

SHE PROVES

faithful

TOPIC: Prayer Plan 1: Purpose of Prayer

KEY VERSE: Proverbs 15:8 (NASB)

OBJECTIVES:

1. Discuss what prayer is.
2. Identify some purposes for prayer.
3. Discover how and when to pray.

I. DISCUSSION QUESTIONS

What motivates you to pray?

What do you find yourself praying for most often?

II. SCRIPTURE AND DISCUSSION

“Prayer is an offering up of our desires unto God, in the name of Christ, by the help of his Spirit, with confession of our sins, and thankful acknowledgment of his mercies” (Answer to Question #98 in the Westminster Catechism). We were created to have relationship with God through dependence on him, and our prayers express this dependence. Our confession of sin, our thankfulness to him, our petitions all show our need of God. Not only that, but Proverbs 15:8 says he delights in the prayer of the upright. God loves hearing from you as you pray.

1. John Piper said, “The essence of prayer is the expression of our dependence on God through requests.” How does prayer show our dependence on God?

2. Read the following verses and discuss what are some of the purposes of prayer?

Matthew 26:41

John 14:13-14

James 5:16

John 15:7-8

Philippians 4:6-7

Colossians 4:3

2. Read Matthew 6:1-13.

- What did Jesus pray for and how do we model our prayers after his?
- If God already knows what we need before we ask, why do we still pray?
- What insights does this passage give you for your own prayer life?

3. Read the following verses and discuss how often we should pray.

Colossians 4:2

Romans 12:12

1 Thessalonians 4:17

III. TAKING ACTION

Colossians 4:2 says we are to be watchful and thankful when we pray. Being watchful keeps our hearts set on God and being thankful keeps our hearts joyful and patient, believing that God is God.

Simple Watchful and Thankful Activity -

Make a “T” chart - on the left side write “Prayer” and on the right side write “Answer.” Write in some prayer requests and pray them often. Thank God for his goodness and faithfulness. As the prayers are answered, write down in the “Answer” column the outcome and give glory to God.