

# PRAYER BOOTCAMP

## Lesson 1

**Luke 11:1** *Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, “Lord, teach us to pray, as John also taught his disciples.”*

In your own way, **ask the Lord** to teach you to pray, to pray more often, and to pray more effectively than ever before.

### WHAT IS PRAYER?

In a simple sense, **prayer is communicating with God**. Spiritual growth can be hindered when we get stuck in a rut of only communing with God a few ways. Because God is infinite and chooses to reveal Himself to us in a variety of ways (Father, King, God, Shepherd, Friend, Savior, Judge, Physician, Warrior, Lover, etc.) effective prayer has a variety of expressions.

The following definitions / descriptions of prayer help give an understanding of how simple, yet varied prayer is. **Prayer is...**

1. Talking directly with God
2. Listening to God's Voice
3. Practicing the presence of God
4. Opening yourself for spiritual heart surgery
5. Telling a friend everything going on in your life
6. Begging God to intervene and effect change in real circumstances.
7. Praising God for who He is
8. Thanking God for what He has done
9. Asking God for help
10. Standing in the gap before God, on behalf of others
11. Receiving counsel from a trusted adviser
12. Declaring the worthiness of Jesus
13. Petitioning God to supply needs
14. Crying “Abba” to your Heavenly Father
15. Asking forgiveness
16. Bowing before majesty
17. Sharing your deepest fears with a trusted friend
18. Silently enjoying a dear friend's companionship
19. Asking for mercy
20. Taking authority over the enemy
21. Releasing your spiritual debtors

Read back through that list, slowly.  
Note / circle the images that leap out at you.  
Why do those images get your attention?

**Thank the Lord** that prayer enables you to do the things you circled.

### WHY PRAY?

**Prayer is a Privilege.** Jesus died to make it possible for us to pray. (Matthew 27:50–51; Ephesians 2:18; Hebrews 4:14-16; 6:19–20; 10:12-14, 19–22).

**Thank Jesus** for all He went through to give you the privilege of prayer

Currently the ministry of Jesus is that of intercessory prayer. (Romans 8:34; Hebrews 7:25; 1 John 2:1–2). When we pray, we enter into divine partnership with Jesus to accomplish His will on planet earth (Matthew 6:9-10).

### **The Blessings and Benefits of prayer.**

1. Prayer puts us in the place to be transformed into the image of Jesus. 2 Cor. 3:18; Exodus 33:7-11
2. Prayer was expected and commanded by Jesus of His disciples. Matthew 6:9-12
3. Prayer provides daily needs. Matthew 6:11
4. Prayer is how we get healing mercy for ourselves. Matthew 9:27; 20:30-31
5. Prayer is how we get healing mercy for our loved ones. Matthew 15:22; 17:15
6. Prayer raises up laborers for the harvest. Matthew 9:36-38
7. Prayer provides needs for those we pray for. Luke 11:5-8
8. Prayer gives justice to God's elect. Luke 18:1-8
9. Prayer is the place where we surrender our wills to God's. Luke 22:42
10. Prayer is how we abide in Christ. John 15: 4–5; Ephesians 3:16–19; Colossians 1:9–10
11. Prayer relieves worry and replaces it with peace. Philippians 4:6-7; Psalm 29:11; Isaiah 26:3
12. Prayer is how our sins are forgiven and cleansed. 1 John 1:9; Matthew 6:12
13. Prayer gives protection and security when we are afraid. Psalm 34:4; 56:3; 2 Corinthians 1:8–11
14. Prayer is how we get the grace we desperately need. Hebrews 4:16
15. Prayer is how we cast our burdens upon the Lord. 1 Peter 5:6-10; Psalm 55:22
16. Prayer gives us wisdom for challenges we face. 2 Chronicles 1:10; Proverbs 2:3–6; James 1:5
17. Prayer provides power and perseverance to defeat Satan and overcome His schemes. Luke 22:32; Ephesians 6:18; James 4:7
18. Prayer takes us deeper into intimacy with the Lord. Psalm 27:4 & 8; 73:25–26
19. Prayer grows faith to call on God boldly for miraculous exploits from His hand. Jeremiah 33:3; Mark 9:23,24, 11:23, 24; Acts 12:5–8
20. Prayer opens doors for boldness, wisdom, and opportunities to share the truth of the Gospel. (Colossians 4:3 & 4; Ephesians 6:18–20
21. Prayer makes healthy local church revival possible. Acts 6:1-7
22. Prayer is how Jesus unites, leads, and advances His church. Acts 1:12-14; 13:1-2

Read back through that list, slowly. Note the reasons that leap out at you.  
Why do those reasons get your attention?

**Thank Jesus** for the many blessings that prayer can be in your life.  
**Ask Him** to help you learn to use this marvelous gift more effectively and more often.