

A close-up photograph of a typewriter. The top portion of the image shows the keyboard with several keys visible. Below the keyboard, a piece of white paper is positioned, featuring the word "GOD" printed in a large, bold, black, sans-serif font. Below "GOD", the words "PLEASE HELP ME." are printed in a smaller, brown, monospaced, all-caps font. The typewriter's metal frame and a triangular-shaped metal piece are visible in the foreground, partially obscuring the bottom of the paper.

GOD

PLEASE

HELP ME.



God Help Us Pray

What Is Prayer?

**conversation
with God**



Aspects of Prayer

- **Communication**
- **How**
 - **Spoken Word**
 - **Meditation (Silence, Thought and Reflection)**
 - **Ritual & Memorized Phrases**
- **Purpose**
 - **Adoration & Thanksgiving**
 - **Petition & Supplication**
 - **Confession**
 - **Intercession**
- **Relational**

Language of Prayer

understanding and practice varies in different faith traditions

- Glossolalia: Unknown tongue or gifts of tongues**
- Direct communication & connects with God**
- Reverence & Tradition**
- Spiritual Gift**
- Native Language**

(Acts 2 & I Corinthians 14)

Scripture

Lord Teach Us To Pray

Luke 11:1-4

11 One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, “Lord, teach us to pray, just as John taught his disciples.” 2 He said to them, “When you pray, say: “Father, hallowed be your name, your kingdom come. 3 Give us each day our daily bread. 4 Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation

Matthew 5:5-13

5 “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. 6 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. 7 And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. 8 Do not be like them, for your Father knows what you need before you ask him.

9 “This, then, is how you should pray:

“Our Father in heaven,

hallowed be your name,

10 your kingdom come,

your will be done,

on earth as it is in heaven.

11 Give us today our daily bread.

12 And forgive us our debts,

as we also have forgiven our debtors.

13 And lead us not into temptation,

but deliver us from the evil one.

Components of the Lord's Prayer

- **Praise**
- **Submission to God's Will**
- **Request for Needs**
- **Confession**
- **Forgiveness**
- **Deliverance**

How to God Answer Prayer

- **Yes**
- **No**
- **Not Yet**

The Way God Answers Prayer

- **Direct Intervention**
- **Inner Guidance**
- **Through Others**
- **Scripture**

Hinderances to Prayer

Personal Hindrances

- **Hidden sin or unconfessed sin**
- **Lack of faith**
- **Wrong motives**
- **An unforgiving spirit**
- **Idolatry**

Interpersonal Hindrances

- **Discord or strained relationships**
- **Unreconciled wrongs**

Spiritual & Attitudinal Hindrances

- **Lack of Prayer**
- **No Regard for the Bible**
- **Spiritual opposition**

Overcoming the Hinderances

- **Confess sin**
- **Cultivate faith**
- **Ask with pure motives**
- **Practice forgiveness**
- **Seek reconciliation**

Knowing that Prayers Are Answered

- **Peace**
- **Spiritual Assurance**
- **Clarity from the Holy Spirit**
- **Spiritual Alignment**
- **Confirmation from Others**
- **Change of heart and perspective**
- **Unexpected Outcome**
- **In God's Will**

A large, diverse group of people, including men, women, and children of various ethnicities, are smiling and posing together for a group photo. The group is arranged in several rows, with some people standing and others sitting or crouching in front. The background is a bright, indoor setting with large windows. The overall mood is positive and inclusive.

Next Lesson God, Help Me Deal With Your People