

Basic Training!

FAST Basic Training #3 - The Promises of God

Memo:

The Editor here. Looking forward to sharing another tool for effective discipleship with you. In particular, we are going to look at prayer. Many people think of prayer as something strange or mysterious—but it is vitally important, and there are some basic principles every Christian should understand. Do you long to be mighty in prayer? This booklet can help!



Prayer is the means through which we receive the blessings promised in God's Word. Yet all too often, we neglect time for prayer. We promise to pray for family and friends, yet never quite end up remembering to do so. We claim some Bible verse and then give up just before receiving what we ask for. What's the solution? Many have found it to be a prayer journal. Start one of your own, and you will soon see your prayer life growing stronger. You will find yourself praying more systematically and with greater perseverance. Your prayers will be more specific, and more closely linked to the Word of God. And you may just start seeing *answers* like never before!

**The Editor,
Hid in Christ**

Bible Secrets to Living for Christ

Objectives Week 3

Name: _____ Initialed by: _____

Date: _____

- Complete the Bible Search entitled **The Promises of God**. Being able to claim promises you have hidden in your heart is one valuable benefit of Scripture memory. As you study the lesson ahead, be sure to think of it as a time of private fellowship between you and the Master.
- Your next two memory verses are good ones: **John 15:7** and **Romans 4:20**. Be sure to meditate on these verses as you learn them. Both verses hint at the role Scripture plays in prayer. Also, continue reviewing the other verses you have learned so far at least once each day.
- Read the **Practical Suggestions** at the end of this booklet on how to set up a prayer journal. Then, take some time this week to write out a few prayer requests and begin building a prayer journal of your own. Be sure to follow the suggestions carefully. The habit of regularly using a prayer journal can do much to strengthen your faith.
- Review the illustration from your first week and then add **The Morning Watch Bike**. These illustrations will prove helpful in fixing the insights you gain through these studies in your mind. Plus it gives you something to share!

*Prayer is the key in the hand of faith
That unlocks heaven's storehouse*

The Promises of God

Bible Search 3

And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. John 14:13

1. What is Jesus doing in each of the following verses?

Matthew 14:23

Mark 1:35

Luke 5:16

Luke 6:12

2. How did Jesus say we should pray, and why? Matthew 6:6

3. What lesson about prayer did Jesus teach in the following parables?

Luke 11:1, 5-10

Luke 18:1-8

4. What three obstacles can hinder an answer to prayer?

James 1:6-7

James 4:3

Psalms 66:18

5. What promises are given to those who overcome these obstacles?

Mark 11:24

I John 5:14-15

I John 3:21-22

Note: Scripture memory often has a powerful impact on prayer for it helps to conquer all three obstacles to effective prayer: lack of faith (Romans 10:17), misguided requests (Isaiah 30:21), and cherished sin (Psalms 119:11).

Using a Prayer Journal Practical Suggestions

Faithful disciples have always recognized the importance of prayer. They read the tremendous promises in the Bible made to those that pray. They hear of the fervent prayer lives of great men and women of God—and of the remarkable answers they received. They see Jesus Himself, spending whole nights in earnest, untiring prayer. And deep down, they too, long to be mighty in prayer.

Many have found a personal prayer journal to be just what was needed to build a more consistent prayer life. Establish one of your own, and you will soon find yourself growing stronger in prayer. Remember however, that prayer is more than just asking God for things—its real purpose is the transformation of our own heart! Through prayer, we are filled with more of God's Spirit and strengthened to live for Christ.

Starting a Prayer Journal

To turn your Morning Watch notebook into a prayer journal, set aside one section for prayer requests. (Or if you prefer, keep them in a second notebook). Each prayer request sheet should be written out on a separate sheet of loose leaf paper—and include the following things on each page:

- *Date.* Write the date you first enter the request at the top of the page.
- *Request.* Write out as specific a request as possible. What exactly would you like to see God do?
- *Scriptures.* Is your request something God wants to do? Try to list one or more Bible verses for each request.
- *Answers.* Leave room at the bottom of the page to record any action God takes in response to your requests. Many prayers are answered little by little—so faithfully jot down any evidence God is at work. It is also helpful to use this space to record each date you pray for a request.

6. What are some things we should pray for?
Galatians 5:22-23

Philippians 4:19

Isaiah 48:17

Ephesians 6:19

Philippians 1:3-6

Matthew 9:37-38

7. Why is prayer so powerful? Ephesians 3:20

What is its ultimate purpose? Ephesians 3:21

8. How willing are you to commit right now to setting aside time for regular, systematic prayer? Why not write out your answer as a brief prayer to God?

Using Your Prayer Journal

Once you have filled out a number of prayer requests sheets, begin praying over them as often as you can—during your Morning Watch time. Daily, if possible. If you do not have enough time to pray over every request, place a bookmark where you leave off and pick up there the next morning. Start again at the beginning when you reach the end. Note: If you have a number of urgent requests that you wish to pray over every day, you can separate these from the rest, and put them in a special section of your prayer journal. Also, if you sense the Spirit impressing you to pray over certain prayer requests—don't hesitate to do so, even if it means going out of order. Your prayer journal is meant to help you, not restrict you. It can be both systematic and flexible at the same time.

Keep praying over requests as long as they are in your prayer journal. As you study and pray, you may feel led to modify a request or to add an additional Bible promise. Perhaps you will want to eliminate a request completely—just jot down any insights God gives you and remove it. But for those requests fully in line with Scripture, be persistent in prayer. God will honor His Word! Keep answered requests stored somewhere, as a source of faith and inspiration for the future.

Scripture Memory Tip: One great way to strengthen your prayer life is to memorize specific promises connected with important prayer requests. There is something powerful about claiming the promises of God in the actual words of Scripture.

The Importance of Commitment

To live out the life of discipleship, we are fully dependent upon the power of God. Without Christ, we can do nothing. And the busier our life, the greater our need for prayer! Prayer is thus an acknowledgment of our dependency upon God—and lack of prayer, evidence of self-sufficiency. As you reflect on your own life, why not consider making a serious commitment to time in prayer? It will provide power for every other facet of your Christian walk.

The Bow of Promise