

Discipleship Training Manual: Lesson 6
Prayer, Your Lifeline to God – Part 1

What is prayer?

- Prayer is simply talking and communicating with God.
- Prayer can be divided into two categories:
 1. Praying with your own understanding
 2. Praying in your spiritual language/tongues
- Prayer is your essential lifeline to God. Like the Word of God, prayer also provides you with nutrients to grow spiritually.
- When you are first starting out, you cannot mess it up!

How does prayer work?

- God has become your Father if you are born again, and He wants to answer your prayers.
John 16:23 And in that day ye shall ask me nothing. Verily, verily, I say unto you, Whatsoever ye shall ask the Father in my name, he will give *it* you.
John 16:24 Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.
- “In that day” refers to the time when salvation would be available for all, through the death and resurrection of Jesus. Upon that day, and all the days after, we can go directly to God the Father in prayer, in the name of Jesus.
- When we petition the Father in the name of Jesus, it is His will that our prayers be answered so that we can have great joy in receiving.

How do I pray?

Luke 11:1 And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples.

Luke 11:2 And he said unto them, When ye pray, say, Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, as in heaven, so in earth.

Luke 11:3 Give us day by day our daily bread.

Luke 11:4 And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil.

- Jesus presented this prayer to His disciples as a structural outline. It was to be a beginning foundation that would be built upon and developed over time.

- Let's break it down:

“Hallowed be thy name”

- Your first approach to God in prayer is to come before Him with a heart of thanksgiving, worship, and adoration.
- Pause, and take time to give thanks for everything God is and what He has done in your life.
- “Hallowed” means holy, set apart, and lifted up; lift up the Lord in praise and thankfulness!
- Worship creates communion, and God values our worship and love.

“Thy kingdom come”

- Pray that the Kingdom of God, or Christianity, would be established in the earth.

“Thy will be done, as in heaven, so in earth”

- Pray that in the same way that all things right, prosperous, and full of blessing happen in Heaven, they would happen here on earth.
- Pray that everything God wants in your life to come to pass will come to pass.
- This is a good time for petitions and requests, which will eventually lead to...
- ...Prayers of affirmation. You will mature and develop in your prayer life so that you not only ask God for things, but you thank Him in advance and speak that they come to fruition.

“Give us day by day our daily bread”

- God wants to take care of His children. You can freely ask for the sustenance and strength you need to live out your everyday life physically and spiritually.

“And forgive us our sins; for we also forgive every one that is indebted to us”

- As Christians, we are going to be faced with decisions and opportunities every day to align ourselves with our born-again spirits, or not to.
- Sometimes, we make mistakes. But we are given a way by the sacrifice of Jesus Christ to keep ourselves clean before the Lord.
- This means asking for forgiveness and repentance.

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

- We must also remember to forgive every person who has sinned against us, and not to harbor bitterness or resentment in our hearts towards them.

“And lead us not into temptation; but deliver us from evil”

- You can ask God to lead you and guide you past every temptation of your flesh, and every temptation that Satan may bring against you.
- You may not know yet what the day holds, but you can ask God for direction in the circumstances that will come.

Practical applications

- Set aside a devotional time every day for prayer.
- The duration of prayer time is unique to every individual, but at least 30 minutes a day is a good place to start.
- Find a private place where you can hear and communicate with the voice of the Lord.