

# pray

## 07 | Why can I pray?

This study guide is meant to be used as a simple tool to help your Small group dive deeper into god's word, nurture conversation, And draw your group nearer to Christ. As a leader, begin your Group in prayer by asking the Holy Spirit to lead your discussion.

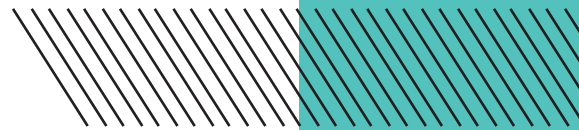






# reflect

When you think about prayer,  
what comes to mind?





Many people say they pray regularly and even experience answers to prayer. What is Prayer? Have you had an answer to prayer? Why Should We Pray?

**“Prayer is opening up your heart to God as to a friend.”  
Steps to Christ.**

- Our relationship with God grows through prayer.
- Prayer gives us spiritual strength and power.
- God can guide our lives when we pray.
- We experience peace when we pray.
- God wants to hear from us and have a conversation with us.

**“PRAYER IS OPENING UP YOUR  
HEART TO GOD AS TO A FRIEND.”**

ELLEN WHITE





“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.  
AND FORGIVE US  
OUR DEBTS, AS  
WE ALSO HAVE  
FORGIVEN OUR  
DEBTORS AND  
LEAD US NOT INTO  
TEMPTATION, BUT  
DELIVER US FROM  
THE EVIL ONE.”

MATTHEW 6:9-13







## 1 THE WAY GOD ANSWERS PRAYER

There are at least three key ways that God answer prayers:

- 1 "Yes! I can answer your prayer!"
- 2 "No. You are asking for something I know will not be good for you."
- 3 "Wait... You need to be patient and trust Me, that I know the right time to answer your prayer."

Sin can be a barrier to having good communication with God. We need to be honest with God and allow Him to cleanse us from sin.

## 2 HOW CAN I PRAY

- You can talk openly with God anytime, anywhere.
- Jesus gave us a good model for prayer called "The Lord's Prayer," which is found in Matthew 6:9-13.
- You will note that even though the answer to your prayer may not be as you would like, God has your best interest in mind and answers your prayer accordingly.
- The ACTS acronym is another model you can use to structure your prayers:



# ACTS

A

Appreciate God's character,

C

Confess anything that you have said or done which is sinful and destructive,

T

Thank God for what He has done in your life,

S

Share with Him any needs that you or the people around you have.







# real talk

**Q1.** Have you ever tried praying before? How did it go?

**Q2.** What part of the Bible would you be most interested in reading?

**Q3.** Why do you think God wanted to give you the opportunity to read the Bible?







Write a personal prayer  
to god using the acts  
model as a guide.



### Further Study

1 Thessalonians 5:17, 1 Samuel 1,  
1 Kings 8, 18, Psalm 8, 139, Amos  
5:14-15, Joel 2:13-14, Matthew  
6:25-33, 7:7-8, 26:36-46, Mark  
11:24, John 14:13, 2 Corinthians  
12:7-8

### Resources for further reading

- *Steps to Christ, Chapter 11: The Privilege of Prayer* - Ellen White  
<http://www.whiteestate.org/books/sc/sc11.html>
- *Prayer: Experiencing Awe and Intimacy with God* - Timothy Keller
- *Moving Mountains: Praying with Passion, Confidence and Authority* - John Eldredge
- *The Bible (The New Living Translation is a dynamic version of the Bible)*

**NEXT STEP** Would you like to start making prayer a part of your daily life?

