



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 God has to say to us.
- (3) Prayer is a privilege of children of God.

How Do We Pray? The Lord's Prayer (Matthew 6:9-13):

Hallowed be your name (Acknowledge God);

Your will be done (Accept His will);

Forgive us our debts (Ask for forgiveness);

Give us this day our daily bread (Ask for His provision);

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

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

Practise:

1. List the things you want to pray about this week, be specific.

2. In pairs, share one of them and intercede for each other using PRAY as a guideline (Praise; Repent; Ask; Yield).

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.



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