

Teach Us to Pray

worksheet #1

theoverflowing.com

What you'll need:

- ▶ Something to write with
- ▶ Printout of this worksheet or a notepad or journal
- ▶ A Bible

If you haven't yet,
read through my blog post "Teach Us to Pray"
at www.theoverflowing.com/blog/teach-us-to-pray

This post details the importance of prayer
and introduces the actions
we'll be applying through this worksheet.

Defining Prayer:

- ▶ How would you define prayer?
- ▶ How Does the definition of *proseuchomai* change or deepen your understanding of prayer?

The Importance of Prayer:

- ▶ Read Mark 1:35, Luke 5:16, 6:12 and Hebrews 5:7
- ▶ What are your prayer habits?
- ▶ Read 1 Thessalonians 5:17
- ▶ What does it mean to pray without ceasing? Why does God command this?

Moving Toward:

- ▶ Read Psalm 6:9, Psalm 66:18-20 and 1 Peter 3:12
 - ▶ How does knowing God listens to your prayers affect how you pray?
 - ▶ Spend some time right now praying to the One who hears.
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Moving Forward:

- ▶ Read John 5:19 and 5:30
 - ▶ What are the benefits of prayer according to these verses?
 - ▶ Spend some time praying these verse for your own life.
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***Prayer does not change God - it changes me.
- C. S. Lewis***

How has prayer changed you?