



# PRAYER 101

## Discovering the Joy of Spiritual Maturity

### Ephesians 4:15 – 16 (Message)

*God wants us to grow up, to know the whole truth and tell it in love—like Christ in everything. We take our lead from Christ, who is the source of everything we do. He keeps us in step with each other. His very breath and blood flow through us, nourishing us so that we will grow up healthy in God, robust in love.*

Rev. Abi Foerster  
pastor@cofumc.org

# WELCOME TO PRAYER 101

## Introduction:

We're glad you're here! This class is one of many core curriculum classes that Community of Faith UMC hopes to offer in our 101 series to help new Christians begin their faith journey well and revitalize the journey of others who may have been part of a church for a while but may need a refresh on some basic building blocks. We hope the 101 series will help everyone build a strong spiritual foundation.

**Why do we need a strong foundation?** \_\_\_\_\_

*"... that you may become mature Christians and may fulfill God's will for you." Colossians 4:12b*

*"Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth. Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love." Ephesians 4:14-16*

**What Is Spiritual Maturity? Spiritual Maturity is** \_\_\_\_\_

*"... In the unity of common faith and knowledge of the Son of God we arrive at real maturity – the measure of development which is meant by 'the fullness of Christ.'" Ephesians 4:13*

*"For from the beginning God decided that those who came to Him ... should become like his Son..." Romans 8:29*

*Whoever claims to live in him must live as Jesus did. 1 John 2:6*

## The Goal of the 101 Curriculum Series:

**That, together, we will commit to the habits necessary for** \_\_\_\_\_.

*"In the past you voluntarily gave your bodies to the service of vice and ... the purposes of evil. So now give yourselves to the service of righteousness – for the purpose of becoming truly good." Romans 6:19*

## The Focus of This Class:

We will focus on one of the basic habits every Christian needs to develop in order to grow to spiritual maturity: **learning to talk with God (Prayer).**

This class will:

- ◆ Equip you with the skills you need to begin in the habit of prayer.
- ◆ Explain the tools you need to continue this habit in your own devotional life

*"If you remain in me, and my words remain in you, then you will ask for anything you wish, and you shall have it ... in this way you become my disciples." John 15:7-8*

## The Habit of Prayer: Talking with God

*“Base your happiness on your hope in Christ. When trials come, endure then patiently; steadfastly maintain the habit of prayer.” Romans 12:12*

### HOW TO (RE)VITALIZE YOUR PRAYER LIFE (Matthew 6:5-8)

#### 1. APPROACH PRAYER WITH THE RIGHT ATTITUDE.

*“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 men.” (Matthew 6:5)*

- BE \_\_\_\_\_  
     Don't try to \_\_\_\_\_  
     Don't try to \_\_\_\_\_

*“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.” (Matthew 6:6)*

- BE \_\_\_\_\_

*“Don't recite the same prayer over and over as the heathen do, who think prayers are answered only by repeating them again and again. Remember, your Father knows exactly what you need before you ask Him!” (Matthew 6:7-8)*

- BE \_\_\_\_\_

#### 2. USE THE MODEL JESUS GAVE US

**The Lord's Prayer is a perfect template to begin!**

*“This, then, is HOW you should pray...” Matt. 6:9-15*

<i>Our father, who art in heaven, hallowed be thy name.</i>	<b>Praise</b>
<i>Thy kingdom come, thy will be done, on earth as it is heaven.</i>	<b>Purpose</b>
<i>Give us this day our daily bread; and forgive us our debts (trespasses)</i>	<b>Provision</b> <b>Pardon</b>
<i>as we have also forgiven our debtors (those who trespass against us).</i>	<b>People</b>
<i>And lead us not into temptation, but deliver us from the evil one (evil).</i>	<b>Protection</b>

## THE SIX PARTS OF PRAYER IN THE LORD'S PRAYER

### 1. PRAISE

*"Our Father in heaven, hallowed be thy name..."*

I BEGIN BY \_\_\_\_\_

#### TWO KINDS OF PRAISE

- ADORATION ~ Praising God for who he is.
- THANKSGIVING ~ Praising God for what He has done.

*"Enter into his gates with thanksgiving, and into his courts with praise.  
Be thankful unto him and bless his name." Psalm 100:4*

#### WAYS TO PRAISE GOD:

1<sup>st</sup> As you read your Bible, make a list of God's character qualities that you discover and then review them when you pray. (See Prayer Guide #1)

#### **Example:**

*"The Lord is slow to anger, abounding in love and forgiving sin and rebellion." Numbers 14:18*

God is patient	Num. 14:18
God is merciful	Num. 14:18
God is forgiving	Num. 14:18

**KEY:** \_\_\_\_\_ is the basis for our boldness in making requests in prayer.  
**God answers the prayers that acknowledge who he is!**

2<sup>nd</sup> Remind yourself and affirm the promises god has made that are contained in the meaning of his names. (See Prayer Guide #2)

3<sup>rd</sup> Make a list of all that you are thankful for and review when you pray. (See Prayer Guide #3.)

### 2. PURPOSE

*"Your kingdom come, your will be done, on earth as it is in heaven..."*

I COMMIT MYSELF \_\_\_\_\_

Pray for God's will to be done...in my family...my church...my ministry...my job...my future...my city...the nation...the world.

*"Offer yourself as a living sacrifice to God, dedicated to his Service and pleasing to him. This is the true worship that you should offer." Romans 12:2*

### 3. PROVISION

**"Give us today our daily bread..."**

I ASK GOD TO \_\_\_\_\_

What needs can I pray about? \_\_\_\_\_

*"God will supply all your needs from his riches in glory because of what Christ Jesus has done for us." Philippians 4:19*

*"Since God did not spare even his own Son for us, but gave him up for us, won't he also surely give us everything else?" Romans 8:32*

*"You do not have...because you don't ask God!" James 4:2*

**THE KEY:** \_\_\_\_\_

Write down requests, with a promise you are claiming from the Bible. Expect an answer! (See Prayer Guide #4)

*"Don't worry about anything, but in everything by prayer or petition with thanksgiving, present your requests to God." Philippians 4:6*

### 4. PARDON

**"And forgive us our debts..."**

I ASK GOD TO \_\_\_\_\_

#### 4 Steps to Forgiveness

**1. Ask the Holy Spirit to REVEAL every sin.**

*"Examine me, O God, and know my mind; test me and discover my thoughts. Find out if there is any evil in me." Psalm 139:23-24*

**2. Confess each sin INDIVIDUALLY.**

*"You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you." Proverbs 28:13(GN)*

**3. Make RESTITUTION to others when necessary.**

*"When you remember your brother has something against you ... go at once to make peace with him, then come back and offer your gift to God." Matthew 5:23-24 (GN)*

**4. By faith, ACCEPT God's forgiveness.**

*"If we confess our sins, he is faithful and just and will forgive us our sins, and purify us from all unrighteousness." 1 John 1:9*

## **5. PEOPLE**

***"...as we have also forgiven our debtors."***

**I PRAY FOR \_\_\_\_\_**

*"Pray much for others; plead for God's mercy upon them:  
give thanks for all he is going to do for them." 1 Timothy 2:1 (LB)*

If you want to know how to pray for others look at the Prayers of Paul...  
Ephesians 1:15-19, Colossians 1:3-12, Thessalonians 1:2-3, 11-12

Make a prayer list of people you want to pray for. You might pray for different people on different days of the week. Become involved in the intercessory prayer ministry. (See *Prayer Guide #5*).

## **6. PROTECTION**

***"And lead us not into temptation but deliver us from the evil one."***

**I ASK FOR \_\_\_\_\_**

Believers face a spiritual battle every day. Satan wants to defeat you through fear and temptation. By praying for protection, you will have the confidence to face every situation during the day.

See *Prayer Guide #6* for building your own prayer using the Lord's Prayer as a template.

# PRAYER TOOLS

## PRAYER GUIDE 1: CHARACTER TRAITS OF GOD

TRAIT	REFERENCE
Patient	Num. 14:18
Merciful	Num. 14:18
Forgiving	Num. 14:18
Faithful	2 Corinthians 1:20
Righteous	2 Timothy 4:8
The Light	John 8:12
All Knowing	1 Samuel 2:2
Loving	1 John 4:8

## PRAYER GUIDE 2: THE NAMES OF GOD

Did you know that God has several names? They are all in the Bible and each name describes a facet of his character. You can take each of these 8 names and focus individually on what God is really like! Pray the names of God as affirmation of praise!

### 8 Hebrew Names of God – Declare Who God Is

Jehovah-Rohi – ***“God is my shepherd”*** Ezekial 23:1 You lead me and feed me and protect me!

Jehovah – Shammah – ***“God is present with me”*** Ezekial 48:35 You are here! I am never alone!

Jehoval-Jireh – ***“God is my provider”*** Genesis 22:14 You see what I need before I even ask!

Jehovah-Rophe – ***“God is my Healer”*** Exodus 15:26 You can heal my body, emotional, and relationships!

Jehovah-Tsidkenu – ***“God is my Righteousness”*** Jeremiah 23:6 You accept me and forgive my because of Jesus!

Jehovah-M’Kiddish – ***“God is my Sanctification”*** Leviticus 20:8 You make me holy and like Jesus!

Jehovah – Shalom – ***“God is my Peace”*** Judges 6:24 You give me peace in spite of my circumstances!

Jehovah-Nissi – ***“God is my Banner”*** Exodus 17:15 You are my victory in conflict and confrontation!

**Think on the implications of these names and you’ll have plenty to praise God for.**



**Prayer Guide 5: People I'm Praying for**

**Family:**

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**Friends:**

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**Spiritual Leaders:**

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**Government Leaders:**

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**Others:**

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**Prayer Guide 6: Prayer Template using The Lord’s Prayer as an example.**

<b>Part</b>	<b>Example</b>	<b>Your Prayer</b>
<b>1. PRAISE:</b> <i>(Express Love to God)</i>	<i>Our Father who art in heaven, hallowed be thy name</i>	
<b>2. PURPOSE:</b> <i>(Commit to God’s will)</i>	<i>thy kingdom come, thy will be done, on earth as it is in heaven.</i>	
<b>3. PROVISION:</b> <i>(Ask God to Provide)</i>	<i>Give us this day our daily bread;</i>	
<b>4. PARDON:</b> <i>(Ask Forgiveness)</i>	<i>and forgive us our debts (trespasses)</i>	
<b>5. PEOPLE:</b> <i>(Pray for Others)</i>	<i>as we have also forgiven our debtors (those who trespass against us).</i>	
<b>6. PROTECTION:</b> <i>(Pray for God’s Strength)</i>	<i>And lead us not into temptation, but deliver us from the evil one (evil).</i>	