

# Supplication

Lesson 04 of the series, "Teach Us To Pray."

## I. It is good to have a balanced, authentic prayer life.

Adoration - paying honor, expressing fervent and devoted love.

Confession – acknowledging sinfulness, admitting guilt.

Thanksgiving - expressing gratitude.

Supplication – asking for something earnestly and humbly.

## II. Supplication is a vital part of authentic prayer.

- a. God wants us to pray about our needs, cares and worries.

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Philippians 4:6-7 (NLT)

"Give all your worries and cares to God, for he cares about you." 1 Peter 5:7 (NLT)

*Life Application:* If you're going to worry, don't pray. If you're going to pray, don't worry!

- b. God wants us to pray for the needs, cares and worries of others too.

"I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. This is good and pleases God our Savior, who wants everyone to be saved and to understand the truth." 1 Timothy 2:1-4 (NLT)

"Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results." James 5:16 (NLT)

## III. Five helpful tips for effective supplication.

- a. We must actually pray.

"You do not have, because you do not ask God." James 4:2 (NIV)

"...if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land."

2 Chronicles 7:14 (NLT)

*Life Application:* We don't need to be good at praying to pray effectively.

"...the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words." Romans 8:26 (NLT)

"But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you." Matthew 6:6 (NLT)

- b. We must ask with the right motives.

"When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures." James 4:3 (NIV)

"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us." 1 John 5:14 (NIV)

*Life Application:* Prayers based on Scripture give us confidence that we're praying according to God's will and with right motives.

"So we keep on praying for you, asking our God to enable you to live a life worthy of his call. May he give you the power to accomplish all the good things your faith prompts you to do."

2 Thessalonians 1:11 (NLT)

- c. We must keep praying and not give up.

One day Jesus told his disciples a story to show that they should always pray and never give up. “There was a judge in a certain city,” he said, “who neither feared God nor cared about people. A widow of that city came to him repeatedly, saying, ‘Give me justice in this dispute with my enemy.’ The judge ignored her for a while, but finally he said to himself, ‘I don’t fear God or care about people, but this woman is driving me crazy. I’m going to see that she gets justice, because she is wearing me out with her constant requests!’” Then the Lord said, “Learn a lesson from this unjust judge. Even he rendered a just decision in the end. So don’t you think God will surely give justice to his chosen people who cry out to him day and night? Will he keep putting them off? I tell you, he will grant justice to them quickly! But when the Son of Man returns, how many will he find on the earth who have faith?” Luke 18:1-8 (NLT)

“Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened. You parents—if your children ask for a loaf of bread, do you give them a stone instead? Or if they ask for a fish, do you give them a snake? Of course not! So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him.” Matthew 7:7-11 (NLT)

- d. We must trust God when we don’t receive the answers we want (or according to our schedule).

“Trust in the LORD and do good... Take delight in the LORD, and he will give you your heart’s desires. Commit everything you do to the LORD. Trust him, and he will help you... Be still in the presence of the LORD, and wait patiently for him to act.” Psalm 37:3-7 (NLT)

“Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.” Ephesians 3:20 (NLT)

- e. Journaling our prayer requests and the answers to our prayers helps us organize our thoughts and strengthens our faith.

“Hear my prayer, O LORD; listen to my plea! ...I am losing all hope; I am paralyzed with fear. I remember the days of old. I ponder all your great works and think about what you have done. I lift my hands to you in prayer.” Psalm 143:1,4-6 (NLT)

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## **Connect Group Questions**

1. How has this sermon series helped or changed your prayer life?
2. Have you ever kept a prayer journal or notebook? What benefits do see in having one?
3. Read Acts 12:1-17. Have you ever had God answer a prayer that you weren't really expecting Him to answer? How did that impact your faith?
4. Read Judges 6:36-40. Have you ever asked God for a sign even though you already knew what God wanted you to do? Why do you believe God is so gracious with us even when our faith is weak?
5. Read Matthew 6:10, Luke 22:42, and 1 John 5:14-15. What do you learn from these verses about prayer? Is prayer about us getting God to align with our desires or about us aligning with God's will?
6. What does Romans 12:1-2 reveal about knowing God's will in our life? How does surrendering in prayer help us align with God's will?
7. What is the greatest need in your life that you are praying about right now? (Examples: spouse, finances, peace, health, a conflict in a relationship)

## **Supplication Prayer list**

- Protection from the devil and temptation
- Power through the Holy Spirit
- Wisdom, understanding, godly counsel
- Insight from God's Word
- Daily Bread- provision for financial needs
- Healing
- Courage
- Peace
- Patience
- Effective ministry in and through our church
- Prayers for leaders (national, state, city, church, school, corporate)
- Prayers for family members
- Prayers for employees/coworkers
- Prayers for friends & neighbors
- Specific problems