

# Prayer



## Getting Started

Prayer is our chance to communicate with God. When we pray, we honor Him. Many medical experts believe that prayer benefits a person's overall health. Prayer can be done in different ways and can accomplish many different purposes. What are some of the reasons that we need to pray? How should we pray?

## Improving Your Vocabulary

**proclaim (v)** - speak out so that everyone can hear

**majesty (n)** - something very high and grand; quality of a king

**will (n)** - the desire, purpose or choice of a person or group

**merciful (adj)** - having compassion; not punishing those who deserve it

**constant (adj)** - always there; steady; unchanging

**temptation (n)** - the feeling of wanting to do something when you know you really should not

**anguish (n)** - great mental suffering or physical pain

**fervently (adv)** - doing something with very strong and sincere feeling

**worn out (adj)** - very tired after hard work or a difficult experience

## Reading God's Word

*Praise is one kind of prayer. It involves the recognition of God's greatness and what he does. When we recognize God's goodness, then the prayer is one of thanksgiving or gratitude. Thanksgiving can be for life itself, for creation, for Christ, or for specific answers to prayer.*

### Psalm 145: 1-2; 4-5

**1** I will proclaim your greatness, my God and king; I will thank you forever and ever. **2** Every day I will thank you; I will praise you forever and ever. **4** What you have done will be praised from one generation to the next; they will proclaim your mighty acts. **5** They will speak of your glory and majesty, and I will meditate on your wonderful deeds.

*The clearest teaching on how to pray comes from Jesus in his Sermon on the Mount (Matthew 5 and 6). The section here is known as "The Lord's Prayer."*

### Matthew 6:9-13

**9** This, then, is how you should pray: 'Our Father in heaven: May your holy name be honored; **10** may your Kingdom come; may your will be done on earth as it is in heaven. **11** Give us today the food we need. **12** Forgive us the wrongs we have done, as we forgive the wrongs that others have done to us. **13** Do not bring us to hard testing, but keep us safe from the Evil One.

*Confession of sin is another important kind of prayer. This recognizes the holiness of God and his authority. It also involves recognition of sin and should be followed by asking for forgiveness from God. David's confession of sin is a good example.*

### Psalm 51:1-3; 7 and 10

**1** Be merciful to me, O God because of your constant love. Because of your great mercy wipe away my sins! **2** Wash away all my evil and make me clean from my sin! **3** I recognize my faults; I am always conscious of my sins. **7** Remove my sin, and I will be clean; wash me, and I will be whiter than snow. **10** Create a pure heart in me, O God, and put a new and loyal spirit in me.

One of Jesus' most famous prayers can be found in three different places (Matthew 26:36-46; Mark 14:32-42 and Luke 22:39-46).

### Luke 22:39-46

**39** Jesus left the city and went, as he usually did, to the Mount of Olives; and the disciples went with him. **40** When he arrived at the place, he said to them, "Pray that you will not fall into temptation." **41** Then he went off from them about the distance of a stone's throw and knelt down and prayed. **42** "Father," he said, "if you will, take this cup of suffering away from me. Not my will, however, but your will be done." **43** An angel from heaven appeared to him and strengthened him. **44** In great anguish he prayed even more fervently; his sweat was like drops of blood falling to the ground. **45** Rising from his prayer, he went back to the disciples and found them asleep, worn out by their grief. **46** He said to them, "Why are you sleeping? Get up and pray that you will not fall into temptation."

For further study, see Matthew 6:5-8; John 17:1-26; Philippians 1:3-11.

### Taking a Closer Look

1. In what ways can we praise God through prayer? Why do you think this is important? (Psalm 145:1-5)  
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2. What important elements do you see in Jesus' model prayer in Matthew 6? How do verses 9 and 10 differ from verses 11 through 13? (Matthew 6:9-13)  
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3. How does David show that confession of sin is important in prayer? (Psalm 51:1-10)  
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4. Why did Jesus want his disciples to pray? (Luke 22:39-46)  
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5. What did Jesus pray for? Explain. (Luke 22:42)  
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## Taking Action

1. How can you make prayer a more regular part of your life? How might it benefit you?
2. Both Jesus (John 17:1-26) and Paul (Philippians 1:3-11) showed that it was important to pray for others? Why and how should you pray for others?

## Memory Verse: Matthew 7:7

**Ask, and you will receive; seek, and you will find; knock, and the door will be opened to you.**

## Review the Vocabulary

*Fill in the blanks with the correct vocabulary words.*

1. You've been working hard. You probably feel \_\_\_\_\_.
2. He believes in this very much. I heard him speak \_\_\_\_\_ about it.
3. I shouldn't go to places like that. It might be a \_\_\_\_\_ for me.
4. He was amazed by the \_\_\_\_\_ of the beautiful mountains.
5. She felt great \_\_\_\_\_ because of the loss of her husband.



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