

WHAT THE BIBLE TEACHES ABOUT COMMUNICATION WITH GOD

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PRAYER

1. How do we communicate with God?

2. What is prayer?

3. How much power does sincere prayer have?

4. In whose name should we pray?

5. Does God answer prayers?

Daniel 9:3

1 Samuel 1:9-15

James 5:16

John 14:13

Matthew 7:7-11

FAITH

6. How is faith described?

7. How is faith developed?

Hebrews 11:1, 6

Romans 10:17

WHAT MUST I DO?

1. Pray three times a day.

2. Practice private prayer.

3. Ask for convenient things.

4. Ask with faith.

Psalms 55:17

Matthew 6:6

Matthew 21:22

James 4:3

**I believe that God hears and answers prayers.
I will pray with faith every day.**

SIGNATURE

THE FAITH
OF JESUS

► ADDITIONAL STUDY ◀

WE SHOULD PRAY REGULARLY. (Luke 18:1; Romans 12:12). The best plan is to pray three times a day (Daniel 6:10). One must have a spirit of constant prayer (1 Thessalonians 5:17).

WHAT TO PRAY ABOUT: Gratitude (Philippians 4:6). Various petitions (James 1:5; John 5:17). Confession of sin (Daniel 6:10; Psalm 32:36). Pray for the needs of others (Job 42:10).

CONDITIONS FOR GOD TO ANSWER PRAYERS: Ask with faith (Matthew 21:22). Ask well (James 4:3). Ask according to God's will (Luke 22:41, 42). Manifest a forgiving spirit (Mark 11:25). Be perseverant (Luke 18:1). Keep the commandments (1 John 3:22).

OBSTACLES THAT KEEP GOD FROM ANSWERING: Asking selfishly (James 4:3). Doubts (James 1:6). Lack of a forgiving spirit (Matthew 6:14, 15). Cherished sin in the heart (Psalm 66:18). Disobedience to God's holy law (Proverbs 28:9).

GOD PROMISES TO ANSWER PRAYERS. (Psalm 3:4; 40:1, 2; Matthew 7:7-12).

What is Prayer?

"Prayer is the opening of the heart to God as to a friend... prayer is the key in the hand of faith to unlock heaven's storehouse, where are treasured the boundless resources of Omnipotence".—Ellen G. White, *Steps to Christ*, pp. 93, 94).

Types of Prayer

Some prayers consist in reciting a prayer that is already written. The most famous of these is *The Lord's Prayer*, given by Jesus. Prayer is speaking to God with our own words, to tell Him the needs that afflict us.

There are several types of prayer. Public prayer is for collective matters. In family prayer, the problems of the home are mentioned. Prayer for a meal is for thanking God for the meal and asking for his blessing (Luke 24:30; 22:19). The most beneficial prayer for the soul is private prayer.

There is also mental prayer, which is prayed without using audible words.

Parts of the Prayer

You begin by saying: "Our Father" (Matthew 6:9), and then continue with what you desire to say or ask from God. You end in Jesus' name (John 16:23) and with the word *amen*, which means *so be it*.

The Wonderful Effects of Prayer

The famous physician, Alexis Carrel, stated: "Prayer is the most powerful form of energy that can be generated. It is as real a force as gravity. As a physician, I have seen men who after the failure of all medical procedures have overcome disease and melancholy through the serene effort of prayer."

"Keep your wants, your joys, your sorrows, your cares, and your fears before God [in prayer]. You cannot burden Him; you cannot weary Him... His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. Nothing is too great for Him to bear... Nothing that in any way concerns our peace is too small for Him to notice... No calamity can befall the least of His children, no anxiety harass the soul, no joy cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest."— Ellen G. White, *Steps to Christ*, p. 100