites for Effective Prayer

Before diving into the practice of prayer, it is important to understand the prerequisites for effective communication with a higher power. One key prerequisite is having faith and belief in the power of prayer. Believing that your prayers will be heard and answered is essential for a successful prayer life. Another important prerequisite is having a spirit of humility and openness. Approaching prayer with a humble heart and a willingness to listen for guidance can deepen the connection with the divine.

In addition to faith and humility, having a dedicated prayer space can also enhance the effectiveness of your prayers. Creating a sacred space where you can focus and feel connected can help to quiet the mind and center your thoughts during prayer. Finally, living a life that is reflective of your prayers is essential for a sincere and genuine connection with a higher power. Aligning your actions with your prayers can create a sense of harmony and integrity in your spiritual practice.

Mark 11:24

New King James Version

24 Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.

1 John 5:14-15

Amplified Bible, Classic Edition

14 And this is the confidence (the assurance, the privilege of boldness) which we have in Him: [we are sure] that if we ask anything (make any request) according to His will (in agreement with His own plan), He listens to and hears us.

15 And if (since) we [positively] know that He listens to us in whatever we ask, we also know [with settled and absolute knowledge] that we have [granted us as our present possessions] the requests made of Him.



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Matthew 6:6

New King James Version

6 But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you [a]openly.

Key Lesson Concepts:

- Belief in the power of prayer
- Spirit of humility and openness
- Dedicated prayer space
- Living a life reflective of your prayers

## Overcoming Hindrances in Prayer

Prayer is a powerful tool that connects us with the divine and allows us to communicate our deepest thoughts and desires. However, there are often hindrances that can prevent us from fully engaging in prayer and experiencing its transformative power. In this lesson, we will explore common hindrances in prayer and learn practical strategies to overcome them.

One of the most common hindrances in prayer is distractions. Whether it's a noisy environment, wandering thoughts, or external interruptions, distractions can prevent us from focusing on our prayers. Another hindrance is doubt and unbelief. When we doubt the effectiveness of our prayers or lack faith in the divine, we limit the power of our communication with the divine. Other hindrances include sin and unforgiveness, which can create barriers between us and the divine.

Key Lesson Concepts:

- Identifying distractions in prayer
- Cultivating faith and belief in the power of prayer
- Addressing sin and unforgiveness to remove barriers in prayer





## Understanding Prayer Chapter 3

### Establishing a Prayer Routine

One of the most important aspects of deepening our spiritual connection is establishing a consistent prayer routine. By setting aside dedicated time each day to pray, we create a space for reflection, gratitude, and connection with the divine. A prayer routine not only helps us to communicate our hopes, fears, and desires to a higher power but also allows us to listen for guidance and wisdom in return.

When creating a prayer routine, it is helpful to find a quiet and comfortable place where you can focus without distractions. Begin by setting intentions for your prayer practice and determine the best time of day that works for you. Whether you prefer to pray in the morning, during your lunch break, or before bed, consistency is key in establishing a habit. Experiment with different prayer formats, such as silent meditation, reciting traditional prayers, or journaling your thoughts and reflections.



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### Key Lesson Concepts:

- Set aside dedicated time each day for prayer
- Find a quiet and comfortable space to pray without distractions
- Set intentions and determine the best time of day for your prayer practice
- Experiment with different prayer formats to find what works best for you
- Consistency is key in establishing a prayer routine

### Using Scripture in Prayer

One powerful way to enhance your prayer life is by incorporating scripture into your prayers. By using the Word of God in your prayers, you align your heart and mind with God's truth and promises. The Bible is filled with prayers, declarations, and promises that you can use as inspiration and guidance in your own conversations with God.

When using scripture in prayer, you can personalize the words to make them more meaningful and relevant to your current situation. For example, you can replace pronouns with your name or the name of a loved one, or insert specific details that relate to your circumstances. This practice not only deepens your connection with God, but also strengthens your faith as you meditate on His Word. The book of Psalms more than any other book of scripture has been the source of many powerful prayers. Because the book of psalms include prayers that reflect seemingly every possible emotional state and situation that we face in our lives.

### Key Lesson Concepts:

- Incorporating scripture in your prayers helps align your heart and mind with God's truth and promises.
- You can personalize scripture to make it more relevant and meaningful to your current situation.
- Using scripture in prayer strengthens your faith and deepens your connection with God.



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## Jeremiah 1:12 ESV

12 Then the LORD said to me, “You have seen well, for I am watching over my word to perform it.”

## Isaiah 55:11 NKJV

11 So shall My word be that goes forth from My mouth;  
It shall not return to Me ]void,  
But it shall accomplish what I please,  
And it shall prosper in the thing for which I sent it.

## Praying with Faith and Boldness

In this lesson, we will explore the importance of praying with faith and boldness. Prayer is a powerful tool that can help us navigate through life's challenges with confidence and strength. By developing a strong faith and approaching our prayers with boldness, we can experience a deeper connection with the divine and see miraculous results in our lives.

We will discuss how faith is the foundation of effective prayer and how it can move mountains. We will also explore the importance of being bold in our prayers, stepping out in courage and confidence as we lay our requests before God. Through examples and practical tips, we will learn how to cultivate a faith-filled and bold prayer life that brings about transformation and breakthroughs.

### Key Lesson Concepts:

- Faith is the key to unlocking the power of prayer
- Being bold in prayer means approaching God with confidence & courage
- Practicing faith and boldness in prayer can lead to miraculous results

## Hebrews 4:16 NKJV

16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.



## Conclusion

### Recap and Summary of key learnings

Throughout this course on "Teach Us To Pray", we have delved into the importance of prayer in our spiritual lives. We have learned that prayer is a powerful tool for communication with a higher power, helping us to deepen our faith and seek guidance in times of need. We have explored various types of prayers, such as intercessory prayers, prayers of thanksgiving, and prayers of petition. We have also discussed the importance of developing a consistent prayer routine, setting aside dedicated time each day to connect with God. By establishing a habit of prayer, we can cultivate a closer relationship with the divine and experience the transformative power of faith in our lives. Additionally, we have learned about the importance of faith and trust in prayer, believing that our prayers are heard and answered according to the divine will. Hopefully the profound thoughts about prayer recorded in this ebook will help you make the choice to give yourself to prayer. Prayer should be the number 1 priority in the life of the believer.

#### Key Lesson Concepts:

- Prayer is a powerful tool for communication with a higher power
- Developing a consistent prayer routine helps cultivate a closer relationship with God
- Having faith & trust in prayer is essential for experiencing its transformative power

#### Luke 18:1 NKJV

18 men always ought to pray and not lose heart,

#### Colossians 4:2 NLT

2 Devote yourselves to prayer with an alert mind and a thankful heart.

#### Ephesians 6:18 NKJV

18 praying always with all prayer and supplication in the Spirit,



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### 1 Thessalonians 5:17 NKJV

17 pray without ceasing,

### Romans 12:12 NCV

12 Be joyful because you have hope. Be patient when trouble comes, and pray at all times.

### James 5:16 NKJV

16 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.

### Mark 11:24 NKJV

24 Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.

## Prayer:

*Gracious heavenly father, forgive us for so often losing sight of the importance of prayer. Awaken us to the realization that you are our source of hope, help, and healing and that you are always waiting for us to place our needs in your hands. We can come boldly to your throne of grace to receive mercy and find grace to help in the time of need. Help us to learn to come to you regularly, even when there is no crisis, or concern. Teach us to see prayer from a new place and a new perspective. Father, there are times I do not know what I ought to pray for. Holy Spirit, I submit to your leadership and thank you for interceding for me with groans that words cannot express. You intercede for me according to the will of God.*

*Therefore, I am assured and know that with God being a partner in my labor that all things will work together for my ultimate good, because I love God and am called according to his design and purpose. Because of that I believe that whatever I ask for in prayer, it will be granted to me according to your will for my life. Thank you father for the wonderful privilege of prayer.*



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### What A Friend We Have In Jesus

*What a Friend we have in Jesus, All our sins and griefs to bear!  
What a privilege to carry, Everything to God in prayer!  
O what peace we often forfeit, O what needless pain we bear,  
All because we do not carry, Everything to God in prayer!  
Have we trials and temptations? Is there trouble anywhere?  
We should never be discouraged, Take it to the Lord in prayer.  
Can we find a friend so faithful Who will all our sorrows share?  
Jesus knows our every weakness, Take it to the Lord in prayer.  
Are we weak and heavy-laden, Cumbered with a load of care?  
Precious Savior, still our refuge— Take it to the Lord in prayer;  
Do thy friends despise, forsake thee? Take it to the Lord in prayer;  
In His arms He'll take and shield thee, Thou wilt find a solace there.*



