

Lesson 3 Worksheet

The Heartbeat of Faith – Connecting Through Prayer

Name: _____

Date: _____

Before You Begin

Take a moment to quiet your heart and invite God into this time of reflection.

"Lord, teach us to pray..."

— Luke 11:1 (NKJV)

Prayer is not about saying the perfect words—it's about spending time with a perfect Father who loves you.

Part 1: Digging into the Lesson

Fill in the Blanks

Use your lesson notes to complete the statements below.

The Vital Exchange: Prayer as the Breath of Life

1. Prayer is the foundational spiritual discipline that fuels _____ with God.
2. Prayer is not merely a religious ritual or a last _____ during crisis.

3. Just as a physical heartbeat indicates life, a consistent prayer life indicates a healthy, growing _____.
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The Posture of the Heart: Being Your "Real Self"

4. God is not moved by eloquent words; He is drawn to _____.
5. Authentic prayer is not a public performance but sincere _____ with the Father.
6. Jesus often withdrew to solitary _____ to pray.
7. We are encouraged to speak to God as we would a trusted _____.
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The Framework: The Six "P's"

Complete the six parts of a balanced prayer life:

8. P _____
9. P _____
10. P _____
11. P _____
12. P _____
13. P _____

The Two-Way Street: Hearing from God

14. Prayer is not just talking to God; it is also about _____ to Him.
 15. God most often speaks through His _____.
 16. The Holy Spirit may guide us through a quiet prompting or a sense of _____.
 17. God can also use other _____ to encourage and direct us.
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Overcoming the Hurdles

18. When distractions come, gently return your _____ to God.
 19. Faith is not measured by your _____, but by your faithfulness.
 20. Even when growth is unseen, God is still _____ beneath the surface.
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Part 2: Scripture Memorization

This Week's Memory Verse

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God."

— Philippians 4:6 (NKJV)

Write the verse below:

Fill in the Missing Words

*"Be anxious for _____, but in _____
by prayer and supplication, with _____, let your
requests be made known to God."*

— Philippians 4:6

What do you think this verse teaches us about bringing our worries to God?

Part 3: Reflection Questions

Take your time answering these honestly. There are no "perfect" answers.

1. How would you currently describe your prayer life?

- ☐ Consistent and life-giving
- ☐ Occasional
- ☐ Mostly during emergencies
- ☐ I don't know where to begin
- ☐ I struggle to stay focused
- ☐ Other: _____

How has this lesson encouraged or challenged you?

2. Which of the three attitudes toward prayer stands out to you most?

- ☐ Be Real
- ☐ Be Relaxed
- ☐ Be Revealing

Why?

3. Which of the Six "P's" do you tend to neglect most often?

- ☐ Praise
- ☐ Purpose
- ☐ Provision
- ☐ Pardon
- ☐ People
- ☐ Protection

How might intentionally including this area strengthen your prayer life?

4. Have you ever sensed God speaking to you through Scripture, the Holy Spirit, or another believer?

Describe that experience.

5. What distractions, doubts, or seasons of dryness make prayer difficult for you?

How can you continue showing up faithfully even when you don't "feel" God's presence?

Part 4: Journal & Prayer

Write a prayer to God from your heart.

Remember:

You don't have to impress Him.

You don't have to use perfect words.

Simply come honestly before your Heavenly Father.

Part 5: Living It Out

Daily Application Challenge

Discipleship isn't just learning about prayer—it's learning to pray.

Choose one way to apply this lesson this week.

☐ Create a Secret Place

Choose a quiet space where you can meet with God each day without distractions.

☐ Use the Six "P's"

Spend time each day praying through:

- Praise
 - Purpose
 - Provision
 - Pardon
 - People
 - Protection
-

☐ Pray Honestly

Set aside five minutes to speak openly with God about your joys, fears, frustrations, and hopes.

☐ Listen Quietly

After praying, spend two minutes in silence asking:

"Lord, what would You like me to know today?"

Write down any Scriptures, thoughts, or impressions that align with God's truth.

☐ Pray for Others

Choose three people in your life and intentionally pray for them throughout the week.

☐ Keep Showing Up

Even if you feel distracted or spiritually dry, keep your daily appointment with God.

Faithfulness often grows before feelings do.

Looking Ahead...

Prayer is the heartbeat of your relationship with God.

Some days it will flow naturally.

Other days it may feel difficult or dry.

But every prayer whispered in faith strengthens the roots of your new life in Christ.

Keep showing up.

Keep listening.

Keep talking with your Heavenly Father.

He delights in meeting with you.

"Draw near to God and He will draw near to you."

— James 4:8 (NKJV)

See you in Lesson 4 as we continue discovering what it means to walk closely with Jesus and grow deeper in faith.