

The Path

Day 5: Prayer

We have been studying the four disciplines the early Christians “continued steadfastly” in. We discovered these disciplines in Acts 2:42:

“And they continued steadfastly in the apostles doctrine, and fellowship, and in breaking of bread, and in _____.”

Prayer also was a discipline the early church had to continue to practice daily

Prayer is the major way that we develop a relationship with God. Have you ever noticed that the more you converse with anyone, whether it is a spouse, a neighbor, or a friend, the closer you feel to that person? The more we talk to God the closer we will feel to God.

If we are to talk with God regularly, we must develop a habit of praying. We are all the creatures of habit. If we develop good habits we will give our lives to good things. How do we develop the habit of prayer?

Acts chapter three and verse one says:

“Now Peter and John went up together into the temple at the _____ of prayer, being the ninth hour.”

Notice there was a regular time of prayer that Peter and John engaged in.

Jesus made a promise to his followers in Matthew 6:33

“Seek ye _____ the kingdom of God and His righteousness and all of these things shall be added unto you.”

If we will put seeking the Lord as the first priority of our lives, God will take care of all the other elements of our lives. If we don't put seeking him first, our lives become very confusing as we try to claw our own way through the maze of life.

What part of the day should we use for a regular season of prayer? Notice that Peter and John had their regular prayer at 3 o'clock in the afternoon. Some use the early morning as their prayer time. King David penned these words in Psalm 63:1:

“O God, thou art my God; _____ will I seek thee...”

The gospel of Mark records in chapter 1 verse 35:

“And in the _____, rising up a great while before _____, he went out and departed into a solitary place, and there prayed.”

The Bible here says that Jesus prayed in the morning a great while before daybreak. The bottom line is this, whatever time works best for regular prayer in your schedule, is the best time for you to pray. The nice thing about praying in the morning is that you are able to pray for direction and wisdom for the day, before you face the day.

What should we pray about? The Bible gives us four kinds of prayers that we should pray in 1 Timothy 2:1:

“I exhort therefore, that first of all, _____, _____, _____, and _____, be made for all men.”

A “supplication” is a simple request. It is believed “prayer” refers to extended prayers. “Intercessions” are intense prayers for other people. “Giving of thanks” is simply telling God of our gratitude and thanksgiving for the things He has done for us and others. Therefore, we should:

- Thank God for what He has done for us

- Make simple requests
- Pray for other people
- Pray for other needs that come to mind
- Have extended prayer times

Prayer is simply a conversation with your best friend. We should not become overly concerned about the format as we express our feelings to our friend.

How long should we pray? Start with an amount of time that you know that you can be regular in. That may be 10 minutes, or 30, or more. You can build up your prayer time as you enjoy more and more of your fellowship with God.

The important thing about prayer is to do it! The more you pray the more you will see the supernatural move of God in your life. Jesus promised in Matthew 7:7:

“ _____ , and it shall be given you; _____ , and ye shall find; _____ , and it shall be opened unto you.”

Discussion:

1. Why do you think that it is true that a Christian should always keep a habit of daily prayer?
2. What is a good time for you to pray each day?
3. Why do you think God wants us to ask Him to meet our needs?
4. What things do you think you should pray about?