

# CONVERSATIONS WITH THE FATHER

~ A Bible Study ~



An Invitation to Draw  
Closer in Prayer

PATRICIA DAY

© Patricia Day 2023 Victoria, Australia



All rights reserved. No part of this book may be reproduced or modified in any form, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

PDF Printable Version Available with purchase of Electronic Version.

Visit - <https://milk-and-honey.ck.page/conversations-pdf>

---

## INTRODUCTION

Welcome to *Conversations with the Father* Bible study.

With this study, my hope is that you will feel a sense of invitation to prayer as well as learn more about what prayer is.

I hope that you will come to this study with a desire to learn about prayer and grow in your prayer life. Many people have lost their love for prayer or don't think it is that important.

Some are not praying like they want to because they don't feel confident in their prayers, or they don't know how to pray.

🙏 Prayer is work.

🙏 Prayer is intentional.

🙏 But prayer is very powerful.

Yet sometimes we are not engaging in prayer because it is easier to try and fix the problem ourselves than to pray and wait for an answer.

I don't know what has drawn you here, but I believe the Father has an invitation from His heart to yours concerning prayer. My hope is that as you come to this study, you will hear God's voice as you move through the material and allow Him to work in your heart.

You may feel many things about prayer. As you sit with the lessons, pray, and think about how God is inviting you to this special time with Him.

We will be looking at answers to these questions in this Bible study: what prayer is, does it really work, what are some hindrances to prayer, and more.

---

There is something inside the human spirit that cries out and prays to a higher being, God. But there is something even more wonderful in this. The Father invites you to come to prayer with Him. It's a personal invitation of love and commitment to His will. He wants you to discover that with Him.

You will need your Bible as you go through the lessons and answer some thought provoking questions on prayer in your own personal life. You will be challenged with what you think prayer really means to you.

The study is divided up into 25 sections (or days) inside each Lessons. These are merely suggestions. Work as far into each lesson as you like. Go at your own pace. There is no time limit to the study.

Let this study ignite you again if you have fallen away from prayer. Let it breathe new life into a possible dead routine. Join Him, in this personal, private place called prayer.

Let's take this personal journey together as we discover PRAYER.

---

## **Section 1**

### *Prayer Reflection Questions*

As we begin, I want you to reflect on a few questions to get you to look in your own heart concerning prayer.

Have you ever thought of prayer as an invitation?

---

---

---

---

---

---

---

---

What would you like to gain or seeking from a study on prayer?

---

---

---

---

---

---

---

---

If you have lost your passion for prayer, list the reason here.

---

---

---

---

---

---

---

---

---

## **Section 2**

*What do you ask God for the most in your prayer time?*

---

---

---

---

---

---

---

---

How do you feel about your confidence level in prayer?

---

---

---

---

---

---

---

---

How often do you engage in a private time of prayer?

---

---

---

---

---

---

---

---

*This is your reminder that there is no time limit to this study. Some days you may breeze through a whole section, while other times you may spend a few days pondering over one single answer. Take your time.*

---

## **Section 3**

### **LESSON 1 - What Is Prayer?**

What is prayer?

If you ask several people, you will get all kinds of answers to this question.

I want to give you several working definitions below because prayer is not just one thing. But for now, remember that it can be one or all of these...and more.

🙏 Prayer is simply talking with God. It can involve praise and adoration, thanksgiving, petition, repentance, and intercession.

🙏 Prayer is an invitation to commune with God.

🙏 Prayer aligns your heart, will and emotions with God's heart.

#### THE FOUNDATION OF PRAYER

Just about anything you build in life, you need to make sure to lay a firm foundation. Prayer is no exception.

Let's look at some principles for the foundation of prayer.

People all over the world pray. From the smallest child to the most elderly. From the least educated to most educated, from the poorest to the wealthiest, nearly every person has said a prayer.

Even though nearly every person globally prays, prayer is still for some, a very misunderstood practice. For some it is merely a 'wish.'

---

Do you believe you have a good understanding of what prayer is?  
Write down your own definition of Prayer.

---

---

---

---

---

---

---

---

If you are like most people, you have questions about prayer. But if you are new to your faith in Christ you probably have more questions than most. That is okay!

People from all walks of life question prayer and how to get started in praying. A lot of believers want to pray but may not understand what prayer is and the high priority of prayer in their lives.

Does prayer have a high priority in your life? Explain why/why not.

---

---

---

---

---

---

---

---

---

## Section 4

People come to the discipline of prayer for many reasons.

- 🙏 Some may come because they believe it works
- 🙏 Others because it is a last resort
- 🙏 Others still because someone told them to and think, why not?

No matter how new you are to your faith and prayer, even the simplest mumbled prayer is a prayer.

Let me share a story about Alex.

Alex was new to his faith but because he had some reservations about prayer, he wasn't sure that if he asked God for something it would come to pass. A situation came up in his life one day that he needed his car insurance money. He didn't have enough of the money that he needed. He began to get stressed out about this situation and he was afraid in his heart to ask God to help him with the money that he needed.

He was in college and had a lot of other debts and his hours at work had been cut. The due date for his payment was getting closer and closer and his stress was getting higher and higher. He needed \$587 for his car insurance in 3 days.

He began to talk to his girlfriend about this and she tried to encourage him with a prayer. She then told him sort of jokingly, "You never know, God could just put the money in your account."

Alex was so discouraged he murmured back to her “I wish that would happen, but that stuff never happens to me.” His girlfriend Bria, prayed for him one more time and then he asked God with these words, “Could you just do it God?”

The very next morning Alex got up and he checked his bank account like he did every day. He knew he didn't have any money in it, but he just checked it anyway. Surprisingly, to his utter amazement the account had a deposit of \$600. Alex didn't know how or why? But it was there.

He couldn't believe that money was sitting in his account. His girlfriend couldn't believe the money was sitting in his account. They both knew God had answered her prayer and had answered his short 6-word prayer.

From that day forward Alex realized that God hears him, and he doesn't have to be afraid. His little, short prayer was enough.

Sometimes we are afraid or discouraged to pray. We think we may not get the answer we are looking for. Or we don't get the answer right away and we get discouraged.

Have you ever become discouraged about prayer?

---

---

---

---

---

---

---

---



Do you believe in the power of prayer? Explain why, why not.

---

---

---

---

---

---

---

---



---

## **Section 5**

Some struggle with prayer because they simply don't understand some of the principles of prayer and the purpose of praying.

Let's look at this.

Understanding how to pray, why to pray, and more, we first need a good understanding of the foundation from the one who created it, our heavenly Father.

Prayer is the result of God's established authority structure between heaven and the people on earth, and is a product of His faithfulness to His word.

Basically, prayer is built on respecting God's authority and cooperating with what He wants done on the earth and in people.

Let's go a little deeper, unpack this thought and look at some scripture.

Prayer first began in the Garden of Eden, and it was born out of God's arrangement with man that they would rule and subdue the earth. God gave men the mandate to dominate the earth and to rule it.

Read & write Genesis 1:26-27

---

---

---

---

---

---

---

---

---

---

---

This passage clearly gives man the rule over the earth by God and sanctioning man with the words “let them rule.”

The words ‘let them’ are very important to understanding how prayer works in cooperation with God in this passage of scripture. They give boundaries to what God can legally influence and interfere with in the earth, by His own rules. Why is this important?

Because God is a God of His word and is committed to His word. God is also a God of purpose. Everything that God does has a purpose, so there is a purpose to prayer.

There are four principles or foundations about God that I would like for you to remember and consider:

- 🙏 God's purpose is higher than our plans.
- 🙏 God has placed His word above His very own name.
- 🙏 God never violates or breaks His own word.
- 🙏 God’s holiness is the foundation of all of His integrity and His faithfulness.

These four principles are evidence of why prayer works in the earth and why it is such a beautiful partnership with Him and invitation to your life. Keep these in mind as you continue this study.

To understand this foundation some more, let’s look at more scripture to and see the nature and characteristic of God.

Read & write Proverbs 19:21-22

---

---

---

---

---

---

---

---

---

God says that we have plans in our heart, but it is the Lord's purpose that prevails. This means that everything God does is by His own purpose and for His own purpose which never changes.

Our God is totally committed to His purpose for you, not to your plans. This may come as a surprise. He is totally committed to what His word says and that is unchanging. God's commitment and His dedication to His word is one of the foundations of prayer.

Psalms 119:89-90 says that His word stands firm in the heavens and His faithfulness continues through all generations.

We serve a faithful God! Isn't that wonderful to know that His word stands firm in all the heavens. Take great courage and peace in that friend.

God places His word above everything, even His own name. So, whenever God speaks something, He is obligated to obey even His own word. Now that is powerful!

Let this thought soak in--the word that God speaks as a law, is also a law for Him.

Understanding this faithfulness, you can see now that the scripture in Genesis 1:26 has even more implication when He says, "let them have dominion over the earth."

---

## **Section 6**

*Prayer is mankind working in cooperation with  
God's will through the invitation of prayer.*

To understand this statement a bit more, let's look at 6 laws of God that greatly help us see our role in this invitation to pray with God. This helps us see that prayer is not something we do alone.

God gave legal authority to dominate the earth to humans

Man is the legal steward of the earth

Man is spirit; we have a soul, and we live in a physical body. Only physical bodies legally function in the earth realm

Any spirit that doesn't have a body is illegal on the earth to influence and any interference from the supernatural realm on the earth is only legal through mankind

God, who is a spirit, made Himself subject to this law

Now, let's look at the results of these laws above:

Legal authority on the earth is in the control of mankind. God the creator will not violate the law of His word because of His own integrity.

Nothing happens on the earth without the active or passive permission of man.

God the creator and all heavenly beings cannot interfere in the earth realm without the permission of man.

God must have the agreement and the cooperation of a person to do whatever He desires to do in the earth.

The knowledge of these principles above showing that prayer is with God. It is not something you do alone. You do it with God so He can fulfil His will in the earth. Basically, God needs you and I to pray.



---

## **Section 7**

### **HEAVEN'S CONNECTION WITH YOUR PRAYER**

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.

2 Chronicles 7:14

Be joyful always; Pray continually without ceasing; Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-19

I tell you the truth, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my father in heaven. For where two or three come together in my name, there am I with them.

Matthew 18:18-20

Then Jesus told His disciples that parable to show them that they should always pray and not give up.

Luke 18:1-2

These verses show man's clear authority in prayer and how that authority determines God's will on the earth.

But, why do we need to exercise this authority? Why is this so important to prayer in the earth?

People even ask, "If God is sovereign why do we need to pray?"



*Humanity was created to have dominion.*

John Wesley, the famous theologian, once said, “God does nothing but in answer to prayer.”

Prayer is your invitation to labor with heaven, to ask God to get involved with the affairs of men on the earth through our prayer. It’s this invitation from God to man that will change the affairs men are involved in.

God gave us authority over the earth. We are to take that authority (or responsibility) for the earth and determine what happens here by our praying.

Prayer is an invitation for you to discover and walk in your power, authority, and rights in the earth. It's a time for you to position yourself as a faith channel for what heaven wants to influence in the earth and in your circumstances.

You are a deliberate part of the plan of God in prayer.

Read & write Deuteronomy 32:6

---

---

---

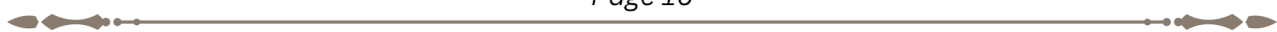
---

---

---

---

---



---

God made you and formed you. You and I are totally dependent on God. With that said we cannot reveal God to the world apart from Him. We reveal Him to the world through praying.

Read & write John 4:16

---

---

---

---

---

---

---

---

Remember this truth. God created you and I to carry out His purpose on the earth. This is our main reason for existing, to do God's will and to bring Him glory. We are to be His voice, His hands, and His image on the earth.

What way(s) do you think that you are to carry out His will in the earth?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## **Section 8**

God never intended to rule the earth by Himself. We are to work in cooperation with Him.

This invitation to prayer is one to take soberly. We have been given a great seat at the table with God in our prayer time. We have more power than we realize in declaring His will on the earth, in our families and life circumstances.

God rules the unseen realm and mankind rules the visible realm on the earth, and we enjoy communion with God. Prayer is that great fellowship with God that no other creature has been given.

So, to answer the question some ask, “why do we need to pray?”  
Because...

Prayer is God’s invitation to us to join with Him to bring His will to pass on the earth.

Read & write 2 Corinthians 6:1

---

---

---

---

---

---

---

---

We make a difference when we pray.  
We make things possible when we pray.

—

---

Prayer is an expression of mankind's relationship with the loving God and it's our participation with God's purposes for the earth.

Prayer is best understood in the context of what God's purpose is for humanity.

Prayer is involving your entire self, your whole self with God.

Prayer means to commune with God and to become one with God and one with His will and His purpose in the earth.

Your prayer invitation is how spiritual progress in the earth is made. It's the way we get victory in the world. This foundation and understanding of your invitation to prayer is essential for your healing, deliverance, patience, authority, freedom, confidence, assurance, peace, and boldness as a way of life.

Let me leave you with this quote about prayer before we move on to the next lesson....

“True prayer is a way of life, not just for use in cases of emergency. Make it a habit, and when the need arises you will be in practice.”  
- Billy Graham



---

## **Section 9**

### **LESSON 2 - Why Is Prayer Important?**

So far, we have looked at what prayer is in several different ways. But let's learn about why this invitation to prayer is so important in the life of the believer.

The answer to why is prayer so important comes out of a question that some people ask, "Why do we need to ask God to do anything when God has already determined He will do His will and purpose?"

The answer is twofold.

First, God is faithful to Himself, and His word and He never goes against His own word.

We have learned that God will not violate His own word and He will not interfere with who has the dominion on the earth unless asked.

So, why is prayer so important? Here is the second part.

Because it's the way that God will is accomplished on earth.

Reflect on why prayer is important to you?

---

---

---

---

---

---

---

---

---

---

---

## **Section 10**

### WHAT PRAYER IS NOT

We have been talking about what prayer is, but to give you more clarity as to why prayer is important, I need to share with you what prayer is not.

It is NOT--

- An attention seeking activity
- A way to force God to do something you want
- A prayer of vain repetition in your speaking
- Manipulation
- A form of witchcraft or control of people or circumstances

Prayer is the invitation of a heartfelt genuine conversation you have with God. You don't draw attention to yourself, it's not repeating the same words over and over, nor is it praying to get God to do something you want.

It's praying His will for what He wants to happen on the earth. Prayer is beautiful, it's incredible, and it's an amazing discipline in the life of a believer and you get to be a part of that.

Read & write I Thessalonians 5:16-18

---

---

---

---

---

---

---

---

---

---

---

The Bible says that we are to pray without ceasing according to this verse above.

This means that all through the day you can whisper things to God, you can give Him praise, thanksgiving, adoration and more. You can have times of repentance, intercession or petitioning Him throughout your day.

Without ceasing can mean that your day is always filled with God and speaking to God at any time. He longs to hear from you and have conversation about anything on your thoughts and your heart.

Do you have a regular time each day that you read the Bible, pray, and be with God? If not, consider when would be the best time/place for you.

---

---

---

Are you easily distracted in prayer and turn to other things? How can you avoid this?

---

---

---

When you can see what something is NOT you can more clearly see what it IS.

—

---

## **Section 11**

### Direct line of Communication

Talking to God is a direct line to Him. We can talk to God and be assured that He hears. We don't have to go through a priest, rabbi, or pastor. We can talk to Him ourselves with great confidence.

Read & write I John 5:14

---

---

---

---

---

---

---

---

### Prayer Makes Our Faith Stronger

Our faith is strengthened when we pray. When we pray and see answers come to pass we are encouraged. When we pray what seems like an impossible prayer and God does it, our faith is strengthened. When that person we know needs a miracle and receives our faith is increased. Our faith soars when we are used as a vessel of change for someone else. Allow God to use you.

### We Learn Perseverance

Another reason that it is important to pray is that it teaches us to persevere in a troubling circumstance or season. We learn in times of trouble to wait. We may be waiting for an answer for weeks, months or years. Even though that can be tough, we learn faith and patience in the waiting. \_



Reflect on something you are waiting on God for at the moment.

---

---

---

---

---

---

---

---

### We Learn Dependence on God

Total dependence is a rare quality in people. We don't really like to depend on others. But when we're determined that we will be a person of prayer we learn to depend on only God for an answer and nothing else. We will learn that we can trust Him and Him alone.

### Deeper Fellowship with God

We also learn over time to have a deeper fellowship with God. As we pray we delight in Him and He in us. There will come times when we long for fellowship with Him and nothing else will satisfy.

What other ways can you think of for why prayer is important to you?

---

---

---

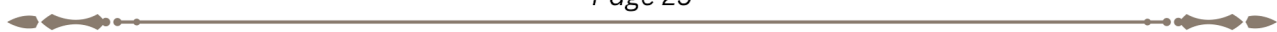
---

---

---

---

---



---

## **Section 12**

### We Gain Confidence

“And this is the confidence that we have toward him, that if we ask anything according to His will, he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.” (1 John 5:14–15 ESV)

This is powerful because our confidence can be so great that we know God has heard our prayer and when we know He heard...we have the request we asked for.

God wants we to have so much confidence that we won't lack asking Him. When you and I don't ask God for what His will is, this keeps us from what God would want to give us.

Let me show 2 examples of this from the Word of God.

“We desire and do not have, so we murder. We covet and cannot obtain, so we fight and quarrel. We do not have, because we do not ask.” (James 4:2 ESV)

“And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.” (Luke 11:9–10 ESV)

Name something that we are NOT asking God for.

---

---

---

---

---



---

## **Section 13**

### **LESSON 3 - How to Pray**

So far, we have learned a few good working definitions of what prayer is and some reasons why it's important to pray but how do we actually do it?

Is there a particular way to do it?

Any special mechanics of prayer?

Do we have to sound like someone else?

Do we pray prayers someone else wrote?

We are going to look at some biblical ways of how to pray and then some creative ways on how to pray.

If we ask someone, "how do you pray?" we will get as many different answers as there are people we ask. Most people may tell you that they are not sure how to pray. They just pray. Some just start saying words. Some may even say it doesn't matter, "God hears us no matter what we say."

Prayer is simply talking to God. But prayer is not just about talking to God. That is one way of praying. It's also about communion with the one true God.

What does communion with God mean to you?

---

---

---

---

---


---

---

---

---

---



When we ask someone how they learned to pray some say they learned at Sunday school class and the teacher taught them. A mum may tell us that her mum taught her how to pray at night before bed.

People learn to prayer in different ways.

How did you learn to pray? Or what have others told you about how to pray?

---

---

---

---

---

---

---

---

Prayer is a two-way communion. It's us talking to God and then pausing and listening to what God says.

We will find many “how to pray” methods. We won’t go lacking when we look for them.

I want to give you several methods in this lesson so that we can see there is no “one right way” or wrong way to pray and have communion with God.

There are many great methods and books on prayer. There are many ways God uses to teach us how to pray. But let me show you the unconventional way that Olivia learned how to pray.

Oliva Bennet wanted to learn to pray.

She was a new believer and prayer seemed hard to her. She kept saying to her spiritual mum, Miss Carrie Wright that she just didn't understand prayer or how to pray. Olivia would say that it seemed weird to talk to a being that she didn't know or who controlled everything in the world.

How do we approach such a person? *'He is such a big God to be in control of everything, surely my prayers don't matter,'* she would say.

Miss Carrie asked her to come over on Sunday afternoon and she was going to explain it to her.

Olivia gets to her home and comes inside as usual. She didn't need to ring the bell she knew it was okay to just enter. Miss Carrie didn't mind. They had that kind of relationship.

Olivia finds Miss Carrie sitting in her favorite chair, eyes closed and rocking slowly. She sits across from her on the sofa and waits. She looks around the room and then down at her feet, patting the ground, wondering when Miss Carrie is going to speak. Olivia knew she wasn't sleeping because she was rocking. She knew she had to sense her presence there.

As she kept waiting for what seemed like forever, she wondered when their discussion was going to happen. Miss Carrie was supposed to teach her how to pray today. Exactly when was she going to teach her about prayer and what to say to this big God?

---

After some uncomfortable minutes of silence Olivia realize that Miss Carrie seemed peaceful. It was like she was somewhere else. She didn't notice her presence. She didn't seem to notice anything in the room.

Oliva took note that Miss Carrie seemed to be in the presence of someone else. It finally dawned on Olivia that Miss Carrie was in the presence of God.

She was still and silent and this was the lesson. She was listening.

Miss Carrie didn't say a word and let Olivia learn from watching her that this was prayer. This was communing with God.

Oliva never forgot the lesson she learned that day and never forgot what prayer was from watching her spiritual mum sit in the presence of a being so big and so powerful yet so personal and real-- that communing with Him in silence was prayer.

Nothing more was needed.

The methods we will look at next are different forms of 'how-to' pray.

---

## **Section 14**

### METHOD #1 - Five Basics of Prayer

A lot of people get bogged down on the techniques of prayer. They feel if they don't do it right, God won't hear them. Again, there is no one right or wrong way to pray. There are guides for how to pray.

The Bible is full of scripture that tells us where to pray, how to pray, when to pray, and who we should pray for. Let's look at them.

#### Where to Pray

"But when we pray, go into our room, close the door and pray to our Father, who is unseen. Then our Father, who sees what is done in secret, will reward we." – Matthew 6:6

This verse tells us that Jesus said to pray in a dedicated place. It doesn't necessarily have to be a closet, but it most definitely can be. It's mainly telling us that prayer happens in a private place away from others where we can just focus on the Lord.

It's a private time where only God sees and hears our prayers.

Do we have a private place to pray? If so, where? Does it work well for your concentration, can you think of someplace better?

---

---

---

---

---

---

---

---

---

---

---

## How to Pray

"Our Father which art in heaven, Hallowed be thy name.  
Thy kingdom come, Thy will be done in earth, as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.  
And lead us not into temptation but deliver us from evil.

For thine is the kingdom, the power,  
and the glory, forever.

Amen.

- Matthew 6:9-15 + Doxology

This famous passage of scripture is the pattern of prayer that the Lord gave to the disciples. It is basically a model prayer for believers to pray called the Lord's prayer.

The model for prayer that Jesus gave is an invitation to a way to pray, and will help us have a great prayer life that will be full of confidence.

This prayer is broken down for us more in the bonus lesson at the end of this study.

It contains ...

- praise,
- submission to His Will,
- petition for daily needs,
- request for forgiveness and protection.

---

## When to Pray

When to pray is one that people have varying opinions over. Some say that we have to pray in the morning so that we start our day with prayer. Others say pray in the evening.

It's not as important for the timing of prayer as it is our heart position of prayer. God is not looking at the time. He is looking at us coming to Him from the invitation He gives us.

1 Thessalonians says, "pray continually."

Reflect on when you usually do most of your praying.

When do you think would be the best time for you to pray?

---

---

---

---

---

---

---

---

---

---

Read & write I Thessalonians 5:16-18

---

---

---

---

---

---

---

---

---

---

---

## **Section 15**

### *Who Should Pray?*

Who should pray? WE ALL should pray.

The Sermon on the Mount says this three times. Prayer is for all of us. It's not a guessing game, and we need not wonder. God wants us all to pray.

Jesus repeats at least three times in Matthew 6 “when we pray”. He was not giving the listeners an option. He was encouraging them that when they would pray things would happen. When we pray something will happen.

### *Who Do We Pray For?*

The Word of God clearly tells us who we are to pray for. So, if we are in confusion about who do we pray for besides ourselves we need not be.

We are to pray for- our enemies, saints, and basically everyone else.

Read & write Ephesians 6:18

---

---

---

---

---

---

---

---

---

---





---

## Section 17

### METHOD #3 - The Five-Finger Prayer

This type of prayer is based on using our own hand and connecting our fingers to certain prayer points.

1. Our **thumb** is nearest to us. So, we begin our prayer by praying for those closest to us. They are the easiest people to remember. This can be a spouse, mother, father, children, etc.
2. The next finger is the **pointer** finger. Pray for those who teach, instruct, and heal. This may include teachers, doctors, and ministers, instructors etc. These individuals need support and wisdom as they point people in the right direction of life.
3. The next finger is the **tallest** finger. This finger reminds us of our leaders. It helps us to remember to pray for the government, leaders in business and industry, and administrators, leaders of cities and states, and local leaders. These are people that help shape our nation and they have a lot of pressure on them to be moral and upstanding. They need a lot of prayer, and this is a great way to not forget them.
4. The fourth finger is the **ring** finger. This is actually the weakest finger on our hand. So, it should serve to remind us to pray for those who are the weakest in our society or those in trouble or pain. This could be the lost, the homeless, abandoned children etc.
5. The last finger is the **little** finger. It is the smallest finger. This finger is to remind us of the *least shall be the greatest* scripture so pray for ourselves last. After we have finished praying for the other groups of people then pray for ourselves .

---

## METHOD #4 - The Four Steps

This is a method that has 4 steps to follow in our prayer time:

1. Address God the Father
2. Thank God for His blessings to we
3. Ask the Father for blessings
4. Close or finish the prayer with "in Jesus' name."

### Step 1: Address God the Father

When we begin to pray we can open our prayer by addressing God because He is the one we are praying to. Start by saying "Father in Heaven" or "Heavenly Father."

We address Him as our Heavenly Father, because He is the Father of our spirit. He is the creator and the one to whom we owe everything we have, including our lives. He is the all-knowing One and One true God.

### Step 2: Thank God for His blessings To Us

After opening the prayer, we begin to tell the Father in Heaven what we are thankful for.

Just begin to thank Him for all we have and all He has done for us. We can start by saying, "I thank you for..." or "I am grateful for...."

We show our gratitude to our Father by telling Him in our prayer what we are thankful for: such as our home, family, health, the earth, and other blessings of life.

Be sure to include general blessings such as safety, guidance, along with specific blessings like divine protection while traveling.

---

Step 3: Ask the Father for blessings

After thanking our Father in Heaven, we can ask Him for help. Some of the ways we can do this is to say:

- "I ask thee for..."
- "I need..."
- "Please help me Father with..."
- & other ways

We can begin to ask God to bless us with things that we need in life, to help us bless another person. We can ask for things such as: knowledge, comfort, guidance, peace, direction, wisdom etc. Remember, God wants to answer us. He wants to bless us.

Step 4: Close or finish the prayer with "in Jesus' name".

We usually end a prayer by saying, "In the name of Jesus Christ, Amen." We do this because Jesus is our Saviour, our mediator between death (physical and spiritual) and eternal life. We also close with saying Amen because it means we accept or agree with what's been said.

Let's practice a prayer...

Write out a practice prayer. Make it personal from your heart. Start your prayer with "Dear heavenly Father"

---

---

---

---

---

---

---

---

---

---



---

**Section 18**

**LESSON 4 - Does Prayer Really Work?**

An important question that many ask at some point in their lives is, “does prayer really work?”

My wonderful answer to you is YES! Prayer really works.

In the beginning of our Christian walk we may have noticed that in this invitation to prayer, almost anything we brought before the Lord seemed to get answered very quickly.

Then as we progressed in our walk things didn’t seem to get answered so quickly. Sometimes because of the delay we may have gotten discouraged and asked, “does prayer really work?”

There are times where the discipline of prayer can be misunderstood because of delay. We start to feel that prayer is work and our words don’t flow easily.

Sometimes, this delay can cause a person to give up the practice of prayer in their daily lives. I don’t want that to be you.

Have you ever been frustrated with your praying? If so, describe.

---

---

---

---

---


---

---

---

---

---



Does God hear me when I pray?  
Why do I not get my prayers answered?  
Why is prayer boring?  
Should I even expect my prayer to be answered?  
Am I doing something to keep God from answering me?

These are all questions that we wonder about in our prayer life at times.

Unanswered prayer is probably one of the main reasons a lot of people don't pray like they should or engage in prayer very often.

Do we believe that we get answers to our prayers? Make a list of answers you can remember receiving.

---

---

---

---

---

---

---

---

Let me share a true story about how God answered a little boy's prayer. Let this story give us hope that God sees us and hears our prayers and that prayer does work.

I want you to meet Virgil. Virgil and his mum Kesha had almost nothing. They lived in the back part of a house that was down a dark country road. Virgil was only eight years old but had suffered more than almost any other child. He had several health conditions not to mention learning difficulties.

When we met Virgil all we noticed was how dirty his clothes were and how nearly the entire top row of his teeth were rotted out.

It was Christmas of 1995 when Barbara and Daniel met Virgil and his mum. Barbara and Daniel were looking for someone in need to help. The county had given them a name and off they went.

Kesha had fallen on bad times and was only able to afford to stay in a back part of her uncle's abandoned home. This home had no heat and no real furnishings to make it a home. It was unliveable. It was a rat trap to say the least. Barbara and Daniel went to the home and were completely heartbroken at the site and the condition that Virgil lived in.

As Barbara and Daniel talked to the two unsuspecting recipients of help, Barbara began to feel such a pain in her soul for the little boy who had rotted out teeth because his eyes were filled with joy and hope even though his surroundings screamed something different.

She asked him what he wanted for Christmas knowing that in her heart she can only give so much. Her heart was broken for this little boy that stood in front of her. Virgil stated that he was hungry. He wanted food.

Barbara and Daniel told their two new friends that they would be back with food and to not worry. As they drove off, they both knew what they had to do. They knew they were an answer to prayer for this small little family. They immediately went and bought a few groceries and brought it back to them.

Upon leaving they went back to their home and gathered friends to also help. Many people contributed. On Christmas Day 1995 when they went back to visit Virgil and his mum Kesha, not only did they bring them presents but they had nearly an entire community with them that had helped them furnish their home, fix things, bring beds, clothes, shoes, a Christmas tree and cook an entire Christmas dinner along with more presents than they could have ever opened. Virgil and Kesha were speechless.

20 years later Barbara found that same little boy on social media. As they were catching up, he told her the day that she and her husband Daniel came to their house was the day he knew God was real. How she asked.

Because that was the day, he said he asked God if He was real, please bring me Christmas.

Prayer does work. It worked for a little boy, and it will work for we. God is truly a faithful God to answer prayer.

Why do we think many either don't pray or believe they will not get an answer to prayer?

---

---

---

---

---

## **Section 19**

When we are first beginning to develop our prayer life we may wonder how long we should pray, are we supposed to ask for what we want, what are we supposed to ask for in prayer.

These are normal questions.

This may be where we are right now. If so, believe in God and our faith in God. God will show us how to grow in prayer mechanics.

As we are walking out our invitation to prayer with God, and our conversations with Him, there are a few things that will help.

When these times come DO NOT...

- Feel abandoned by God
- Come to some conclusion about ourselves and the prayer we prayed.
- Question the character or integrity of God
- Feel or think that we cannot depend on God and begin to rely on ourselves

These four things are usually the things that people go to when they feel a prayer is not answered. I want to encourage each of us that God has not abandoned us at all.

His love for you and me, and invitation to prayer is about communion with us, His children. Do not to question the integrity of His character in those seasons of doubt. *God is who He says He is.*

What thoughts have we had about unanswered prayer in our own life?

---

---

---

---

---

Remember, prayer is not just a duty, obligation, or activity like working a job. But it is a conversation with the Father, a communion and heartfelt communication with God that touches His heart.

Prayer is not begging God or pleading our case. It is, at its heart, a deep relationship with Him.

We begin at the level we are, and as we go into understanding the foundations and principles of prayer we will begin to communicate with Him in power and confidence.

Have you ever felt that God may have abandoned you in your prayer life?

---

---

---

---

---

---

---

---

---

---

---

## **Section 20**

This personal invitation to prayer is one of the most exciting and thrilling experiences with God and our faith. Much happens in prayer that we cannot see.

Prayer transforms lives, changes circumstance, gives peace and helps people to persevere in the world. Prayer can change the course of nations and the lives and careers of people every day.

Our prayers help bring people to the saving knowledge of Christ. They give hope to the hopeless like Virgil.

Describe a time we knew that our prayer changed someone for whom we were praying. If you cannot think of a time, ask God to reveal a time to you.

---

---

---

---

---

---

---

---

Read & write Matthew 11:24

---

---

---

---

---

---

---

---

This verse is very special in that the Lord gives us great assurance that He hears and answers our prayer so much so that He wants us to believe it before it happens.

---

## **Section 21**

God wants us to believe that our prayers will be answered. Prayer will build intimacy with God, it will cause us to trust Him more and His love for us more, and it will bring honour to His nature and character.

God's desire is that we pray with understanding and pray with effectiveness.

Think about this. Prayer is actually meant to be answered or God would not ask us to pray and pray without ceasing, so we can be encouraged to never giving up.

Jesus knew that God always answered Him and heard Him.

John 11:41-42 says, "Father, I thank you that you have heard me. I know that you always hear me."

How would an answer to a prayer affect your life right now?

---

---

---

---

---

---

---

---

Remember prayer is NOT getting God to do what you and I want but about knowing Him, being in relationship with Him to know His will and to do His will. It's about having a conversation with the Father.

Prayer reminds us that we are not in control, but God is in control. It helps keep us close to Him and His heart.



---

**Section 22**

**LESSON 5 - Hindrances to Prayer**

I know we don't like them but there are things that hinder prayer according to the Bible.

Before we begin, what do you think hinders prayer?

---

---

---

---

---

---

---

---

Let's look at what the Bible says are reasons to hindered prayer.

*Not asking according to the scriptures or the will of God.*

Read & write 1 John 5:14-15

---

---

---


---

---

---

---

---



God is pretty clear about asking according to His will. This wonderful scripture above should give us great confidence in our asking and knowing He heard us.

Read & write Matthew 6:10

---

---

---

---

---

---

---

---

This verse is a part of the Lord's Prayer. The will of God on the earth is the same as the will of God in heaven. We can be assured that God will hear and will answer our prayer according to these promises.

When we get discouraged because an answer seems to be delayed, go back to these anchor promises.

Meditating in the scripture is key to knowing the promises of God for our life when discouragement and delay seem to come.

---

**Section 23**

*Not Praying in Faith*

Read & write Mark 11:24

---

---

---

---

---

---

---

---

Whatever we pray, God wants us to pray and believe it. Don't doubt it. Have a deep resolve that He will answer that request. He is a God who wants us to take Him at His word. Don't doubt when we ask Him anything.

Read & write James 1:6

---

---

---

---

---

---

---

---

---

## *Obedience*

This is probably the greatest hindrance. The Lord loves obedience. It is the key to our walk with God. Learn early to obey God even if it costs you. Don't compromise things in our life so that our confidence in asking is weak. Be obedient at all costs in our personal life and spiritual life.

Read & write Psalms 66:18

---

---

---

---

---

---

---

---

Remember, we have learned that prayer is a relationship with God, a conversations with the Father. When sin, or anything else, comes that hinders the relationship or displeases the Lord, it will be hard for prayer to be answered.

*God delights in the upright heart.*

Read & Write Proverbs 15:8

---

---

---

---

---

---

---

---

---

Read & write Proverbs 15:29

---

---

---

---

---

---

---

---

### A word of Caution

I also want to caution that sometimes the answer to our request or petition will be 'no' or 'not yet' and this might feel like your prayers are unanswered.

This happens because God doesn't always reveal His entire will to us about situations and circumstances. We learn to trust that His way is perfect and that He is good. No matter what happens.

Continue to trust God and believe that all things work together for our good. God will never leave us or abandon us. His promises are true for us even if a prayer seems to go unanswered.

---

## **Section 24**

### *Confession of Sin*

In this life we will not live a perfectly sinless life. That is not a condition of prayer. That is why you and I need Jesus and need His blood to cleanse us from sin.

But confession of sin is necessary for God to forgive us of our sins. Always take the time in prayer to confess any sin and be cleansed by the sacrifice of Jesus blood.

Read & write I John 1:9

---

---

---

---

---

---

---

---

Obedience to Him in our lives is crucial but it is never perfect as long as we live so confession must be made. God is faithful and just and He will forgive us.

Read & write I John 3:21-22

---

---

---

---

---

---

---

---

---

## *Forgiving Others*

A great hindrance to prayer is unforgiveness. Forgiveness is at the heart of the Bible. In the Lord's prayer there is a specific part about our sins being forgiven in connection to us forgiving others.

When we don't forgive, our sins are not forgiven.

Read & write Matthew 6:14-15

---

---

---

---

---

---

---

---

Sin separates us from God and forgiveness of that sin restores it. Until that happens it can be difficult to pray, until we forgive others.

So, take some more time look at these areas of hindrance and see if we need to address anything in our personal life.



---

## Section 25

### BONUS LESSON

#### LESSON 6 - The Model Prayer

The Lords' Prayer, is a prayer that Jesus was instructing His disciples to pray. It is a beautiful prayer of how to pray to the Father God. They say it takes 21 seconds to pray this prayer.

Our Father which art in heaven, Hallowed be thy name.  
Thy kingdom come, Thy will be done in earth, as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.  
And lead us not into temptation, but deliver us from evil.

For thine is the kingdom, the power, and the glory,  
forever and ever. Amen.

- Matthew 6:9-13 + Doxology

This is a passage of scripture that most children learn early in life. They learn it in Sunday school or are taught it by their parents.

The prayer is really a format prayer or a guided way of praying. We do not have to pray the exact words, but people do, and we are welcome to pray it.

I want to give we the breakdown of the prayer as a guide to help we pray. Once we see the guide we can pray within that guide using our own words. I will put the words in red so we can see it more clearly.

---

## Adoration and praise

*Our Father which art in heaven, hallowed be our name.*

First, as we begin to pray we start with praise to God for who He is. If we're not sure what to say, read through some of the books of Psalms. There are countless praises we can use in our prayer. We can start off with a song if we like. We can even sing our praise to Him if we like. Be sure to express thanksgiving to God as well.

### Recognize God's will and sovereignty

*Thy kingdom come, thy will be done, on earth as it is in heaven.*

Next, we recognize God's will. His will on the earth is the same as in heaven. This is the part of the prayer where we don't pray for what we want but what He wants. Acknowledge God's will so that as we pray for our needs and desires, He guides our heart to pray for His will to be done instead of ours. We are surrendering and allowing God to speak to our heart about His will. Our desire is for His kingdom to come to the earth and His will be to done on earth just like it is in heaven.

### Express our needs and pray for others

*Give us this day our daily bread*

This is the part where we can ask for what we need. Our daily needs can be brought before God. Be open before God listening to His heart for you. He knows the desires of our hearts already. He knows what we need so there is no shame in asking. There isn't anything He can't answer or that is too hard for Him to do. Don't forget to pray for others needs to be met in this step also.

---

Repent and ask for forgiveness

*And forgive us our debts, as we forgive our debtors.*

Repentance doesn't just happen one time, we should live repentant lives every day. Repent for any sin we have committed. Ask God to forgive us. Forgive those that have done us wrong or sinned against us. Let them go free of their offenses against us. Allow the conviction of the Holy Spirit to take place in our heart.

Ask God to keep we from temptation

*And lead us not into temptation but deliver us from the evil.*

In this step, we ask God to keep us from temptation and protect us from the plans of the enemy. Ask Him to keep us from sinning or being tempted to sin against Him. We don't keep ourselves from falling into the plans and traps of the enemy. We need the help and strength of God. God is the one who keeps us from falling. If we ask Him, He will deliver us.

Close with praise and adoration (a doxology).

*For thine is the kingdom, the power, and the glory, forever and ever.  
Amen.*

End our prayer time with God in praise and thanksgiving for what God will do for us. Let our praise for God be our focus all throughout the prayer. Start in praise and end in praise.

Let the Lord's Prayer be a model of how we pray.

---

## Conclusion

As this study comes to an end, if you would like to pray a prayer of salvation or rededicate your life to God, I welcome you to do that here. You may be reading this study and realize that you want to begin a fresh new relationship with God. You may be desiring a stronger relationship with Him.

I invite you to pray this prayer:

*Heavenly Father,*

*I choose this day to rededicate my life to You. I choose to receive you as my Lord and Saviour. I believe that Jesus is Your son and that You raised Him from the dead. I believe this with all my heart. I commit my heart, my mind, my words, my actions, everything I have, and everything that I am to You. I purposely draw close to You and I thank You that You draw close to me. I repent of all known sin in my life and ask that You forgive me of any unrepented sin. Likewise, I release and forgive anyone that has sinned against me. I set them free and let the offenses go. Thank You for receiving me and for this new fresh start and new life with You.*

*In Jesus Name, Amen.*



© Patricia Day 2023 Victoria, Australia



All rights reserved. No part of this book may be reproduced or modified in any form, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

PDF Printable Version Available with purchase of Electronic Version.

Visit - <https://milk-and-honey.ck.page/conversations-pdf>