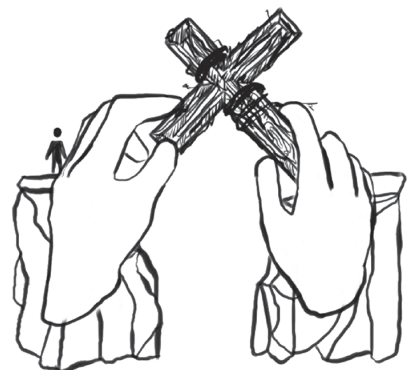
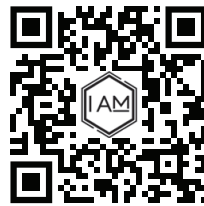


Session 7

PRAYER

HOW CAN I PRAY?



Reflect

When you think about prayer, what comes to mind?

Many people say they pray regularly and even experience answers to prayer.

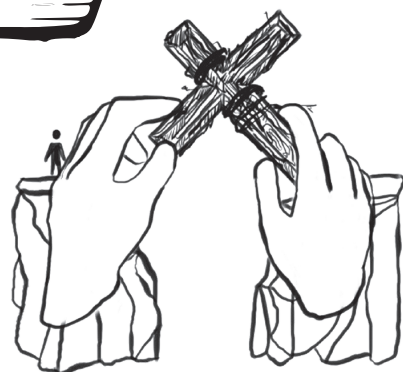
What is Prayer?

“Prayer is opening up your heart to God as to a friend.”
—Ellen White, Steps to Christ.

Why Should We Pray?

- 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.

You Jesus God



The Way God Answers Prayer

There are at least three key ways that God can answer your 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.

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.
- The **ACTS** acronym is another model you can use to structure your prayers:

Appreciate God's character,

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

Thank God for what He has done in your life,

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

You Jesus God

Real Talk

QUESTION ONE

Have you ever tried praying before? How did it go?

QUESTION TWO

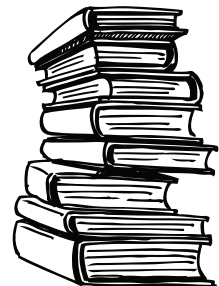
What difference do you think prayer
can make in someone's life?

QUESTION THREE

What would you like to ask God for today?

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



Reimagine Your Life

Write a personal prayer to God using the ACTS as a guide.

A

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T

S

YOU JESUS GOD

Next Step

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