

# Use Your Words 3 (All about Prayer)

## Preview

Prayer: Sometimes prayer can seem like a “super spiritual” thing to do, reserved for the most important people.

However, it is something all of us can do and should do. It’s simply connecting with God like we connect with a friend.

## Praise

Read I John 5:14 (NIV): “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.”

## Parable

Use this opening game:

1. Before P7 starts, choose a volunteer to help. Make sure they have another friend in P7 with whom they’re familiar (sibling or close friend).
2. Instruct the volunteer to stand in the center of the room. Blindfold the volunteer and create a path they should walk, with obstacles obstructing the path (chairs, etc). Direct the volunteer to walk through the path. Everyone should give wrong directions except for the one person with whom they’re familiar. The goal of this should be the student listening to the one person they know and following their instructions.
3. Explain how [volunteer’s name] knows his or her friend’s voice because it is familiar. [Volunteer’s name] has conversations with his or her friend every day. Explain that we need to have conversations with God every day so His voice will be familiar to us.

## Present

What Prayer Is:

Prayer is connecting.

1. If you enjoy talking with your friends, consider having the same dedication regarding your relationship with God.
2. Sometimes after not seeing school friends for three months during the summer, it can take a few days to

reconnect with those friends.

3. The same can happen with God when we don’t stay connected with Him.

Prayer expresses our need for Jesus.

1. Sickness, temptation, desires, sins, joys, adoration—all can be expressed to Jesus.
2. We depend on Jesus for everything—even life itself. This connection re-establishes that understanding. Prayer is hearing God’s voice.

1. Connecting with friends isn’t just about talking—it’s about listening to them too. The same principle applies with God.

2. John 10:27 says that God’s sheep know His voice.
3. Proverbs 2:1–5 instructs us to receive God’s words and commandments as treasures and to desire God’s wisdom like silver and gold.

4. God typically will not speak in a loud booming voice, but through His Word, your pastor, or a still small nudging of the Holy Spirit.

What Prayer Is Not:

1. Prayer is not some mystical process in which we call out to some “force.”
2. Prayer is not a “power” to create things or speak them into existence, ordering God around like a servant.
3. Prayer is not quoting empty phrases for attention. Jesus denounced this behavior in Matthew 6:7 by saying, “But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.”

Why Should I Pray?

Because Jesus Said To

Read Luke 18:1. Jesus told us to pray. He made sure to point out that it was important. He Himself prayed. There really is no better reason to pray than that.

Prayer Protects Us in Times of Temptation

1. Matthew 26:41 shares with us some key insights (if we didn’t know already). Our flesh is weak.
2. Prayer makes us ready to say no the minute temptation shows up.

So We Can Receive

1. If you don’t know God’s will, maybe it’s because you haven’t asked (James 4:2).

2. God wants us to experience seeing our prayers answered (salvation of a loved one, healing, provision, etc.), but we must ask.

## Practice

The Bible identifies multiple ways and types of prayers we can pray. One working model uses the acronym ACTS as a guide. Each letter stands for a specific aspect of prayer following a natural order.

### A—Adoration (worship)

1. In Matthew 6:9, the beginning of the Lord's Prayer, Jesus taught us to start each prayer by putting things in perspective. When we see how great God is, we will immediately understand how small our problems are in His hands.

2. As a result, our problems and needs come into their proper perspective.

### C—Confession (of specific sins)

1. The more we draw near to God, the more we will become aware of our own sin. Isaiah exclaimed, "Woe is me! for I am undone" as he came into God's presence (Isaiah 6:5). Confession of our sin removes any barriers and clears the air of anything that would cause God not to hear our prayers.

2. I John 1:9 says, "If we confess our sins, he is faithful and just to forgive us our sins."

### T—Thanksgiving (gratitude)

1. Our immediate response after confessing our sins and repenting of them should be to thank God. He is faithful and will forgive a repentant heart.

2. We should be thankful that God would forgive us and cleanse us of unrighteousness. In Psalm 32:1 David said, "Blessed is he whose transgression is forgiven." We are indeed blessed.

### S—Supplication (specific requests)

1. Too often we start our prayers with requests instead of spending time in thanksgiving, praise, and cleaning out the junk. However, God does want to hear our needs and requests: Philippians 4:6 instructs us, "Let your requests be made known unto God."

2. We are also promised in Philippians 4:19, "God shall supply all your need according to his riches in glory by Christ Jesus."

If you were instructed exactly what to say and when to say it to someone, it would be an awkward conversation. True friendship happens when you can open your heart, share your feelings, and really talk with someone. While ACTS is a method to help give your prayer some structure instead

of just rambling, there's no method for prayer that works perfectly for everyone and that should be spoken exactly the same way every time. Keep speaking with God, hearing His voice by reading His Word, and connecting on deeper levels.

## Pray

In a closing prayer, focus on these three points:

1. That God would help us be intentional about connecting with Him daily.
2. That each time we pray, we are honest with God and have real dialogue, not simply a recited prayer that doesn't mean anything to us.
3. That God would give us perspective through our time of connecting with Him.

## Plus

Today's Challenge:

Encourage your P7 club to write out prayers to God in a journal, notebook, or on paper. Then have them write down how they plan to connect with God more intentionally. Use this time to reflect on the last few days or weeks and consider areas that need improvement. What can you remove from your life to allow time to connect with God?