



Teach
ME TO
Pray

BIBLE STUDY
BOOKLET D

WEEK 1 - WHAT IS PRAYER?

Bible Verse: James 5:13-16

13 Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. 14 Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. 15 And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. 16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Introduction:

Prayer, at its very core, is a conversation with God. It involves speaking and listening. It involves all the emotions, happy, sad, anger, frustration, joy, grief, elation and more. When we have a conversation we are both speaking and listening, and giving attention to the one you are having the conversation with.

When James says that "the prayer of a righteous person is powerful," does he mean that only perfect people can pray? Thankfully no. A righteous person, is a person who has been made right by God. This is a person who has accepted Jesus as their Lord and Saviour. What Jesus did for us on the cross was this: Jesus took our sin off us, and gave us His righteousness. So if we have accepted his gift of salvation, we will stand before God on judgement day and God will not see our sin, but Christ's righteousness.



1 – What do you think prayer is? Write down your own definition.

2 – How many times does James use the word pray/prayer in these few verses? ___ Who does he call to pray?

-In verse 13

-In verse 14

-In verse 15

-In verse 16

-In verse 16

Circle the categories that you believe you fall into.

If you circled one or more of your answers above than you can be sure that God invites you to pray!

3 – Write down this prayer on a piece of paper, decorate if you would like, and put it somewhere you can see it, read it and pray it each day this week. (Leave some space at the bottom, we will be adding to this prayer each day. This section is about half the prayer)

*Dear Lord, teach me to pray. I praise You for this great gift of prayer. I thank You for the invitation to pray and talk to you, our creator and Lord.
Help me to draw closer to you each day.*

(leave a space here, the same number of lines as it took you to write the above prayer)

Amen.



1 – James gives us 4 examples of situations when we should pray. What are they?

1-

2-

3-

4-

Think of 5 more times when you think we should pray to God.

1-

2-

3-

4-

5-

2 – Are there any times, that you can think of when it is not necessary to pray? Or times when you should not pray? List them here and discuss with your family.

3 – Add these lines to your prayer for this week, remember to put it somewhere where you can read and pray it each day.

*I thank you Lord that I can pray in and through all circumstances in my life.
When I am joyful and when I am in trouble.*



1 – We can sometimes read scripture in small bits and get a false view of what the scripture means. If you read just this passage: “the prayer offered in faith will make the sick person well” what could you conclude? Than if you believe hard enough, God will do what you want. Do you think this is a good way to read scripture? Why/Why not?

2 – We know from our experience that sometimes when we pray, God does not always say yes to our requests. But we can be sure that this does not mean that God is not listening, or that God does not care. The bible assures us over and over that God hears our prayers. We will be looking at this more in week three, but for now think about these 2 questions:

-When have you prayed for something/someone and God has said yes, and that thing happened?

-When have you prayed for something/someone and you have not gotten an answer, or the thing did not happen?

3 – Add these lines to your prayer for this week, remember to put it somewhere where you can read and pray it each day.

Increase my faith in knowing that You always hear and answer my prayers.



WEEK 2 – WHAT HAPPENS WHEN WE PRAY?

Bible Verse: Philippians 4:4-7

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Introduction:

The Apostle Paul contrasts two things in verse 6. Anxiety and Prayer. He tells the readers to not do the former but instead do the later. Paul is not telling us here to have no concern for others or to be careless in our thoughts and actions. Instead he is instructing that the believer need not have unfounded fears or paranoia. We are to take any worry to the foot of the cross in prayer.



1 – Do you ever find yourself anxious about something specific? Write it down here, and describe why you worry about this thing.

2 – What do you think is the main reason for this worry? (eg. Fear of losing someone/something, fear of a wrong choice being made, fear of missing out). If you can think of several reasons, write them all down.

3 – Write out a prayer to God about this thing, and then pray this prayer each day. Some things to include in your prayer

- details about the worry
- why you are worried
- what outcome/resolution you desire
- God's will to be done



1 – Pauls says to pray ‘with thanksgiving.’ When we are worried or anxious about something it can be hard to find things to be thankful about, especially in regards to a specific situation. Can you think of any things to be thankful about in regards to the situation you described yesterday? If yes, write them down here. If no, ask you family to help. Sometimes others, who are not in the situation themselves, can see God’s blessings when we cannot. Write down their suggestions here.

2 – Why do you think it is sometimes hard to see things to be thankful for, when we are worried about something?

3 – Write out your prayer again here, and include thanksgiving to God.



1 – Paul tells us that when we pray we will experience the Peace of God. The Bible Explains this peace as being beyond our understanding and as something that grows over time. Write down a few sentences about what God's peace is to you.

2 – Paul tells us here that God's peace will 'guard your hearts and minds.' When we worry, our worry is in our heart and our mind. How do you think God's peace guards us?

3 – Write out your prayer again here. Include a petition to God asking for His peace in your heart and mind about the situation.



WEEK 3 – DOES GOD REALLY HEAR ME?

Bible Verse: Psalm 121

- 1 I lift up my eyes to the mountains—
where does my help come from?
- 2 My help comes from the Lord,
the Maker of heaven and earth.
- 3 He will not let your foot slip—
he who watches over you will not slumber;
- 4 indeed, he who watches over Israel
will neither slumber nor sleep.
- 5 The Lord watches over you—
the Lord is your shade at your right hand;
- 6 the sun will not harm you by day,
nor the moon by night.
- 7 The Lord will keep you from all harm—
he will watch over your life;
- 8 the Lord will watch over your coming and going
both now and forevermore.

John 15:7b

Ask whatever you wish, and it will be done for you.

John 15:5-8

5 "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. 6 If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. 7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. 8 This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.



Introduction:

For many people who ask this question, the thing they are wanting, is not actually what they are asking. People ask, "Does God really hear me when I pray?" but they already know the answer to that. God is God, He is everywhere, He knows everything, and He is all powerful. Of course, He can hear you.

What people really mean when they ask this question is either, "Does God care about my prayers?" or "Will God answer me, the way I want?"

The answer to the first of these questions is simple; God loves you and cares deeply about you. He loves you with a love that is so perfect and so consuming that it is beyond our ability to understand it. So, yes, God cares about your prayers. A thousand times YES, God cares about your prayers. We will explore this question in Day 1.

The answer to the second question is a little more complex, and relies on several factors. Like your motives, needs and desires as well as God's will.

We will explore this question more in Days 2 and 3.



1 – Read through Psalm 121 and highlight (underline or circle) all the words/phrases about causing harm. Then using a different colour/method highlight all the words/phrases that tell you something about God. Make a list of all the parts of your life that you believe fall under Gods care according to this verse.

2 – Read verse 7 out loud. Do you think this means that when we have trouble in our lives (or are harmed), God has decided not to care about us anymore? Why/Why not?

3 – Write down a time when you know God was showing care for you. Then ask your parents to share a time when they knew God was caring for them or the family.



WEEK 3 – DAY 2

1 – Read John 15:7b. In Week 1: Day 3 we discussed the dangers of taking a very small piece of God’s Word and not looking at the verses around it. This is a good example of that. There have been people who quote just verse 7b and then, when God does not do what they asked, they decided that He will not or cannot answer their prayers. Now read the whole passage, verses 5-8. What important truth are these people missing?

2 – In this passage Jesus is speaking about remaining in Him and keeping His words in us. What does it mean to remain in Jesus?

3 – What does it mean to have Christ’s words remain in us?



1 – Multiple times in Scripture we are told that our purpose is to glorify God. We do this by bearing good fruit, Godly fruit. This must be of utmost priority in our lives, as it is the very life purpose of the Christian. It must be our priority. And there is a direct link between what our priorities are and how we pray. This about The people below and list the things you think they would pray about.

- a) Someone whose top priority is making money would pray about?
- b) Someone whose top priority is revenge would pray about?
- c) Someone whose top priority is popularity would pray about?

2 – Now think about the people below.

- a) Someone whose top priority is a strong faith would pray about?
- b) Someone whose top priority is being a Godly influence would pray about?
- c) Someone whose top priority is loving others biblically would pray about?

3 – Read verses 7-8 out loud. What do you think about verse 7b, after studying it over the last 2 days?

WEEK 4 – HOW CAN I PRAY?

Bible Verse: Matthew 6:5-15

5 “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.

9 “This, then, is how you should pray:

“Our Father in heaven,
hallowed be your name,
10 your kingdom come,
your will be done,
on earth as it is in heaven.

11 Give us today our daily bread.

12 And forgive us our debts,
as we also have forgiven our debtors.

13 And lead us not into temptation,
but deliver us from the evil one.’

14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.

Introduction:

The Lord’s Prayer is often touted as the ultimate guide on how to pray, and for good reason. In the short passage from Christ we are taught the framework, or skeleton that we are to drape our prayers around. It focuses us on what is important: reverence of God, praying for His will, seeking His Word and Provision, showing biblical love to others and resisting sin.

There are times in all of our lives when we do not know what or how to pray in a situation. In those times, praying The Lord’s Prayer can lead us to the foot of Jesus where we can leave our needs and concerns.



1 – In verse 5-8 Jesus contrasts 2 different groups of people. The hypocrites/pagans with 'you'. Who do you think Jesus is referring to here, when he uses the words, 'you' and 'your.'

2 – Write down some of the phrases that Jesus uses to describe how the:
a) hypocrites/pagans behave

b) 'you' are to behave.

3 – Why does Christ say to not be like the hypocrites/pagans?



1 – Write out The Lord’s Prayer, section by section, under each heading.

- Reverence of God

- Praying for His Will

- Seeking His Word/Provision

- Showing Biblical Love

- Resisting Sin



2 – Thinking about your own prayers, which do you find yourself doing most often? Why do you think that is?

3 – Thinking about your own prayers, which do you find is often left out, or the hardest to remember? Why?

Today we are going to write our own prayer that we can pray based on the model of The Lord's Prayer. For each section below, answer the question, then you can write out your prayer onto a sheet of paper for your wall, or to fold and put into your bible.

1- Think of 3 amazing things about who God is and put them into a sentence.

2- Think of 1 thing that you would like for God to do or provide. Ask yourself if this thing will bring glory to God or glory to you. If it will bring glory to God, write it out in a sentence. If it will bring glory to you, try and think of something else.

3- Think about 2 things you need at the moment. Choose one spiritual need and one material need. Write a sentence for each and tell God what and why.

4- Think of one person who has done something to hurt/upset you. Write a sentence tell God what they did and asking Him to help you forgive them. Next write a sentence asking God to show you to show that person biblical love.

5- Think of one thing that you would like to ask God's forgiveness for. Write a sentence saying sorry, and asking for forgiveness.