



Week 1: Know It

1 WHAT IS PRAYER AND WHY IS IT IMPORTANT TO GOD?

- A. Prayer is a **conversation** with God. When we pray, we are able to **worship** God, ask Him for help, and receive our requests in **faith**.
- B. God is concerned about everything that is **important to you**, and He **provides** for you through prayer.

2 WHY DO WE PRAY? WE PRAY DIFFERENT TYPES OF PRAYERS DEPENDING ON THE REASON WE ARE PRAYING. SOME EXAMPLES ARE:

- A. Prayer of **praise** and **worship**, which is an opportunity to **fellowship** with God.
 - I. "I will sing of Your mercies forever, I **speak** continually of Your faithfulness to all generations." (Psalm 89:1)
- B. Prayer of **petition** also known as the prayer of **faith**. This type of prayer you said for your salvation.
 - I. "Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours". (Mark 11:24)
 - II. This is also used to receive **healing**. This prayer is always made in the name of **Jesus**.
- C. Prayer of **commitment**. This is the prayer where you cast your worries and anxieties on God.
 - I. "Give all your **anxieties**, worries and **concerns** to God once and for all because He cares about you." (1 Peter 5:7)
 - II. Once you pray this prayer, then **refuse** to take that issue back because you made a commitment to give it to God to take care of.
- D. Prayer of **intercession** is when you stand in the gap in prayer for **someone else**.
 - I. Activity: Go around in a circle and discuss needs that each student has been seeking from God.
 - II. Have the students pair up and pray for each other's needs.

3 IS PRAYER SILENT? NO, PRAYER IS SPOKEN.

- A. Thinking about God or Scripture is **meditation**.
- B. Talk to God with **with your own words**. There are no fancy words you need to use. Talk to Him like you talk to a **friend**.
 - I. Have you ever struggled to pray out loud?
 - II. Have you ever struggled to pray in front of people?
 - a. Explain why you think this is.

RECAP QUESTIONS:

- What is prayer? **A conversation with God.**
 - Why is prayer important? **God wants to have a relationship with us.**
 - Why do we pray? **To praise God, to ask God for something we need, to give Him our anxieties and worries, and to intercede for others.**
 - Why do we meditate? **To think about God and His Word.**
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Week 2: Have It

1 WHEN SHOULD I PRAY?

- A. Pray any time, anywhere.
 - I. Make a **specific appointment** each day to spend time in prayer.
 - a. This could be first thing in the **morning** to get your day started right, or this could be in the evening after your day settles down.
 - i. It's important to make sure you just **set a time each day**.
 - b. Have the students go around and share when they find the most intentional time to pray out to God.
 - 1) This could look different for everyone.
 - II. A prayer **journal** is a good way to keep a list of things and people you pray for. Be sure to record when prayers are **answered**.

2 HOW CAN I PRAY?

- A. There are three ways to pray: Scripture, in my known tongue (English), and in a special prayer language (praying in tongues).

3 HOW DO I PRAY SCRIPTURE?

- A. You can pray **Scripture** over **yourself, friends, and family** and even people you don't know.
 - I. His Word is the **answer** to everything in your life.
 - II. Choose a passage that speaks a **praise** or a **promise**. A good place to start is Psalm 100, Ephesians 1, and Philippians 1.
 - a. Activity: Write out a verse of your choice and put your **name** in the verse to make it real for you.
 - i. For example: Take Ephesians 1 which reads, "Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ." You pray, "I always pray to the God of **my** Lord, Jesus Christ, that He might grant **me** a spirit of wisdom..."
 - ii. Now, you try it by saying it out loud. With practice, this is an easy and fun way to pray God's will over your life.

4 WHAT DO I SAY TO GOD?

- A. Talk to Him just like you would a **friend**.
 - I. Start with **thanksgiving** telling God why you love Him and acknowledging all He has given you. Then you may make a **request** in the name of Jesus or you may just **share** what's on your heart. End the prayer by **receiving** what you asked for and thanking God for His **faithfulness**. This is a guide depending on the type of prayer as we learned last week.
 - II. Sometimes you don't know what to pray. If you have been baptized in the Holy Spirit with the evidence of speaking in tongues, you can pray using your special **prayer language**. If you have not, talk to your small group leader to get more information.
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Week 3: Share It

RECAP

- A. Prayer is a **conversation** with God.
- B. We pray to have a **relationship** with God.
- C. God cares about **every** part of our lives.
- D. Make a specific appointment to pray every day.
- E. Why should we pray for others?
 - I. God is the **answer for every problem we face**.
 - a. What are some common problems your friends and classmates/teammates face?
- F. How do I pray for others?
 - I. You can pray for them in your private prayer time.
 - II. You can pray with them directly.
 - a. Look for **opportunities** where a friend or family member may be open to prayer. For example, people often want prayer when they are sick, anxious, sad, or even to celebrate a special occasion. Look for these opportunities and ask them if you could pray with them.
 - b. **Keep it simple**. There is power in a 30-second prayer.
 - c. Remember you are talking to God like a friend, so just pray to Him like He was right there with you.
 - d. The more you do it, the easier it becomes.
 - e. **Be bold!** God directs us to pray for each other. He would not ask you to do something He does not equip you to do.

ACTIVITY

- A. Divide the students into groups of 2 or 3. Have each person pray for the other.
 - I. If there is time, have some students share how it felt.
 - II. Make sure to compliment the students on their effort.
 - III. Encourage them to pray for someone outside of church this next week and report back on how it went.
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