

# Prayer

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## P-Path Training

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P1 Don't try to impress others with your prayer

P2 Find a Place to Pray

P3 Not with Many Words

P4 The Lord's Prayer

P5 Our Father in heaven

P6 May your name be honoured on earth as it is in heaven

P7 May your kingdom come on earth as it is in heaven

P8 May your will be done on earth as it is in heaven

P9 Give us today our daily bread

P10 Forgive us our sins, as we also forgive those who sin against us

P11 Lead us out of temptation

P12 Deliver us from the evil one

P13 Listen To Jesus

P14 Joy and Peace in Believing

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## **P-Path Training**

There is much bad teaching and practice around prayer, based on human theories and human experience. This Prayer-Path training goes through Jesus' teaching on prayer from Matthew 6. You will need to prayerfully listen to Jesus as you go through each story.

Before going through this path, go through D9 – Prayer.

### **P1 Don't try to impress others with your prayer**

This is the first training in the P-Path: **Prayer**.

Motto: Love one another – Go and make disciples

#### **Matthew 6:5 Do Not Pray to be Seen by Others**

Matthew 6:5 Jesus said, "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.

What good news is in this story?

Will you go through this story in your GG?

### **P2 Find a Place to Pray**

This is the second training in the P-Path: **Prayer**.

Motto: Love one another – Go and make disciples

#### **Matthew 6:6 Pray in your room**

Matthew 6:6 Jesus said, "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."

What good news is in this story?

## **Conclusion**

Will you find a place where you can regularly pray without being disturbed? It might be in your house, or another building, or in the bush, or taking a walk along a quiet track.

Will you go through this story in your GG?

### **P3 Not with Many Words**

This is the third training in the P-Path: **Prayer**.

Motto: Love one another – Go and make disciples

#### **Matthew 6:7-8 Not Like the Pagans with Many Words**

Matthew 6:7-8 Jesus said, "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."

What good news is in this story?

Will you go through this story in your GG?

### **P4 The Lord's Prayer**

This is the fourth training in the P-Path: **Prayer**.

Motto: Love one another – Go and make disciples

## **Matthew 6:9-10 This Is How You Should Pray**

Matthew 6:9-10 Jesus said, "This is how you should pray: 'Our Father in heaven, may your name be honoured, and your kingdom come, and your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins, as we also forgive those who sin against us. And lead us out of temptation, and deliver us from the evil one.' For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."

What good news is in this story?

### **Conclusion**

Jesus gives a pattern for prayer. The following training stories expand on each part of this prayer.

P5 Our Father in heaven

P6 May your name be honoured on earth as it is in heaven

P7 May your kingdom come on earth as it is in heaven

P8 May your will be done on earth as it is in heaven

P9 Give us today our daily bread

P10 Forgive us our sins, as we also forgive those who sin against us

P11 Lead us out of temptation

P12 Deliver us from the evil one

## **P5 Our Father in heaven**

This is the fifth training in the P-Path: **Prayer**.

Motto: Love one another – Go and make disciples

## **Matthew 11:28-30 Come to Me**

Matthew 11:28-30 Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

What good news is in this story?

## **John 14:1 Believe in Jesus**

John 14:1 Jesus said "Do not let your hearts be troubled. You believe in God; believe also in me."

What good news is in this story?

### **Conclusion**

Effective prayer requires that we first rest our soul in God.

Will you go through these stories in your GG?

## **P6 May your name be honoured on earth as it is in heaven**

This is the sixth training in the P-Path: **Prayer**.

Motto: Love one another – Go and make disciples

## **John 6:63 The Spirit gives life**

John 6:63 Jesus said "The Spirit gives life; the flesh counts for nothing. The words I have spoken to you—they are full of the Spirit and life. Yet there are some of you who do not believe."

What good news is in this story?

## **Matthew 10:39 Whoever loses their life ... will find it..**

Matthew 10:39 Jesus said "Whoever finds their life will lose it, and whoever loses their life for my sake will find it."

What good news is in this story?

## **Conclusion**

Will you stop acting like God and let God be God in your life today?

Do you believe that the life God want's for you is truly the only life worth living? Will you defeat temptation with this truth?

Will you go through each of these stories in your GG?

## **P7 May your kingdom come on earth as it is in heaven**

This is the seventh training in the P-Path: Prayer.

Motto: Love one another – Go and make disciples

## **Luke 10:2 Ask the Lord to send workers into his harvest**

Luke 10:2 Jesus said, "The harvest is plentiful, but the labourers are few. Therefore pray earnestly to the Lord of the harvest to send out labourers into his harvest."

What good news is in this story?

## **Matthew 6:31-33 Seek First His Kingdom**

Matthew 6:31-33 Jesus said, "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."

What good news is in this story?

## **Conclusion**

You can only truly learn how to pray if your heart is engaged in mission.

Will you go through each of these stories in your GG?

## **P8 May your will be done on earth as it is in heaven**

This is the eighth training in the P-Path: Prayer.

Motto: Love one another – Go and make disciples

## **Matthew 18:14 None of these little ones should perish.**

Matthew 18:14 Jesus said, "Your Father in heaven is not willing that any of these little ones should perish."

What good news is in this story?

## **John 6:40 That Everyone ... Shall Have Eternal Life**

John 6:40 Jesus said, "For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day."

What good news is in this story?

## **John 17:21 That All of them May Be One**

John 17:21 Jesus said, "I pray that all of them may be one, Father, just as you are in me and I am in you."

What good news is in this story?

## **Conclusion**

Will you go through each of these stories in your GG?

## **P9 Give us today our daily bread**

This is the ninth training in the P-Path: Prayer.

Motto: Love one another – Go and make disciples

Before praying for our own needs Jesus tells us to pray for His Kingdom to come and His will to be done.

## **Matthew 6:27, 31-32 Do Not Worry**

Matthew 6:27, 31-32 Jesus said "Can any one of you by worrying add a single hour to your life? ... 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."

What good news is in this story?

Will you go through each of these stories in your GG?

## **P10 Forgive us our sins, as we also forgive those who sin against us**

This is the tenth training in the P-Path: Prayer.

Motto: Love one another – Go and make disciples

## **Matthew 6:14-15 Forgive to be Forgiven**

Matthew 6:14-15 Jesus said "For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."

What good news is in this story?

## **Matthew 18:21-35 Forgive as You Have Been Forgiven**

Matthew 18:21-35 Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times. Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. As he began the settlement, a man who owed him ten thousand bags of gold was brought to him. Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt. At this the servant fell on his knees before him. 'Be patient with me,' he begged, 'and I will pay back everything.' The servant's master took pity on him, canceled the debt and let him go. But when that servant went out, he found one of his fellow servants who owed him a hundred silver coins. He grabbed him and began to choke him. 'Pay back what you owe me!' he demanded. His fellow servant fell to his knees and begged him, 'Be patient with me, and I will pay it back.' But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. When the other servants saw what had happened, they were outraged and went and told their

master everything that had happened. Then the master called the servant in. ‘You wicked servant,’ he said, ‘I canceled all that debt of yours because you begged me to. Shouldn’t you have had mercy on your fellow servant just as I had on you?’ In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed. This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart.”

What good news is in this story?

### **Conclusion**

Forgiveness is not dependent upon our confession of sin, but on our forgiveness of others.

Jesus gives great emphasis to forgiving others. Will you take this as seriously as Jesus does?

Will you go through each of these stories in your GG?

## **P11 Lead us out of temptation**

This is the eleventh training in the P-Path: **Prayer**.

Motto: Love one another – Go and make disciples

### **Matthew 4:1 Led by the Spirit to be Tempted by the Devil**

Matthew 4:1 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil.

What good news is in this story?

### **Luke 22:39-40 Pray that you will not fall into temptation**

Luke 22:39-40 Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, “Pray that you will not fall into temptation.”

What good news is in this story?

### **1 Corinthians 10:13 He Will Also Provide A Way Out**

1 Corinthians 10:13 No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

What good news is in this story?

### **Conclusion**

The temptation to doubt God faces us every moment of every day. Like Jesus, we need to learn to face and overcome temptation.

Temptation is not sin, but failing to pray about temptation is likely to result in sin.

Will you pray about the areas where you face temptation?

Will you go through each of these stories in your GG?

## **P12 Deliver us from the evil one**

This is the twelfth training in the P-Path: **Prayer**.

Motto: Love one another – Go and make disciples

Much of the popular teaching about spiritual warfare is contrary to what we see in Jesus ministry and teaching. Let us learn from Jesus.

## **Matthew 4:1-11 Jesus led by the Spirit to be tempted**

Matthew 4:1-11 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: 'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'" Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour. "All this I will give you," he said, "if you will bow down and worship me." Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" Then the devil left him, and angels came and attended him.

What good news is in this story?

## **Luke 22:31-32 I have prayed that your faith may not fail**

Luke 22:31-32 Jesus said "Simon, Simon, Satan has asked to sift all of you as wheat. But I have prayed for you, Simon, that your faith may not fail. And when you have turned back, strengthen your brothers."

What good news is in this story?

## **Luke 10:17-19 I saw Satan fall like lightning**

Luke 10:17-19 The seventy-two returned with joy and said, "Lord, even the demons submit to us in your name." He replied, "I saw Satan fall like lightning from heaven. I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you."

What good news is in this story?

## **Ephesians 6:10-12 Our Struggle Is Not Against Flesh And Blood**

Ephesians 6:10-12 Finally, be strong in the Lord and in his mighty power. Put on the full armour of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

What good news is in this story?

## **Conclusion**

Even though "our struggle is not against flesh and blood, but ... against the spiritual forces of evil in the heavenly realms." we overcome evil, as Jesus did, by standing firm in the truth, and as the disciples did, by healing and delivering people in the authority of Jesus. Jesus never told us to rebuke or bind Satan or his schemes – only God can do that (see Jude 1:8-10).

Will you wage war with prayer, love, truth, faith and obedience?

## **P13 Listen To Jesus**

This is the thirteenth training in the P-Path: **Prayer**.

Motto: Love one another – Go and make disciples

In P4 - P12 we have gone through the Lord's Prayer. To do God's will we must learn to listen to Jesus.

## **John 5:39-40 Study Scripture then Listen...**

John 5:39-40 Jesus said "You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, yet you refuse to come to me to have life."

What good news is in this story?

### **Mark 8:17-18 Are your hearts hardened?**

Mark 8:17-18 Jesus said "Do you still not see or understand? Are your hearts hardened? Do you have eyes but fail to see, and ears but fail to hear? And don't you remember?"

What good news is in this story?

### **Luke 8:18 Take care how you listen**

Note: Jesus said this immediately after the parable of the soils.

Luke 8:18 Jesus said "Therefore consider carefully how you listen. Whoever has will be given more; whoever does not have, even what they think they have will be taken from them."

What good news is in this story?

### **Luke 9:28-29,35 This is My Son, Listen to Him.**

Luke 9:28-29,35 Jesus took Peter, James and John up a mountain to pray. As he was praying, His face shone like the sun, and his clothes became as bright as lightning ... A voice came from the cloud, saying, "This is my Son, whom I have chosen; listen to him."

What good news is in this story?

### **Conclusion**

Studying scripture is how God starts a conversation with you. Will you then ask Him what He wants to say to you and listen carefully?

Even Jesus' closest disciples had hard hearts and deaf ears! Are you able to recognise that your heart is also hard? Pray for a soft, attentive, willing heart.

Will you listen quietly and carefully to Jesus today – and obey Him?

Sometimes physical quiet and stillness is the way for you to listen to Jesus. Other times it may be through physical activity like walking or running, or dancing or weeding or digging... Learn and practice what works for you to calm your mind and listen to Jesus. Jesus' transfiguration took place after the hard physical exercise of climbing a mountain! Find what works for you.

Will you go through these stories in your GG?

## **P14 Joy and Peace in Believing**

This is the fourteenth training in the P-Path: Prayer.

Motto: Love one another – Go and make disciples

### **Romans 15:13 The Spirit gives Joy in Believing**

Romans 15:13 "May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit."

What good news is in this story?

### **Luke 18:1-8 God is Not Like an Unjust Judge**

Luke 18:1-8 Then Jesus told his disciples a parable to show them that they should always pray and not give up. He said: "In a certain town there was a judge who neither feared God nor cared what people thought. And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.' For some time he refused. But finally he said to himself, 'Even though I don't fear God or care what people think, yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually come and attack me!' And the Lord said, "Listen to what the unjust



judge says. And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?"

What good news is in this story?

### **Matthew 17:14-20 If You Have Faith as Small as a Mustard Seed**

Matthew 17:14-20 When they came to the crowd, a man approached Jesus and knelt before him. "Lord, have mercy on my son," he said. "He has seizures and is suffering greatly. He often falls into the fire or into the water. I brought him to your disciples, but they could not heal him." "You unbelieving and perverse generation," Jesus replied, "how long shall I stay with you? How long shall I put up with you? Bring the boy here to me." Jesus rebuked the demon, and it came out of the boy, and he was healed at that moment. Then the disciples came to Jesus in private and asked, "Why couldn't we drive it out?" He replied, "Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."

What good news is in this story?

### **Revelation 5:8 Every Prayer is Gathered By God**

Revelation 5:8 The four living creatures and the twenty-four elders fell down before the Lamb. Each one had a harp and they were holding golden bowls full of incense, which are the prayers of God's people.

### **Conclusion**

We keep praying unanswered prayers because it is God's will.

Will you commit yourself to pray every day and never give up?

Will you go through each of these stories in your GG?