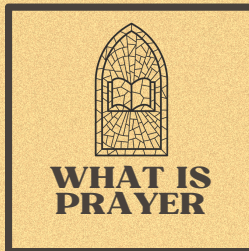


FRAMES

WHAT IS PRAYER
PASTOR DALE SWANSON

Foundation Verse

Ephesians 2:10: "For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."



FRAME Questions:

1. What is a prayer?
2. What does Jesus say about how we should pray?
3. How can I use prayer as part of my personal spiritual framework?



Prayer Trivia

Did you know there are over 650 prayers listed in the bible? There are prayers in the bible beginning in Genesis and listed all the way through to the last book in the Bible, Revelation. We can learn a lot from just reading all those prayers. Jesus is recorded in the bible as praying 25 different times in the gospels. The Apostle Paul mentions prayer 41 times in the New Testament in his various letters to the churches. From just those few biblical facts we can ascertain that prayer is pretty significant, wouldn't you agree?

Question #1

Try to describe in two minutes or less, what is prayer? Go ahead and share your thoughts with each other



Quotes About Prayer

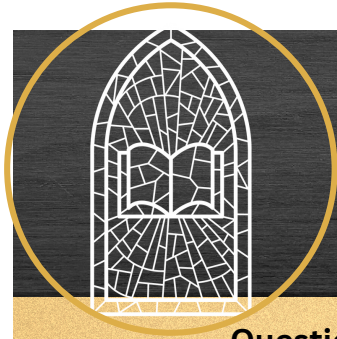
"To pray means to communicate with God. That can mean thanking Him, praising Him, confessing something you've done wrong, or expressing a need you have. It can even mean just talking to Him as you would to a friend." Ross McCall, CRU Ministries

"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." Billy Graham Ministries

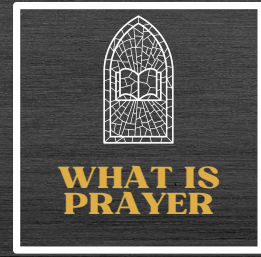
Notice that prayer is described as a TWO-WAY relationship. That means we should find a way not just to talk but give space to listen during our prayer times.

Read this dchallenging quote from Dr. Daniel Brown a Foursquare Pastor, Church planter and leader.

"Mention the subject of prayer to most believers, and their first thought is, "You crummy Christian; you need to pray more." Their attention focuses on an obligation or requirement to pray rather than an opportunity to spend time with Jesus." - Dr. Daniel Brown, Enjoying Your Journey with God



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Question #2

Read Matthew 6:5-8

Read out loud versus 5-8 and then have a discussion with a friend. What does Jesus teach us about the attitude and posture of prayer? How does Jesus instruct us to pray?



Point Two. How to Pray

- Humility. An attitude of humility is important. Jesus said don't show off like the hypocrites, who pray aloud and with much pride and arrogance. Be humble when you pray. 
- Prayer is Intimate. Jesus said, get alone, perhaps even in a closet. Find a special secret place and plan to meet with God intimately. 
- Pray with Expectation. Jesus said our Father who sees you in secret will reward you. God likes to reward us and bless us. Expect good things from God, and expect answers when you pray. 
- Your Words matter when you pray. Jesus said don't use a bunch of empty words. Speak plainly when you pray. Don't try to impress. Use language that is honest and truthful to who you are. 

Question #3

Read Matthew 6:9-16

Read Jesus' prayer template and then answer these questions with a friend. What things are we encouraged to pray for in Verses 9-12

ACTS PRAYER

For some people, praying and connecting with God comes naturally. For others, this might be a new spiritual habit. If you would like assistance working on your prayer life, here is a simple acronym that can remind you of a good way to pray. The acronym is **A.C.T.S.** Here is what it stands for...

- A** Acknowledge God. Start your prayer by telling God of the many wonderful and powerful attributes he has.
- C** Confess Sin. Romans teaches us that all have sinned. 1 John encourages us to confess our sins. Allow confession to be a regular part of your prayer life.
- T** Thank God. It is good for the strengthening of our faith, and it's good for our hearts to be thankful.
- S** Supplicate. Supplication means to ask. Ask God what you need. Be open, be honest, be expecting and ask with faith.

Final Activity

Take 10-15 minutes and prayer with a friend. Try using the A.C.T.S. method