

Real Prayer—Hearing and Responding to God



MEMORY VERSE — PHILIPPIANS 4:6–7

6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

DAY 1 Why Prayer Feels Hard—And What to Do About It

HEBREWS 4:16

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

ROMANS 8:26–27

26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. 27 And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

LUKE 11:1–4

1 Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, “Lord, teach us to pray, as John taught his disciples.” 2 And he said to them, “When you pray, say: “Father, hallowed be your name. Your kingdom come. 3 Give us each day our daily bread, 4 and forgive us our sins, for we ourselves forgive everyone who is indebted to us. And lead us not into temptation.”

PSALM 62:8

Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. Selah

MATTHEW 26:36–44

36 Then Jesus went with them to a place called Gethsemane, and he said to his disciples, “Sit here, while I go over there and pray.” 37 And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. 38 Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.” 39 And going a little farther he fell on his face and prayed, saying, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.” 40 And he came to the disciples and found them sleeping. And he said to Peter, “So, could you not watch with me one hour? 41 Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.” 42 Again, for the second time, he went away and prayed, “My Father, if this cannot pass unless I drink it, your will be done.” 43 And again he came and found them sleeping, for their eyes were heavy. 44 So,

leaving them again, he went away and prayed for the third time, saying the same words again.

JAMES 4:8

Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.

DAY 2 Real Prayer Starts with God

MATTHEW 6:9–10

9 Pray then like this: “Our Father in heaven, hallowed be your name. 10 Your kingdom come, your will be done, on earth as it is in heaven.

MATTHEW 6:9

Pray then like this: “Our Father in heaven, hallowed be your name.

PSALM 145:3

Great is the LORD, and greatly to be praised, and his greatness is unsearchable.

REVELATION 4:8–11

8 And the four living creatures, each of them with six wings, are full of eyes all around and within, and day and night they never cease to say, “Holy, holy, holy, is the Lord God Almighty, who was and is and is to come!” 9 And whenever the living creatures give glory and honor and thanks to him who is seated on the throne, who lives forever and ever, 10 the twenty-four elders fall down before him who is seated on the throne and worship him who lives forever and ever. They cast their crowns before the throne, saying, 11 “Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created.”

HEBREWS 13:15

Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name.

PSALM 100:4–5

4 Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! 5 For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.

PSALM 103:1–5

1 Bless the LORD, O my soul, and all that is within me, bless his holy name! 2 Bless the LORD, O my soul, and forget not all his benefits, 3 who forgives all your iniquity, who heals all your diseases, 4 who redeems your life from the pit, who crowns you with steadfast love and mercy, 5 who satisfies you with good so that your youth is renewed like the eagle's.

DAY 3 Praying Honestly—Confession, Lament, and Need

1 JOHN 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

LAMENTATIONS 3:22–24

22 The steadfast love of the LORD never ceases; his mercies never come to an end; 23 they are new every morning; great is your faithfulness. 24 “The LORD is my portion,” says my soul, “therefore I will hope in him.”

1 JOHN 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

PSALM 32:1–5

1 Blessed is the one whose transgression is forgiven, whose sin is covered. 2 Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit. 3 For when I kept silent, my bones wasted away through my groaning all day long. 4 For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah 5 I acknowledged my sin to you, and I did not cover my iniquity; I said, “I will confess my transgressions to the LORD,” and you forgave the iniquity of my sin. Selah

LAMENTATIONS 3:19–24

19 Remember my affliction and my wanderings, the wormwood and the gall! 20 My soul continually remembers it and is bowed down within me. 21 But this I call to mind, and therefore I have hope: 22 The steadfast love of the LORD never ceases; his mercies never come to an end; 23 they are new every morning; great is your faithfulness. 24 “The LORD is my portion,” says my soul, “therefore I will hope in him.”

PSALM 13

1 How long, O LORD? Will you forget me forever? How long will you hide your face from me? 2 How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me? 3 Consider and answer me, O LORD my God; light up my eyes, lest I sleep the sleep of death, 4 lest my enemy say, “I have prevailed over him,” lest my foes rejoice because I am shaken. 5 But I have trusted in your steadfast love; my heart shall rejoice in your salvation. 6 I will sing to the LORD, because he has dealt bountifully with me.

MATTHEW 11:28–30

28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle

and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.

PSALM 34:17–18

17 When the righteous cry for help, the LORD hears and delivers them out of all their troubles. 18 The LORD is near to the brokenhearted and saves the crushed in spirit.

DAY 4 Praying with Confidence and Expectancy

LUKE 11:9–13

9 And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 10 For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. 11 What father among you, if his son asks for a fish, will instead of a fish give him a serpent; 12 or if he asks for an egg, will give him a scorpion? 13 If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!”

1 JOHN 5:14–15

14 And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. 15 And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.

JAMES 1:5–6

5 If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. 6 But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind.

LUKE 11:9–13

9 And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 10 For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. 11 What father among you, if his son asks for a fish, will instead of a fish give him a serpent; 12 or if he asks for an egg, will give him a scorpion? 13 If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!”

JOHN 14:13–14

13 Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. 14 If you ask me anything in my name, I will do it.

1 JOHN 5:14–15

14 And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. 15 And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.

MARK 11:22–24

22 And Jesus answered them, “Have faith in God. 23 Truly, I say to you, whoever says to this mountain, ‘Be taken up and thrown into the sea,’ and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. 24 Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.

HEBREWS 11:6

And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.

PHILIPPIANS 4:6–7

6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

DAY 5 Surrendered Prayer—Listening, Trusting, and Obeying

LUKE 22:42

saying, “Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done.”

ISAIAH 30:21

And your ears shall hear a word behind you, saying, “This is the way, walk in it,” when you turn to the right or when you turn to the left.

PROVERBS 3:5–6

5 Trust in the LORD with all your heart, and do not lean on your own understanding. 6 In all your ways acknowledge him, and he will make straight your paths.

LUKE 22:41–44

41 And he withdrew from them about a stone’s throw, and knelt down and prayed, 42 saying, “Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done.” 43 And there appeared to him an angel from heaven, strengthening him. 44 And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.

PROVERBS 3:5–6

5 Trust in the LORD with all your heart, and do not lean on your own understanding. 6 In all your ways acknowledge him, and he will make straight your paths.

JAMES 1:22–25

22 But be doers of the word, and not hearers only, deceiving yourselves. 23 For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. 24 For he looks at himself and goes away and at once forgets what he was like. 25 But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.

ROMANS 12:1–2

1 I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. 2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

PSALM 25:4–5

4 Make me to know your ways, O LORD; teach me your paths. 5 Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long.

1 SAMUEL 3:9–10

9 Therefore Eli said to Samuel, “Go, lie down, and if he calls you, you shall say, ‘Speak, LORD, for your servant hears.’” So Samuel went and lay down in his place. 10 And the LORD came and stood, calling as at other times, “Samuel! Samuel!” And Samuel said, “Speak, for your servant hears.”
