

Bible Study Outline: Prayer

I. Introduction: What Is Prayer?

- Prayer is a direct, divine dialogue or communication between you and God.
- It is one of the most essential components of a born-again believer's relationship with God.
- It is the key that unlocks faith in our lives.
- It demonstrates our reliance on God as we humbly invite Him to fill us with faith and power.
- There is **NO substitute for prayer**, especially in circumstances that seem impossible.
- Prayer builds an intimate relationship with God, deepening faith, bringing peace, and providing strength, guidance, and resilience while replacing worry with trust and spiritual endurance.

II. How Should We Pray?

A. The Model Prayer (Jesus' Teaching)

Matthew 6:6–15 (KJV)

“But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.

Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

For if ye forgive men their trespasses, your heavenly Father will also forgive you:

But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.”

B. Pray Boldly and Confidently

Hebrews 4:16

“Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.”

1 John 5:14–15

“And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us:
And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.”

III. Scriptures Referencing Prayer

Jonah 2:1

“Then Jonah prayed unto the Lord his God out of the fish's belly,”

1 Samuel 12:23

“Moreover as for me, God forbid that I should sin against the Lord in ceasing to pray for you: but I will teach you the good and the right way:”

Psalms 122:6

“Pray for the peace of Jerusalem: they shall prosper that love thee.”

Jeremiah 29:7

“And seek the peace of the city whither I have caused you to be carried away captives, and pray unto the Lord for it: for in the peace thereof shall ye have peace.”

Matthew 26:41

“Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.”

Luke 11:1–13

“And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples...”

Ephesians 6:18

“Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;”

Luke 18:1

“And he spake a parable unto them to this end, that men ought always to pray, and not to faint;”

2 Chronicles 7:14

“If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.”

Philippians 4:6–7

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

1 Thessalonians 5:16–18

“Rejoice evermore.

Pray without ceasing.

In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”

James 5:16

“Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.”

Mark 11:24

“Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.”

IV. Benefits of Prayer**Psalm 4:3**

“But know that the Lord hath set apart him that is godly for himself: the Lord will hear when I call unto him.”

Mark 9:29

“And he said unto them, This kind can come forth by nothing, but by prayer and fasting.”

Spiritual Benefits:

- Invites the presence of God
- Creates peace and serenity
- Provides spiritual protection
- Produces transformation and empowerment
- Deepens divine connection with God

V. Types of Prayer

- **Intercessory Prayer** – praying on behalf of others
 - **Thanksgiving** – expressing gratitude
 - **Repentance** – turning away from sin
 - **Praise** – honoring God for who He is
 - **Supplication** – making requests known to God
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VI. Components / Acronyms of Prayer

PRAY

- **P** – Praise
- **R** – Repent
- **A** – Ask
- **Y** – Yield

ACTS

- **A** – Adoration
- **C** – Confession
- **T** – Thanksgiving
- **S** – Supplication

5 Finger Method

(Will explain each finger representing different prayer focuses)

VII. How God Answers Prayer

- **Still small voice / whisper**
- **Inner urging (Holy Spirit)**

- **Through others**

Three Main Answers:

1. YES

1 John 5:14 “And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us:

And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.”

2. NO

2 Corinthians 12:8–9

“For this thing I besought the Lord thrice, that it might depart from me.

And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness...”

3. WAIT / DELAY

Psalm 27:14

“Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord.”

VIII. Interactive Section (Do Together)

Object Lesson

- **Phone** → Prayer is communication, not a performance, Prayer is meant to be a conversation not a voicemail. All too often our prayers are more like shopping list for God rather than a conversation/ God.
- **Light** → Prayer brings clarity in darkness
- **Backpack** → Are you carrying burdens instead of giving them to God?

How would you describe your prayer life? Is your Spiritual Man.....

- Anorexic....Dry to the Bone...Practically dying due to malnutrition and lack of prayer. Can't even pray a fly off my head.
- Fit, nice & tone..... You pray and seek God for divine guidance sometimes however you could stand to be a lot more consistent and build some spiritual muscles.
- Pro Body Builder.... Your spiritual muscles are bulging out like a Pro Body Builder and we know that you are constantly in prayer w/ God. Devil trembles when your name is call. You are a WARRIOR.

Prayer Writing Exercise

IX. Praying & Letting Go (Writing Exercise)

IX. Closing

- Share personal testimony
(*Mother E.J. Dabney – “What It Means to Pray Through”*)
- Pastor Praying