



# ReFocus on My Prayers

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## Why don't we pray more?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Prayer in the life of Jesus...

- Jesus prayed \_\_\_\_\_
- Jesus prayed \_\_\_\_\_ *Luke 3:21-22; 6:12-13; 9:15, 28-29; 22:19, 39-46; 23:46*
- The Lord's Prayer: a \_\_\_\_\_ and the \_\_\_\_\_ *Luke 11:1-13; Matthew 6:5-15*

"Father, hallowed be your name,                      —————> \_\_\_\_\_ (Adoration)  
 Your kingdom come.                                      —————> \_\_\_\_\_, not mine  
 Give us each day our daily bread,                      —————> Asking for \_\_\_\_\_ (Supplication)  
 and forgive us our sins,  
 for we ourselves forgive everyone —————> Ask for \_\_\_\_\_ (Confession), give forgiveness  
 who is indebted to us.  
 And lead us not into temptation."                      —————> Admit \_\_\_\_\_, ask for help (Supplication)

## Prayer in the life of one who follows Jesus...

- The basics, prayer...
  - ◊ Is \_\_\_\_\_ with God *Psalms 145:18; Matthew 22:37*
  - ◊ Is vital in developing a growing walk with \_\_\_\_\_ *John 17:3; Jeremiah 29:13*
  - ◊ Is a \_\_\_\_\_ activity that engages in \_\_\_\_\_ *2 Corinthians 10:3-5; Ephesians 6:10-17*
  - ◊ Makes a \_\_\_\_\_ in our life and the lives of others *Acts 2-4; 1 Timothy 2:1-4; 2 Peter 3:9*
  - ◊ Can be hindered by \_\_\_\_\_ *Psalms 66:17-18; 139:23-24; 1 John 1:7-9; Proverbs 28:13*
  - ◊ Should be fueled by the \_\_\_\_\_ *2 Timothy 3:16-17, Romans 10:17, Matthew 4:4*
- Guidelines for effective prayer... *Psalms 34:15; 1 Peter 3:12; James 5:6*
  - ◊ Prayer involves \_\_\_\_\_ talking and listening
  - ◊ Our prayers are a \_\_\_\_\_, never a demand or bargain
  - ◊ God Answers... *Isaiah 55:8-9; 1 John 5:14; Colossians 1:9*
    - If he sees fit
    - As he sees fit... \_\_\_\_\_ *James 4:3, Exodus 33:18-23*
    - When he sees fit
  - ◊ Motives \_\_\_\_\_ *James 4:2-3*
  - ◊ Pray in line with God's \_\_\_\_\_ in the Bible *James 1:5; Genesis 1:28-28; Matthew 22:37-40; Matthew 28:19-20; 1 Corinthians 10:31*

- ◇ Pray \_\_\_\_\_
- ◇ Pray \_\_\_\_\_
- ◇ Make \_\_\_\_\_ to pray

*Philippians 4:6; Matthew 20:29-34*

*Luke 18:9-14*

*Psalms 55:17; Daniel 6:10; Acts 3:1*

## Pastor Matt's desire for the people of Hope Church...

- \_\_\_\_\_!

*Romans 12:2;*

*1 Thessalonians 5:17, Galatians 5:19-23, Ephesians 4:17-32 John 15:5-7*

### Memory Verse

*"Don't worry about anything; instead, pray about everything.*

*Tell God what you need, and thank him for all he has done."*

*Philippians 4:6 NLT*

### My Next Steps:

- I'll memorize Philippians 4:6
- Today, for the first time, I'll choose to follow Jesus!
- Today, I'm learning/remembering \_\_\_\_\_ and with God's help I will \_\_\_\_\_.
- My Prayer Goal for 2022: \_\_\_\_\_

### Prayer Resources:

#### Five basic types of prayer

*1 Timothy 2:1-2*

1. Praise and Thanksgiving – Praise and thanksgiving are the primary ways we give daily adoration and worship to God. *1 Thessalonians 5:16-17; Hebrews 13:15; Psalm 22:3; 50:23; 100:1-5*
2. Confession – Consistent confession is the primary way we receive God's forgiveness and maintain a Spirit-filled life. *2 Chronicles 7:14, Proverbs 28:13, Psalm 51:6-10, 1 John 1:9, Matthew 5:23*
3. Petition – Petition is the type of prayer in which we present our individual needs and desires to God. *Philippians 4:6-7, Hebrews 4:15-16, John 15:7, 1 John 5:14-15*
4. Intercession – Intercession is the type of prayer that focuses on the needs of others. *1 Samuel 12:23, Ezekiel 22:30, 2 Timothy 2:1*
5. Meditation – The act of reflecting on God's Word and quietly listening for His still, small voice. *Jeremiah 29:13; Psalm 1:2; 63:6; 77:12; 143:5; 119:15, 48*

#### Categories of potential sin in our life:

- Sins of thoughts and attitudes *Matthew 15:9; 2 Corinthians 10:5*
- Sins of speech *Matthew 12:39; James 3:10; Deuteronomy 5:11*
- Relational sins *Matthew 5:23-24*
- Sins of commission *1 John 1:9*
- Sins of omission *James 4:17*

### Reflection Questions:

- What prayers, thoughts, or feelings have you hidden from God?
- In what circumstances are you most tempted to stop talking to God? If you were to talk with Him in those circumstances, what would you want to hear from Him?
- What do I need to know that I already know?
- What is interfering or hindering me in knowing Jesus more?
- What, if anything, do you need to say to God that you have never said to Him?

### Recommended Resources:

- [Prayer Hand by The Navigators](#)
- [Names and Attributes of God by The Navigators](#)
- [Praying through your Neighborhood by The Navigators](#)
- [Praying the Bible](#) by Donald S. Whitney
- [Talking to God](#) by Adam Weber