

# Prayer



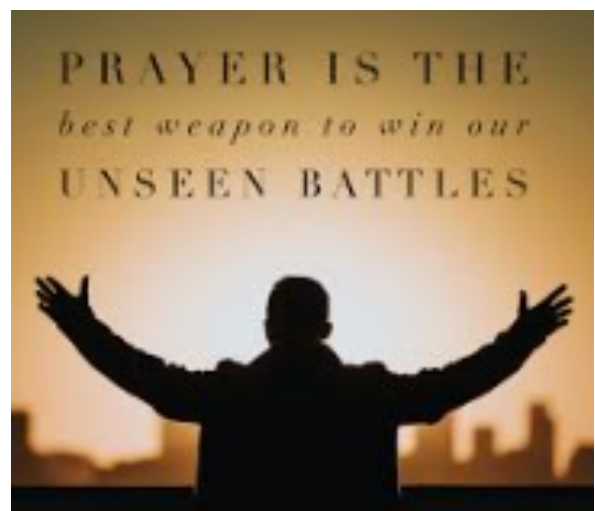
Philippians 4:6 (NIV)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.



Prayer is spiritual communication between man and God, a two-way relationship in which man should not only talk to God but also listen to Him. Prayer to God is like a child's conversation with his father. It is natural for a child to ask his father for the things he needs. God wants to have a relationship with YOU!

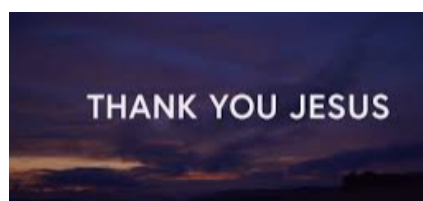
*God compares prayer with sweet-smelling incense that pleases Him (Revelation 5:8).*



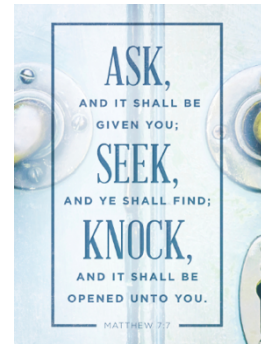
## Different Types of Prayer

*(The Bible refers to many different types of prayer, these are just a few)*

- **Prayer of Thanksgiving:** Paul tells us in 1 Thessalonians 5:16-18 that praying with thanksgiving should be a regular course of communication with God. It is the will of God for us to pray with thanksgiving. This is not something that should be reserved for one special time of year, but we should always have an attitude of thankfulness.



- **Prayer of Supplication/Petition:** "Supplication" is an old-fashioned word for *request*, supplications aren't those quick prayers at dinnertime or bedtime. It is asking God for something from a place of humility and desperation. It is a humble prayer. Humility is crucial to answered prayers.



- **Intercessory Prayer:** God gives us instructions to pray for others in several places in the Bible. The apostle James tells us to "pray for one another, that you may be healed" (James 5:16). We are even to pray for government leaders and others who may not know we exist and who haven't asked us to pray for them.

Jesus Christ even commanded, "Love your enemies, bless those who curse you, do good to those who hate you, and *pray for those who spitefully use you and persecute you*" (Matthew 5:44).



## How to Pray

1. Know who you are speaking to: THE KING OF KINGS, not your friend up the road..

4. Say what you need: Although the Lord already knows what you need, He delights in hearing you ask Him.

7. Pray the WORD: When we use God's own words by praying Scripture, we're aligning ourselves with his heart and praying according to his will. Jesus did the same when he was tempted by Satan in the wilderness (see Luke 4:1-12).

2. Thank Him: count your blessings!

5. Pray with a friend: Matthew 18:20 "For where two or three gather in my name, there am I with them." Having a prayer partner not only ushers in the presence of the Lord but it holds us accountable as well as grows and develops friendships.

8. Memorise Scripture:

Understanding our spiritual authority in Christ as explained in the Scriptures will be one of our most powerful weapons of warfare. Spending even just a few minutes a day learning a scripture will strengthen your ability to remember it.

3. Ask for Gods will:

His will for your life is perfect. Far more than what we can begin to imagine.

6. Ask for forgiveness:

we are flesh and with that comes sin, we are all sinners and we all need to repent and ask to be forgiven!





Our Father, who art in heaven, hallowed be thy name;  
 thy kingdom come; thy will be done; on earth as it is in heaven.  
 Give us this day our daily bread. And forgive us our trespasses,  
 as we forgive those who trespass against us.  
 And lead us not into temptation; but deliver us from evil.  
 For thine is the kingdom, the power and the glory,  
 for ever and ever. Amen!

## Worship: Surrounded (Fight my Battles) - Michael W Smith



The word says

"For the spirit of heaviness  
 Put on the garment of praise"  
 That's how we fight our battles  
 This is how I fight my battles

Just when you think you're lost, it may look like I'm surrounded but I'm surrounded  
 by You, hey!

It may look like I'm surrounded but I'm surrounded by You

This is how I fight my battles

It may look like I'm surrounded but I'm surrounded by You

This is how I fight my battles

It may look like I'm surrounded but I'm surrounded by You.

This is how I fight my battles

Hallelujah!

This is how we fight our battles  
 This is how we fight  
 This is how we fight our battles





<https://www.youtube.com/watch?v=ZCnsED6OG7c>

Jesus taught us to Pray!

In Matthew 6:9-13 Jesus taught His followers how to pray.

<sup>9</sup> "This, then, is how you should pray:

"Our Father in heaven,  
hallowed be your name,

<sup>10</sup> your kingdom come,  
your will be done,

on earth as it is in heaven.

<sup>11</sup> Give us today our daily bread.

<sup>12</sup> And forgive us our debts,  
as we also have forgiven our debtors.

<sup>13</sup> And lead us not into temptation,  
but deliver us from the evil one.

for yours is the kingdom and the power and the glory forever. Amen.



## Activity Time

<https://www.youtube.com/watch?v=vW8nW2ViYzI>

If possible please watch this link which demonstrates 3 object lessons about prayer.

One of the object lessons shown above, what you need:

- \*A blown up balloon (represents God)
- \* A tall glass (represents you or your life)
- \* A match (represents your prayer)

Light the match and put it into the glass. It must still be burning. Gently press the balloon against the top of the glass, covering the opening. You will notice that the balloon is sucked into the glass forming a vacuum and sealing it. You can even lift the glass while holding the balloon. This represents prayers of adoration, prayers of praise and thanks giving. God is naturally drawn to you!

## Activity Time

Prayer challenge:

We challenge you to take this week to:

1. Find a prayer partner (even if it is just a family member, pray with and for someone daily!)
2. Go through your steps on how to pray and become a prayer warrior.
3. Memorise a scripture you find relevant to what you or your partner is going through and use it in your daily prayer.
4. Give us your testimony of your prayer week!

Send a short video to Renate 082 456 6076 .We can't wait to hear from you!!

Remember, you are audacious, you are brave, you are bold and you are so COURAGEOUS!

YOU WERE BORN TO MAKE AN IMPACT!!

