

First Metropolitan Church

School of Prayer 2021

Vision: Develop a congregation whose members consistently and competently have conversations with God.

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” **Philippians 4:6-7 NIV**



THIS YEAR'S STUDY:

THE SIMPLICITY OF PRAYER

The Simplicity of Prayer - Lesson 1

What Prayer is and Why

Defining prayer: Prayer is a conversation with God from the heart of the one praying.

Why pray?

- God is good!

“For the LORD God is a sun and shield; the LORD bestows favor and honor; no good thing does he withhold from those whose walk is blameless.”

Psalm 84:11 NIV

“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 7:11 NLT

God established prayer as the means to obtain His assistance.

“If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.”

2 Chronicles 7:14 NKJV

“Call on me in a day of trouble; I will rescue you, and you will honor me.”

Psalm 50:15 NASB

- God answers prayer.

“I took my troubles to the LORD; I cried out to Him, and He answered my prayer.”

Psalm 120:1 NLT

“If you believe, you will receive whatever you ask for in prayer.”

Matthew 21:22 NIV

- Who can pray?

The key word is “any.” Anyone can pray, anytime, anywhere and for any reason.

Discussion:

What hinders you from prayer? What encourages you to pray? What was presented in this lesson that will help make prayer simple?

Prayer Time:

The Simplicity of Prayer - Lesson 2

Jesus Makes Prayer Simple

“This, then, is how you should pray:

Our Father in heaven, hallowed be your name,

your kingdom come; your will be done on earth as it is in heaven.

Give us today our daily bread.

Forgive us our debts, as we have forgiven our debtors.

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

Matthew 6:9-13 NIV

This model prayer both commands and teaches believers the simplicity of prayer. The prayer contains six petitions, divided equally.

1. Just call God “Father.” God is pictured as a good father. He is the portrait of a father who is personal, and He belongs to everyone. Some open their prayers calling Him “Daddy God.”
2. Unlike earthly fathers, He is holy and perfect and is due worship and honor.
3. In prayer believers pledge allegiance to His kingdom and what He wills or desires.
4. It is proper to ask for the Father’s provision each day.
5. Since we miss the mark of righteousness, we should request forgiveness of sins. Forgiveness is conditioned on forgiving others.
6. Recognition must be given to the struggle with “the evil one.” In prayer seek the avoidance of the dangers of temptation and times of testing.

This is a simple model. Your prayer does not have to include all six petitions.

Discussion:

Does prayer seem simple to you? If so, why? If not, why? Write a simple prayer using one or more of the petitions in the model prayer. Use your own words and focus on your needs.

Prayer:

The Simplicity of Prayer - Lesson 3

Types of Prayer

There are many types of prayer in the Bible. Prayer is having a conversation with God therefore the conversation should not be the same every time you pray. One should simply pray according to the need, the thought, or the inspiration. Here are a few types to be aware of:

- Prayer of Adoration

This prayer of the heart centers on the awesomeness of God as revealed through His attributes: Love, Kindness, Merciful, Holiness, Sovereignty, Faithfulness.

“The LORD is kind and merciful, slow to get angry, full of unfailing love. The LORD is good to everyone. He showers compassion on all his creation.”

Psalms 145:8-9 NLT

- Prayer of Thanksgiving

This prayer is one giving gratitude to God for who He is, what He has said, what He has done or is about to do.

“Then he took the seven loaves and the fish, thanked God for them, broke them into pieces, and gave them to the disciples, who distributed the food to the crowd.”

Matthew 15:36 NLT

- Prayer of Intercession

Intercession is a prayer presenting another person's need to God.

“Epaphras, who is one of you and a servant of Christ Jesus, sends greetings. He is always wrestling in prayer for you, that you may stand firm in all the will of God, mature and fully assured.”

Colossians 4:12 NIV

■ Prayer of Faith

This is prayer that ask God to accomplish what He has promised in His Word. The request of the prayer here is grounded in confidence in what is in the Word.

“Is anyone among you suffering? He should pray. Is anyone Cheerful? He should sing praises. Is anyone sick? He should call for the elders of the church, and they are to pray over him anointing him with oil in the name of the Lord. The prayer of faith will save the sick person, and the Lord will raise him up; if he has committed any sins, he will be forgiven.”
James 5:14-15 CSB

Discussion:

Which prayer really resonates with your spirit? Why? Which prayer type is the simplest to pray? Why? Write a list of individuals, organizations or causes you could pray for.

Prayer:

The Simplicity of Prayer - Lesson 4

Praying with Expectation

Expectation is an attitude of anticipation for those who live by faith. We must add the dimension of expectation to our prayer life.

The question should be asked: Why take the time to have a conversation with the Heavenly Father who is All Powerful, All Knowing, Ever Present if you lack expectation?

Nearly everything Jesus taught about prayer is a seed for expectation.

“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 NIV

Pray in secret and anticipate a reward!

And so, I tell you keep on asking, and you will be given what you ask for. Keep on looking, and you will find. Keep on knocking, and the door will be opened. For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened.

Luke 11:9-10 NLT

The persistent can anticipate God working on their behalf. **“Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father. And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it.”**

John 14:12-14 NIV

When prayer is done in Jesus' name anticipate Him saying: “I will do it.”

Discussion:

Have your prayers lacked expectation? Why? What difference do you think expectation make?

Prayer:

The Simplicity of Prayer - Supplement

Simple Prayers of the Bible

Childless Hannah:

“O LORD Almighty, if will only look upon your servant’s misery and remember me, and not forget your servant but give her a son, then I will give him to the LORD for all the days of his live, and no razor will ever be used on his head.”

1 Samuel 1:11 NIV

The Prayer of Jabez:

“Oh, that You would bless me indeed, and enlarge my territory, that Your hand would be with me, and that You would keep me from evil, that I may not cause pain! So, God granted him what he requested.”

1 Chronicles 4:10 NKJV

Jeremiah:

“O LORD, if you heal me, I will be healed; save me, and I will be saved, for You are my praise.”

Jeremiah 17:14 NLT

The Tax Collector:

“God have mercy on me, a sinner.”

Luke 18:13 NIV

Jesus the Christ in the Garden of Gethsemane:

“Father, if you are willing take this cup from me; yet not my will, but yours be done.

Luke 22:42 NIV

The Apostle Paul for the Church at Philippi:

“I pray that your love will overflow more and more, and that you will keep on growing in knowledge and understanding.”

Philippians 1:9 NLT

The Apostle Paul for Philemon:

“I pray that you may be active in sharing your faith, so that you will have a full understanding, of every good thing we have in Christ.”

Philemon 1:6