

Prayer Layperson

Talk #8

Sunday

Length of Talk: **20 Minutes**

PURPOSE:

The residents will need to learn to communicate with God to enrich their spiritual lives, receive guidance and discernment from the Holy Spirit.

OUTLINE:

Scripture Reading: Choose you favorite scripture about prayer.

I. Prayer is important but it is not easy and can be sometimes very difficult.

1. We are constantly reminded of the importance by ministers, parents and peers.
 - a. Example: someone influencing you to pray.
 - b. Story of a prayer warrior: Corrie Ten Boom, Martin Luther, Billy Graham, or someone you prefer.
2. Jesus was in great pain praying in the garden but refused to give up on it's power and importance.
 - a. Personal example where you have had problems with prayer.
 - b. We must pray and not depend on others because God wants to hear from me.

II. Jesus was the prime example of a prayer warrior and through the ages people have used this example for inspiration.

1. Jesus was never reluctant to petition His Father and we need to follow His pattern of prayer.
 - **Luke 4: 1-4** He went to the desert for forty days to pray.
 - **Luke 9: 28-36** He went to the mountainside to pray.
 - **Luke 6: 1-12** He went into seclusion to pray.
 - **Matthew 6: 5-13** He taught us how we should pray.
2. Example: St. Francis of Assisi would pray all night in the mountains or in caves.
 - Personal examples of prayer warriors you have seen in action.

II. Prayer is "Communicating with God" because He desires and loves to hear His children's petitions.

1. Talking with God by using the **ACTS** method makes prayer more meaningful:
 - **A**doration: Worshiping God as our Lord sending us a savior.
 - **C**onfession: Telling God about our sin, knowing He knows and understands.
 - **T**hanksiving: What He has done and the blessing He gives us.
 - **S**upplication: Making requests for others and ourselves.
2. We lovingly talk to someone interested, loves us, converses with us and loves us with no strings attached.

- a. We can share our plans, hopes, frustrations, troubles, joys and our deepest hurts.
- b. We can talk to Him about people in our lives, what He is doing in our lives and what He is doing in other's lives.
- c. Listening is sometimes more important than speaking as prayer is a two way conversation. **Psalm 46: 10**

III. We know we need to pray but how, where and when should we pray?

1. Jesus' prayer is called "The Lords Prayer" and is the perfect model. **Matthew 6: 9-13.**
2. Prayer posture: Kneeling, sitting, etc. basically no rules.
3. We can pray anywhere and anytime but should have a set time each day for focused prayer with our Bible study.
 - a. We need to open to God's presence, slow down, relax and think of the words in your heart.
 - b. Pray as long as you feel comfortable and increase prayer time with your Christian growth. (Pray throughout the day in short sentences)
 - c. **Remember:** Take time to listen, pause and be quiet, where is God leading you and pray without ceasing. **1 Thessalonians 5: 17**