**The Workout Series – Week 3**

Welcome to the Workout Series.

In the Workout Series this term we are learning about Disciplines to make us spiritually fit!

In week 1 we learnt about Devotions.

In week 2 learnt about Fasting.

Today we are learning about Prayer.

Sharing: Each table will get a quotation about prayer. Read your quote on prayer and complete the sentence: “Prayer is…”

(1) Some people think God does not like to be troubled with our constant coming and asking. The only way to trouble God is not to come at all. (D.L. Moody)

(2) Prayer in the midst of trouble helps us to see God again. It gets our eyes off our problems and focusses us afresh on God, who is all-powerful, merciful, and just. (Joseph M. Stowell)

(3) There is no greater joy on earth or in heaven, than communion with God, and prayer in the name of Jesus brings us into communion with Him. (R.A. Torrey)

(4) True prayer is a way of life, not just for use in cases of emergency. Make it a habit, and when the need arises you will be in practice. (Billy Graham)

(5) Our prayer requests are not meant to give God information He needs. He knows our needs before we pray. We pray to unburden our hearts and to show we care, and because He chooses to work through our prayers. (John MacArthur)

(6) We are not told that Jesus ever taught His disciples how to preach, but He taught them how to pray. He wanted them to have power with God; then He knew they would have power with man. (D.L. Moody)

What is Prayer?

1. Prayer is a way of communicating and building our friendship with God.

2. Prayer is a two-way street, we speak but also listen to what He has to say to us. Prayer is NOT only about asking for things, a once-off event or about too many words.

3. Prayer is a privilege we have as children of God.

How do we pray?

When the disciples asked Jesus to teach them how to pray he gave them The Lord’s Prayer: Pray then like this: “Our Father in heaven, Hallowed be your name. Your kingdom come, Your will be done, on earth as it is in heaven. Give us this day 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 evil.” (Matthew 6:9-13)

Acknowledge God – Hallowed be your name

Accept His will – Your will be done

Ask for forgiveness – Forgive us our debts

Ask for His provision – Give us this day our daily bread

Ask for guidance and protection – And lead us not into temptation, but deliver us from evil

From this we get PRAY: Praise, Repent, Ask, and Yield.

Practise: List the things you want to pray about this week, be specific. In pairs, share one of them and intercede for each other using **PRAY** as a guideline.

**Action:** Set time to deepen your friendship with God through prayer. Be specific and make it a dialogue, **speak** but also **listen.** Intercede for **two** people this week. Keep a prayer journal and record what God says to you and also what you are praying for.

**How does God answers our prayers?** There are at least 3 ways:

Yes: Yes, and it is done immediately (The parting of the Red Sea for the Israelites to cross)

Wait: Yes, but not now (Abraham had to wait for his promised a son)

Different: Yes, but not how you expect it (conversion of Saul to Paul)

No: That would not be best for you nor for my plans.

Let's close in prayer.

Next week we will learn how to Praise.