

SESSION 3

Why and how do I pray?

Think about a friend whom you are very close to. How was the bond developed? It probably started off with regular phone calls and frequent outings, which eventually progressed to a stage where the deepest thoughts are shared, and you both know that you can count on each other in times of need. Likewise, our relationship with God needs nurturing. God is not just the God of the universe, He is also our heavenly Father. In this session, you will learn how to go into God's presence confidently to talk to Him about everything and anything that is on your mind.

WHAT IS PRAYER?

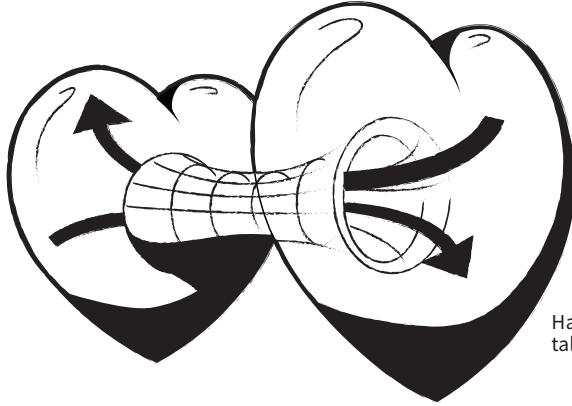
Prayer is simply talking to God. As a child of God, you share a relationship with your heavenly Father through Jesus Christ. God loves you and He desires to connect, hear, talk, and respond to you.

Prayer is not a monologue but a dialogue with God. When we pray, we can expect God to be listening and responding to us.

Matthew 7:7-8

⁷ "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ⁸ For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened."

Anyone can pray and talk to God because there is no special formula in prayer. God looks at our heart when we pray. When we set aside time to share honestly and vulnerably about our lives with Him, it puts a smile on His face! Therefore, do not be anxious about the words you choose when you pray because God looks at your heart.



Have a heart to heart
talk with God.

Matthew 6:5-7

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.”

“Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the One who hears it and not in the one who says it, our prayers do make a difference.” – Max Lucado

HOW SHOULD I PRAY?

Our conversation with God is like a 24/7 Wifi connection. God is always online and He is always available to respond to us. You can pray anytime and anywhere. Your prayer life is not restricted with your time alone with God. You can pray when you are studying, while you are talking to a colleague, or even when you are on the bus. Just like with a friend, the more we interact with God, the more our relationship with Him grows.



Our conversation with God is like a 24/7 Wifi connection.

Even Jesus himself set aside time to pray!

Mark 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

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So how should you get started? Here's a simple guide (P.R.A.Y.) to help you to pray:

P: PRAISE

God is good. He sent Jesus to save us and gave us a new life in Christ. If you do not know how to start, just begin by thinking about how good God is and begin praying by adoring God and praising Him for who He is.

“Dear God, I praise you because You are _____!” (Start off each prayer by telling God how great, holy, awesome and mighty He is.)

R: REPENT

Praying can also be a time when we repent of our sins specifically and ask God to forgive us and help us to change. Sin separates us from God. If we love God and cherish our relationship with God, we will want to be repentant over our sins.

“I am sorry for _____! Please forgive me and help me to change.”

A: ASK

God is a generous Giver. When you are praying, you can ask God to provide for your needs, protect the ones you love, help you in your weaknesses, enable you to overcome obstacles, etc.

“Please be with _____!” or “Please help _____!”

Y: YIELD

Praying includes yielding to God. Yielding means in whatever we pray for, we trust God to answer in His way and His timing.

“God, I trust you for _____!”

Proverbs 3:5-6

⁵ Trust in the Lord with all your heart and lean not on your own understanding; ⁶ in all your ways submit to him, and he will make your paths straight.

WHY SHOULD I PRAY?

Have you seen a child talking to his dad? Whether he’s asking curious questions or just sharing his thoughts, his dad is delighted to listen to him. Similarly, our heavenly Father also delights in us as we share and converse with Him. Christians pray because we share an intimate relationship with God. Start praying today, God desires to hear you.



REFLECT

What are some answered prayers I can give thanks to God for?

What are some things I can pray for myself as well as for the people around me?

Why do I need to pray?



RESPOND

Practice P.R.A.Y. as you spend time with God every day.



MEMORY VERSE

Matthew 7:7
Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.