

Let's Pray

Session Three: Learning to Pray

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Ice Breaker: Briefly share a “Let’s Pray” experience from the past week.

Luke 18:1 (NIV®)

Then Jesus told his disciples a parable to show them that they should always pray and not give up.

READ ALOUD

Jesus taught His disciples how to pray. There are many life skills He did not teach them—how to make money, how to negotiate, or how to prepare for retirement. Jesus invited His closest followers to imagine an entirely new approach to life. He spoke to the wind and waves, He demonstrated an authority over evil spirits and even disease. Prayer is learned. We can learn to invite God into the midst of our lives and experience supernatural outcomes.

I. Jesus taught His disciples to pray.

Luke 11:1-2 (NIV®)

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, “Lord, teach us to pray, just as John taught his disciples.” He said to them, “When you pray, say: ‘Father, hallowed be your name, your kingdom come . . .’”

1. The disciples asked Jesus, “Lord, teach us to pray . . .” Jesus didn’t reprimand them; instead He taught them to pray. We are all learners. Share something you have learned about prayer.
2. When learning new things we make mistakes or realize that participating sometimes feels awkward. Share how you felt when praying aloud the first time.
3. Who comes to mind when you think about a person who prays? What characteristics do you think of?

II. There Is an Unseen Reality.

READ ALOUD

The authority behind prayer is rooted in the unseen. Prayer enables us to be active in a realm beyond our five senses. When our strength and ability is inadequate we have a resource, the power of Almighty God. It is through prayer we learn to invite God into our circumstances.

2 Corinthians 4:17-18 (NIV®)

For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

Hebrews 11:3 (NIV®)

By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible.

4. The authority of prayer is rooted in the unseen. What does that mean to you?
5. What are some things you believe in that you cannot see? (example: gravity)

Genesis 1:1 (NIV®)

In the beginning God created the heavens and the earth.

6. How does your belief in Creation affect your belief in God's power to answer prayer?
7. Pastor Allen reminds us that when we pray we bring the unseen forces to bear upon our physical lives. What is the power behind these forces?

III. Prayer Matters

Luke 13:10-13 (NIV®)

On a Sabbath Jesus was teaching in one of the synagogues, and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. When Jesus saw her, he called her forward and said to her, "Woman, you are set free from your infirmity." Then he put his hands on her, and immediately she straightened up and praised God.

8. What was the fundamental cause of the woman's physical limits?
9. We are often reluctant to pray for the sick. Why?

READ ALOUD

To use a tool with expertise requires practice. Typically when we begin we are not very accomplished; often we make mistakes or feel clumsy. The pattern is true of prayer as well. We will have to be willing to pray even when we feel clumsy or recognize mistakes. However, the investment of time and effort will result in an outcome—an effective prayer life.

10. Prayer is a tool, and we can all learn to use it more effectively. What are some of the "skills" you need in order to see your prayers answered more consistently?

Let's pray together!

Isaiah 40:29-31 (NASB®)

He gives strength to the weary,
And to him who lacks might He increases power.
Though youths grow weary and tired,
And vigorous young men stumble badly,
Yet those who wait for the LORD
Will gain new strength;
They will mount up with wings like eagles,
They will run and not get tired,
They will walk and not become weary. Amen.

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