

LEARN TO PRAY

How do I communicate with Jesus?

Prayer seems so religious to most people. But in any relationship, if there is no communication that relationship begins to die. Don't let images in your mind about what prayer is or isn't keep you from beginning to practice one of the most important steps in your faith life. To be a Christian simply means that you have decided to follow Christ and that, quite simply, means to begin to have a relationship with Jesus.

Prayer is as simple as a conversation with Jesus. You can ask your questions, tell Him your needs, and even pray for other people. Even Jesus would pray to His Father in heaven on many occasions. And here is something even more profound...as you learn to listen you will learn how to hear His voice as He speaks to you.

God communicates to His people in the following three ways:

1. **His People**---the church
2. **Prayer**---two-way conversation with God.
3. **Through His Holy Word**---the Bible

The Bible says in Jeremiah 29:12:

THEN YOU WILL CALL ON ME AND PRAY TO ME, AND I WILL LISTEN TO YOU.

Ephesians 6:18 says:

AND PRAY IN THE SPIRIT ON ALL OCCASIONS WITH ALL KINDS OF PRAYERS AND REQUESTS. WITH THIS IN MIND, BE ALERT AND ALWAYS KEEP ON PRAYING FOR ALL GOD'S PEOPLE.

A beginners Guide to Prayer--ACTS:

One very simple way to pray is ACTS. Many believers young and old, new believer and veterans have used this method as an effective way to pray. Simply come before God and walk through the following steps:

A - ADORATION

It is important that remember that He is God, and we are not. Tell Him that. It is also important to know that, to you, He is not JUST God...He is YOUR God. And THIS God sent His Son to die for you. Thank Him for that. Spend just a minute acknowledging His greatness and His amazing love and power.

When we humble ourselves before our God it is a powerful thing.

C - CONFESSION

Take just a minute and confess your sins before Him.

It says in I John 1:9:

IF WE CONFESS OUR SINS, HE IS FAITHFUL AND JUST TO FORGIVE US OUR SINS AND TO CLEANSE US FROM ALL UNRIGHTEOUSNESS.

Confess things you have done and for any struggles you may have had in your thought life since the last time you confessed. Get it all out there and let your God forgive. Your sins were paid for with Jesus' death on the cross.

T - THANKSGIVING

Take a moment and thank Him for everything.

Psalm 100:4 says this:

ENTER HIS GATES WITH THANKSGIVING AND HIS COURTS WITH PRAISE; GIVE THANKS TO HIM AND PRAISE HIS NAME

God loves a grateful heart. Have an attitude of gratitude and give thanks for everything He has blessed you with.

S - SUPPLICATION

(ASKING FOR SOMETHING OF GREAT IMPORTANCE TO YOU)

This is simply letting the Lord know your needs and desires, and be honest.

I John 5:14-15 says:

THIS IS THE CONFIDENCE WE HAVE IN APPROACHING GOD: THAT IF WE ASK ANYTHING ACCORDING TO HIS WILL, HE HEARS US. AND IF WE KNOW THAT HE HEARS US—WHATEVER WE ASK— WE KNOW THAT WE HAVE WHAT WE ASKED OF HIM.

Many times we have not because we ask not. It's really that simple sometimes.

This is also a time when you can ask your questions. Be honest. God loves an honest and transparent heart.

The Lord's Prayer

The most famous prayer in scripture is found in Matthew 6:9-13 and is a prayer that should be prayed daily:

**Our Father in heaven, hallowed be your name,
your kingdom come, your will be done, on earth as it is in heaven.
Give us today 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 the evil one.**

BIBLE READING:

Please read the following verses in your Bible. Google can typically locate any Bible passage as well:

- Matthew chapter 6

Your simple act of belief in your heart has made all the difference! Now it is time to walk it out. Respond to the following prompts by writing them in a journal, talking with someone, or send them to us.

1. Give your basic understanding of what prayer is based on what you have learned above.
2. What does prayer have to do with you and your daily life?
3. How will you begin to incorporate prayer into your daily life?
4. Please re-state the Two Most Important Keys listed above in your own words.
5. Please talk about the first Most Important Key and what it means for your life.
6. Please talk about the second Most Important Key and what you plan to do.
7. Please list any questions or other observations from Session Three.