**BOOK 5 BEGINNING YOUR NEW LIFE OF PRAYER**

**BEGINNING YOUR NEW LIFE SERIES**

The Christian life is not meant to be just a list of rules and regulations or a programme of rituals and ceremonies. God intends us to have a vital, personal relationship with Him. This is why He revealed Himself to mankind in the person of the Lord Jesus Christ.

This booklet is part of a series designed to help a believer grow in his relationship with Jesus Christ.

**TITLES IN THIS SERIES**

1. Beginning your new life with Christ
2. Beginning you new life of Fellowship with Christ
3. Beginning you new life in the Holy Spirit
4. Beginning you new life in God’s Word
5. **Beginning your new life of Prayer**
6. Beginning you new life of Discipleship

**Beginning your new life of Prayer**

“Lord teach us how to pray’ one of Jesus” disciples asked Him. (Luke 11:1). Jesus had taught His disciples a great many things about himself, about God the Father, about righteous living. He had taught them to preach, heal, and forgive. But prayer was the only thing the disciples had ever asked Him to teach them. They had been watching Him pray, and it seems that His praying was so meaningful and so effective that the disciples eagerly wanted to know they could pray like that too.

We will also benefit if we take time to learn about prayer from God’s word.

**What is prayer?**

Prayer is basically talking with God. As we come to God in prayer, many types of communication will occur. We may express or feeling of love, thankfulness, adoration to God. We may tell God our hurts and disappointments; we will confess our failures and sins, asking for forgiveness and restoration of our fellowship with Him. We will explain to God what we believe we need and why we need it, and ask him to supply those needs.

What feelings or needs were expressed in the following prayers?

1. Psalm 18:1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Psalm 51:1-2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Psalm 56:3-4\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Psalm 95:1 -2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Take time right now to express some of your feelings to God in prayer. Perhaps you will want to worship, to confess sin, to describe your troubles, express your trust, or tell God what you are grateful for.

**Why do we pray?**

We easily recognize that God is infinitely powerful and loving and that we humans are weak, sinful and in need of His help. Thus, we pray because we are dependent on God for every aspect of our life. This attitude of dependence should be evident in all our prayers.

1. (a) Read John 16:24. What did Jesus tell his disciples to do?\_\_\_\_\_\_\_\_\_\_\_\_\_

(b) Why is it good for a Christian to ask for things in Jesus’ name? (Same verse)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Why is it good for God when Christian ask for things in Jesus’ Name? John 14:13

**What should we pray about?**

1. In Luke 11:3 – 4, Jesus is teaching His disciples to pray. What three personal needs does He mention we should pray for?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“Daily bread” refers to physical needs while forgiveness and victory are spiritual needs. Take time right now to list some of your physical and spiritual needs, and then pray for them.

**How and when should we pray?**

List the circumstances or conditions in which Jesus prayed, according to these verses.

1. Luke 5:16\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Luke 22:41\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

These explanations show us that Jesus often went to lonely places and prayed for a long time. But He also prayed short prayers, moved by circumstances and events, in front of other people. Sometimes He prayed privately with His disciples, sometimes in a crowd. He prayed when He was tired, joyful, or in anguish. He prayed standing or kneeling.

Our prayers and habits too, should reflect this variety. Sometimes we need long, deep, private communication with God. Other times we need to pray quickly about an immediate situation even in a public place.

**What makes our prayer effective?**

1. According to James 4:3, why might we not receive what we ask for in prayer?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. According to Psalm 66:18, what is another reason why God may not listen to our prayers?
3. What is essential in prayer in order to receive what we ask for? Mark 11:24\_\_
4. How must we ask if we want God to hear us according to 1 John 5:14-15?\_\_\_

To summarize: In order to have powerful, effective prayers, we must pray according to God’s will, not ask selfishly, pray in faith, and have no unconfessed sin in our lives.

**Action Points**

1. Keep a prayer journal. List your needs and requests. Then write the date they are answered.
2. Study book 4 of the Ten Basic Steps towards Christian Maturity, entitled The Christian and Prayer.

**Next Appointment**

*Day/Date………………………………………………. Time………………………*

**Bible verses used in this booklet**

1. Psalm 18:1, “I love you, O Lord, my Strength”
2. Psalm 51: 1-2, “Have mercy on me, O God according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.’
3. Psalm 56:3 – 4, “When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?”
4. Psalm 95:1 – 2, “Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. Let us come before Him with thanksgiving and extol Him with music and song.”
5. John 16:24, “Until now you have not asked for anything IN MY NAME. Ask and you will receive, and your joy will be complete.”
6. John 14:13, “And I will do whatever you ask in my name, so that the son may bring glory to the Father.”

**Answers**

1. Love for God
2. Sorrow for sin
3. Fear and trust
4. Joyful worship and thanksgiving.
5. (a) Ask for things in Jesus’ Name.

(b) Our Joy will be complete

1. God receives glory.
2. We should pray for daily bread, forgiveness and victory over temptation.
3. Jesus prayed often, in lonely places.
4. Jesus prayed near the disciples, kneeling.
5. Because we ask with wrong (selfish) motives.
6. If we cherish sin in our hearts God may not listen to our prayer.
7. Believing (Faith)
8. We must ask according to God’s will.