

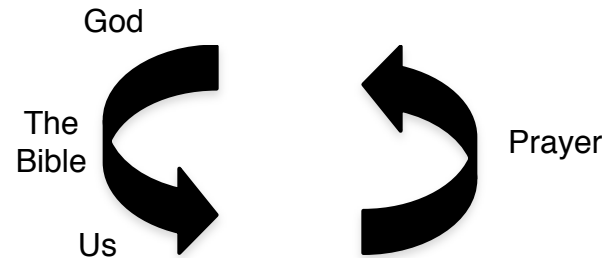
# Prayer I Leader

## What is prayer?

Prayer is simply talking to God. Just like you would talk to your friends or family, prayer is communicating the same things to God.

*Explain (right):*

The great thing about having a relationship with God is that we have the chance to communicate with Him. This is how it looks (draw it out). God communicates with us through the Bible, and we communicate back with God through prayer.



## Why should we pray?

*Philippians 4:6-7* – we can gain peace through praying

*Jeremiah 33:3* – we gain knowledge and wisdom through praying

*Matthew 7:7-11* – God will specifically answer our prayers

*James 5:17* – God answers our specific prayers

## How to pray:

**Adoration** – tell God how great He is; praise

**Confession** – acknowledge sins & mistakes to God

**Thanksgiving** – thank God for everything He has done for you

**Supplication** – ask God to supply your needs and the needs of others

## What will it take to pray consistently?

Time (designated time), effort, knowing why and how to pray, realizing the need for prayer

## Which of these will be hardest for you?

## What does the Bible say about how to pray?

*Psalms 5:3* – pray daily during a specific time

*1 Thessalonians 5:16-18* – build the habit so it becomes a normal part of your life

*Matthew 21:22* – pray believing that God can & will answer your prayers

**Practice it:**

Spend time praying with him/her using the ACTS method. Keep your prayers simple and brief during this time of prayer.

**Challenge:**

Challenge him/her to do the ACTS method for 5 minutes after they spend time reading the Bible each day. It can be on the way to class, in your room, etc. Just like you would talk with anyone else, that's how God wants us to talk with Him.

# Prayer

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*Jeremiah 33:3*

*Matthew 7:7-11*

*James 5:17*

**How to pray:**

**A**

**C**

**T**

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