



Fundamentals - Class 3

Prayer & Kingdom Living

The Breakdown

1. WHAT IS PRAYER?
2. HOW TO PRAY
3. RESULTS OF PRAYER
4. KINGDOM LIVING

1. WHAT IS PRAYER?

There are many methods of prayer like intercession, supplication, etc. For this lesson we will be focusing on two fundamental ways to pray. These two types of prayer are: constant communion and intimate communion.

- **Constant communion** = remaining in dialogue with the Lord day and night.
 - **1 Thessalonians 5:17** *“Never stop praying.”* (NLT)
- **Intimate communion** = devoted time set apart to be with the Lord without distractions.
 - **Matthew 6:6** *“But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.”* (ESV)

These two elements are like a person’s right and left leg. They work together as one walks with the Lord. Imagine what it would be like to walk using only one leg. You would not be able to walk as far, as quick, or as efficiently as you would if you used both legs. In the same way we must not rely on just one of these elements of prayer, we must use them both.

Discussion question: why do you think both elements of prayer are important?

Answer: discuss

Luke 5:16 *“So He Himself often withdrew into the wilderness and prayed.”* (NKJV)

2. HOW TO PRAY

A) Time

A relationship with the Lord can be likened to a relationship with a spouse. In a healthy marriage the two spend quality time together and when they are not together, they think about each other, text each other, etc. throughout the day. The same is in our relationship with the Lord.

When we go to work, we clock in our time. When we go to pray, we plug in our hearts. If we are focused on praying for a set amount of time, prayer can be reduced to another item on our check list. This can make prayer a source of frustration rather than being the source of life it was intended to be.

- To remain in constant communion, simply include the Lord in your day-to-day life. Talk to Him while you drive, as you shop for groceries, as you work, etc.



- To experience intimate communion with God daily, determine what time works best for you in your schedule. It may be the mornings before work, or it could be the evenings before bed. For parents it may be during your children's nap time. Be creative!

Discussion question: how long should we pray for?

Answer: we can be always in communication with God and can spend dedicated time alone with Him every day. Both are essential.

Matthew 6:33 *"Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."* (NLT)

B) Place

When it comes to constant communion, location is irrelevant. We can be praying in line as we wait for coffee or on our commute to work! When it comes to intimate communion with God, Jesus gives us the perfect plan:

Matthew 6:6 *"But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly."* (NKJV)

Jesus provides two easy steps when it comes to prayer:

- 1. Go into your room**
 - a. Establish a special place for prayer. This is a place where you can temporarily escape from the world to spend time with the Lord. It can be a multi-purpose room, space under a stair well, closet, portion of your basement, spare bedroom, etc.
- 2. Shut your door**
 - a. Jesus instructed to shut your door to help make yourself unavailable to the world and various outside distractions. This is the time to put electronics aside, turn the TV off, etc.

Discussion question: where is a place that you can go to pray every day?

Answer: discuss...

C) Adventure

One of the most exciting aspects of romantic relationships is adventure. Doing something different during your quality time together makes the relationship exciting and fresh! For example, having a date night that consists of dinner and a movie is wonderful. But if every date night consists of the same meal and the same movie, things will eventually become stale.

Our relationship with the Lord is an exciting adventure! Every time with Him has the propensity to be brand new and fresh. When you go into your time alone with Jesus, allow Him to lead you by the Holy Spirit. You may feel led to read, worship, dance, bow, intercede, remain silent, lay down, journal, walk around, etc. Whatever He leads you in, that will be exactly what you need for the day.

Matthew 6:11 *"Give us this day our daily bread."* (NKJV)



D) Friendship

God desires a friendship with us. As we know, strong friendships are best cultivated when time is spent together. Therefore, to cultivate a strong friendship with God we ought to spend time with Him.

Imagine a married couple that spends time together for only 1-2 minutes before eating a meal and maybe another 1-2 minutes before bed. How strong of a relationship will they have? Our relationship with God is as real as any other relationship. We spend time with those we love and those who are important to us. God did not create us to be His slaves, He created us to be His *friends*.

Discussion question: why does God want to be friends with us?

Answer: Jesus died on the cross to mend the bridge between God and man (the veil was torn from top down, from God to man, enabling us to experience friendship, deep relationship, with Him). This is the best news on earth!

Exodus 33:11 *“So the LORD spoke to Moses face to face, as a man speaks to his friend...”* (NKJV)

3. RESULTS OF PRAYER

The old saying is true that *“you become like those you hang out with.”* As we spend time with Jesus, we become like Him. The Bible teaches us about the fruits of the spirit as well as the works of the flesh. As we spend time in prayer, we develop the fruits of the Spirit while simultaneously growing further and further from the works of the flesh.

Fruits of the Spirit <i>Ephesians 5:22-23</i>	Works of the Flesh <i>Galatians 5:19-21</i>
Love	Sexual Immorality
Joy	Impurity
Peace	Sensuality
Patience	Idolatry
Kindness	Sorcery
Goodness	Enmity
Faithfulness	Strife
Gentleness	Jealousy
Self-control	Fits of Anger
	Rivalries
	Dissensions
	Divisions
	Envy
	Drunkenness
	Orgies

Discussion question: which of these two columns produce a more fulfilling life and why?

Answer: discuss...



4. KINGDOM LIVING

Before he was betrayed, Jesus prayed for His disciples in John 17:15-18, *“I’m not asking you to take them out of the world, but to keep them safe from the evil one. 16 They do not belong to this world any more than I do. 17 Make them holy by your truth; teach them your word, which is truth. 18 Just as you sent me into the world, I am sending them into the world.”* (NLT)

Although we are *in* the world, we are not *of* the world. We live according to Word of God and get to bring the Kingdom of Heaven to earth every day of our lives (Matthew 6:10). Naturally, this means our lives will look different than those who are not yet saved. The following are a few life habits of those who follow Jesus. (Throughout your journey as a believer you will learn more in depth about each of these and several other life habits of believers.)

A) Prayer

Spend time alone with the Lord every day. As you are out living your life, maintain a constant dialogue with Him. This means talking *and* listening. *1 Thessalonians 5:17*

B) The Word

As discussed earlier in this course, the Word of God is as important for your spirit as food is for your body. It should be consumed every day. *Hebrews 4:12*

C) Worship

Worship is your body’s natural response to the overflow of love within your heart for God. Worship is not only for church gatherings but for your time with God, with your family, in your car, etc. *John 4:23*

D) Fasting

Abstaining from food is a spiritual tool to strengthen your spirit. You can fast a meal, a day, or multiple days. Follow the Lords leading. *Luke 5:35*

E) Giving

Bringing God tithes and offerings is a form of worship, obedience, and faith. A tithe is 10% of your income while offerings are anything on top of that. *Malachi 3:8-12*

F) Communion

Jesus used bread as a symbol of His body which was broken for us and He used wine as a symbol of His blood which was shed for us. He told His disciples to eat and drink these in remembrance of Him. Taking communion frequently is a powerful practice. *1 Corinthians 11:23-26*

G) Evangelism

All of heaven erupts with joy and celebration when just one person gives their life to Jesus. You do not have to memorize a certain number of Bible verses or be saved for a particular length of time before you can participate in sharing your faith. You can, and should, begin today! Share your testimony of what Jesus has done in your life as often as you can. Heaven loves it! *Mark 16:15-20*



Fundamentals - Class 3

Prayer – QUIZ

Directions: Answer the following multiple-choice questions using your notes and Bible.

1. **Which of the following *best* describes prayer?**
 - a. Talking to God only and not listening
 - b. Communing with God all day, everyday
 - c. A boring religious practice

2. **Which of the following are good things to do in prayer? *Circle all that apply.***
 - a. Worship
 - b. Listen
 - c. Read scripture
 - d. All the above

3. **How often should we spend time alone with Jesus?**
 - a. On the sabbath
 - b. When needed
 - c. Every day

4. **Which of the following life habits do you want to apply to your life? *Circle all that apply.***

a. Prayer	e. Giving
b. The Word	f. Communion
c. Worship	g. Evangelism
d. Fasting	

5. **Where is the *best* place to spend quality time alone with the Lord?**
 - a. In a private place
 - b. While driving
 - c. At a coffee shop

6. **Which best describes the fruit of prayer?**
 - a. When we pray we become more important
 - b. When we pray we become more religious
 - c. When we pray we become more like Jesus

7. **Which best describes God's desire?**
 - a. God desires slaves
 - b. God desires friends
 - c. God desires robots