**The Power of Prayer Bible Study**

**Hook**

What is prayer? Prayer isn’t just something we do out of obligation, but it is a conversation with our Father. When we pray to our Creator, we not only experience His love for us, but it also allows us to clear our minds and receive guidance from Him as well. How do we pray? When do we pray? Should we pray alone or in groups? These are all questions that many Christians, new and old, wrestle with. Let's dive in and find out what the Bible says about prayer.

**Book**

Let’s first study how we are supposed to pray. If you all turn to Matthew 6:9-13, we can learn directly from Jesus how we are to pray to our Father. Matthew 6:9-13 states,

*“This, then, is how you should pray: "Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one."*

We have come to know this prayer as the LORD’s prayer. It is Jesus’ blueprint for how we should structure our prayers. In this prayer, He gives us an outline broken into three parts: the address, the adoration, and the appeal.

In the address, He states, “Our Father in Heaven”. Here, Jesus simply states that we need to start our prayers by addressing our Father, the Creator. By doing this, we acknowledge His sovereignty and show that we are ready to converse with Him. Next, we come to adoration. *“Hallowed be your name, your kingdom come, your will be done.”* As you see, we need to let God know that we are surrendering to His will. When you pray to God, you come to Him humbly with an open and loving heart. If you remember, with the Sermon on the Mount, Jesus preached that the most important thing He and our Father are after is our HEARTS. It is our hearts that need to be changed for us to be able to repent and turn to God for salvation fully. The last section is the appeal. *“Give us this day our daily bread. Forgive us our debts as we forgive our debtors.”* This shows God that we accept that we fully rely on Him for all things.

In Matthew 6:31-33, we read,

*"So do not worry, saying 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well."*

Jesus tells us not to worry about the things we need to live. God will provide all we need. So, when we make an appeal, we need to come to God earnestly. And don’t worry if you forget things when you start to pray. Ultimately, God already knows what you need and what you will pray to Him about.

To finish this lesson on how to pray, we are instructed in Matthew 6:5-8,

*“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. 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. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.”*

Many people build prayer closets. These are places in their homes where they can go and pray in silence. They are special places where they can have a one-on-one conversation with God.

The second question many ask is, “When do we pray?” 1 Thessalonians 5:16-18 answers this question quite well: *“**Rejoice always, pray continually,* *give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”* You can’t really get more direct than this. God wants us to always speak with Him. Not just when we need something or when facing troubles. He wants a continuous relationship with us, which includes speaking with us daily. This is one of the aspects of being a Christian that many young and mature Christians face during their walk with Christ. Remembering to pray and to go to God for all things is almost a habit that we as mankind need to retrain ourselves in. Over the years, this has become so weird in the culture that it’s considered taboo. Think about it. When was the last time you were at a restaurant and saw a family say grace before eating their meal? Or when was the last time YOU said grace?

In conclusion, we need to remember prayer is not about getting the words perfectly stated or how long and elegant the prayer is that you say. God wants a relationship with each and every one of us. Prayer and how you pray are lifelong lessons. The more you do it, the more it will not only improve, but the more it will mold your HEART. You will sense an increase in your faith, trust, and intimacy with God. In James 4:8, it states*, "Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.”*

**SCRIPTURE PASSAGES**

**Philippians 4:6-7**

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.

**James 5:16**

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.

**Look**

**Discussion Questions**

1. Why do you think Jesus' disciples asked Him to teach them how to pray?

2. What does the Lord’s Prayer teach us about God and ourselves?

3. How can we "pray without ceasing" in our busy lives?

4. Have you experienced peace through prayer during a stressful time? Share your experience.

5. What role does faith play in the effectiveness of our prayers?

**Took**

**Application**

Commit to a daily prayer time for the next 7 days. Use the Lord’s Prayer as a guide and spend time in silence, listening for God's voice.

Write out your prayers each day this week. Reflect on what you notice about your thoughts, emotions, and relationship with God as you pray.

**Group Activity**

Pair up and pray for one another. Share one specific prayer request and follow up on it next week.