

FOUNDATIONAL BIBLE STUDY



What is Prayer and How do I do It?

Think about one of your best friends. Now picture how easy it is to talk to him or her. Try to remember when you first met them and you had no idea how they thought or what they were really like. You may have seen them from a distance or some other friend may have told you how nice they were, but until you met them and actually spent time with them you really didn't know what they were like.

A relationship with God is like that. We've heard how good He is and we've watched Him from a distance when we see others find comfort during times of trouble. Many times we notice something different in people we know are Christians. But just like with your friends, in order to fully experience the goodness of God, to grow and become the person God wants you to be, you must talk to Him and listen as He talks to you. That is prayer.

Let's see what the Bible says

Please read the following verses; think about them and then write out what they say to you. Hint: Look beyond the obvious. (Use another sheet if you need to.)

- Psalms 62:8 _____
- Psalms 65:2&3 _____
- Proverbs 15:8 _____
- Matthew 7:7 _____
- Matthew 26:41 _____
- 1 Peter 5:7 _____

OK, so we know that God wants to hear from us and we know that we benefit from prayer. So how do we pray?

Let's see what the Bible says

Please read the following verses; think about them (look beyond the obvious) and then write out what they say to you. Sounds familiar doesn't it?

- Psalms 145:18 _____

- Matthew 6:5-8 _____
- Matthew 6:9-15 _____
- Philippians 4:6 _____

So we see that God wants us to be open and honest with Him. He already knows what we need, just as many parents know what their children need, but He wants us to acknowledge our needs and acknowledge Him as the one who can meet those needs.

As we close this study, please read the following verses, think about them for a few minutes and then write out briefly what they speak to you.

- Luke 11:1-13

Suggested memory verse: 1 Peter 5:7