



Lesson Five: New Life

NOTES

DOODLES

Why do we pray?

- We can. We have an invitation into God’s presence and we have the ear of the Almighty. We must not take the gift of prayer for granted.
- Jesus did. We read in the Bible that Jesus was constantly praying to the Father and He regularly did so during long nights alone. If even the Son of God prays, we who have been brought into relationship with God pray also.
- We must: not in the sense that we grudgingly obey a biblical command to pray but in the sense that anyone who has been redeemed and has the Holy Spirit in them have had our very nature changed. We “must” pray in the sense that we “must” breath or “must” spend time with one we love. We have a beautiful need for communicating with our Beloved.
- God desires to answer. Jesus teaches that God, our good Father, actually desires to give gifts to His children and wants us to come ask Him for what we need. God is actually glorified when we go to Him as our Provider and Parent.

Modes of Prayer

There are several general ways, or “modes” of praying. Each is for a somewhat different purpose. We may use any or all of these modes in a time of prayer:

Adoration

A prayer of worship to God. This is speaking the truth about who God is, enjoying Him and reminding yourself of the nature of your God.

Thanksgiving

Thanksgiving is telling the truth about what God has done. It is key for healing and re-orienting ourselves and our view of our circumstances.

Confession

Confession is bringing our sin to God. It is telling the truth about our heart’s condition. Confession should be specific and honest: God already knows the state of our heart and the acts of rebellion against Him we commit so when we come before Him we shouldn’t hide. Remember that we need never hide from God. In confession we come to God for healing and help.

Petition

Petition is bringing our requests to God. It is telling the truth about your need. Remember that we are told to ask God for what we need and that we honor Him when we come to Him as our source. We need not be concerned that we are being selfish in asking for our own needs. We should pray for ourselves more, not less.

Intercession

Intercession is praying alongside or in the place of another person. It is telling the truth about what someone else needs. Intercession requires wisdom because sometimes what people ask for prayer for is not biblical or necessarily wise or helpful. Intercessory prayer also requires great persistence since we tend to be more motivated to pray for our own personal needs.



NOTES

Horizontal lines for writing notes.

DOODLES

- Creates a constant reminder to pray. When we fast we feel constantly hungry, especially after awhile, it's like a ribbon tied to your finger to help you remember your purpose of praying, no matter how busy you may be.
- Serves as a spiritual mourning over a situation. At times of sin or sorrow (whether our own or someone else's) we might fast as an act of mourning and seeking God. We are not wallowing or despairing in this act of mourning but are being honest about a difficulty and are setting aside life-giving food to prayerfully address a situation that has spiritually or physically brought death in order to speak with the Life-giver.

Fasting shouldn't be done to show how spiritual you are and should be kept private in order to curtail our tendency to show off or seek sympathy (Matt. 6:16-18).

It shouldn't be done to the risk of your health. If you have a medical reason to eat a certain way, consider fasting in a way other than with food. Also, going without water for an extended time is dangerous and many people drink water during a fast.

We can fast from things other than food such as TV, social media, music, sleep, or anything that we may need to disentangle ourselves from in order to be more free to seek God.

There is not a correct amount of time for a fast, however it should be long enough to make you hungry and give you time to pray.

If you have made a decision to fast for a time, don't force that decision on others. Allow them to choose whether or not to fast along with you.

Remember that fasting is a temporary break from something that is not morally wrong but that you are exercising mastery over. Sinful activities are not to be fasted from temporarily but permanently removed from our lives.

Praying in Jesus's name

We have a custom of saying, "In Jesus's name I pray" at the end of a prayer and there is nothing wrong with that, but we need to realize that it is not a magic phrase to make our prayer "work" or just the proper way to "sign off". Praying in the name of Jesus is actually a great grace in our lives since we are welcomed in to God's presence with all the rights Jesus Himself has to pray to the Father. We should remember as we enter into prayer that we are praying in Jesus's name and we should make our requests as we see Jesus doing.

Praying in Jesus' name is like praying with His nametag on. We get to approach God with total confidence, but we also pray for things that Jesus would pray for—some requests are not within the bounds of God's will for us.

Hebrews 4:16

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

