

B I B L E K E Y S

A School of
Prayer

B I B L E K E Y S

A School of Prayer

Lessons 11 to 15



A SCHOOL OF PRAYER

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Welcome to *A School of Prayer*

This is the third book in the BibleKeys series, and it's time to learn how to pray!

If you have not read *The Gate to Life* and *Growing in Christ*, we encourage you to do so, either by getting the books or by studying the lessons online at www.biblekeys.org.

In the next five lessons, you will learn how to communicate with God. He wants you to have daily fellowship with him: for you to praise him and talk to him about your own needs and the needs of others. Prayer is the Christian life in practice! Once you grow in prayer, your life will be rich and exciting, because with God **the impossible becomes possible**.

We learn how to pray from Jesus and the apostles. As you will see, there are several different kinds of prayer. Put what you learn about them into practice, and make them part of your Christian life. As you continue your walk with the Lord, you will experience even more of his presence and power.

Learning about prayer is a lifetime project, and it starts today!

As you go through this course:

- Always find and mark the verses in your Bible.
- Have a notebook to write your observations, questions and answers
- Learn some verses by heart, starting with those at the end of each lesson
- Practice what you have learned. It is through hearing the Word and doing what it says that you will be blessed!

The sections and their symbols



Bible Teaching

This is the symbol for “Bible Teaching” – the section at the beginning of each lesson. It teaches the subject we are studying.



Bible Quest: Self-study

In this section there are things for you to do. These help you to know what the Bible says, so you can apply it to your life.



Action Time: Act on the Word!

Faith without action is dead. Therefore, we encourage you to always DO something after each lesson. When you act on what you have learned, God’s blessings become real to you.



Memo Time: Memorise Bible verses

In each lesson, we have chosen one or two important Bible verses for you to memorise. The best way is to read them aloud until you know them by heart. Meditate on them regularly and let them become part of your life.



Praise Time

Here we encourage you to praise and worship God. Tell God how wonderful he is, or sing praises to his name!

Welcome to “Growing in Christ”, and God bless you!

Bible abbreviations

| | | | | | |
|-----------------------|----------------|-----------------------|-------------|------------------------|----------------|
| Old Testament: | | <i>Isaiah</i> | <i>Isa</i> | <i>Acts</i> | <i>Acts</i> |
| <i>Genesis</i> | <i>Gen</i> | <i>Jeremiah</i> | <i>Jer</i> | <i>Romans</i> | <i>Rom</i> |
| <i>Exodus</i> | <i>Ex</i> | <i>Lamentations</i> | <i>Lam</i> | <i>1 Corinthians</i> | <i>1 Cor</i> |
| <i>Leviticus</i> | <i>Lev</i> | <i>Ezekiel</i> | <i>Ezek</i> | <i>2 Corinthians</i> | <i>2 Cor</i> |
| <i>Numbers</i> | <i>Num</i> | <i>Daniel</i> | <i>Dan</i> | <i>Galatians</i> | <i>Gal</i> |
| <i>Deuteronomy</i> | <i>Deut</i> | <i>Hosea</i> | <i>Hos</i> | <i>Ephesians</i> | <i>Eph</i> |
| <i>Joshua</i> | <i>Josh</i> | <i>Joel</i> | <i>Joel</i> | <i>Philippians</i> | <i>Phil</i> |
| <i>Judges</i> | <i>Judg</i> | <i>Amos</i> | <i>Amos</i> | <i>Colossians</i> | <i>Col</i> |
| <i>Ruth</i> | <i>Ruth</i> | <i>Obadiah</i> | <i>Obad</i> | <i>1 Thessalonians</i> | <i>1 Thess</i> |
| <i>1 Samuel</i> | <i>1 Sam</i> | <i>Jonah</i> | <i>Jon</i> | <i>2 Thessalonians</i> | <i>2 Thess</i> |
| <i>2 Samuel</i> | <i>2 Sam</i> | <i>Micah</i> | <i>Mic</i> | <i>1 Timothy</i> | <i>1 Tim</i> |
| <i>1 Kings</i> | <i>1 Kings</i> | <i>Nahum</i> | <i>Nah</i> | <i>2 Timothy</i> | <i>2 Tim</i> |
| <i>2 Kings</i> | <i>2 Kings</i> | <i>Habakkuk</i> | <i>Hab</i> | <i>Titus</i> | <i>Tit</i> |
| <i>1 Chronicles</i> | <i>1 Chron</i> | <i>Zephaniah</i> | <i>Zeph</i> | <i>Philemon</i> | <i>Phlm</i> |
| <i>2 Chronicles</i> | <i>2 Chron</i> | <i>Haggai</i> | <i>Hag</i> | <i>Hebrews</i> | <i>Heb</i> |
| <i>Ezra</i> | <i>Ezra</i> | <i>Zechariah</i> | <i>Zech</i> | <i>James</i> | <i>Jas</i> |
| <i>Nehemiah</i> | <i>Neh</i> | <i>Malachi</i> | <i>Mal</i> | <i>1 Peter</i> | <i>1 Peter</i> |
| <i>Esther</i> | <i>Esth</i> | | | <i>2 Peter</i> | <i>2 Peter</i> |
| <i>Job</i> | <i>Job</i> | New Testament: | | <i>1 John</i> | <i>1 John</i> |
| <i>Psalms</i> | <i>Ps</i> | <i>Matthew</i> | <i>Matt</i> | <i>2 John</i> | <i>2 John</i> |
| <i>Proverbs</i> | <i>Prov</i> | <i>Mark</i> | <i>Mark</i> | <i>3 John</i> | <i>3 John</i> |
| <i>Ecclesiastes</i> | <i>Eccl</i> | <i>Luke</i> | <i>Luke</i> | <i>Jude</i> | <i>Jude</i> |
| <i>Song of Songs</i> | <i>Songs</i> | <i>John</i> | <i>John</i> | <i>Revelation</i> | <i>Rev</i> |

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Keys to Victorious Prayer

About this lesson:

Welcome to prayer school! Prayer is fellowship with God. He wants you to know him and talk to him! As you learn more about how to pray, you will grow in your relationship with God and see him move in response to your prayers. We will go into more detail in the following lessons, but first let's study the foundations of prayer:

- Prayer: fellowship with God
- The prayer promises of Jesus
- Ask!
- Seek!
- Knock!
- A lifestyle of prayer



1 Thess 5:17

1 Prayer: fellowship with God

The apostle Paul said, ***“Pray without ceasing.”*** He did not mean that people should spend all their time in church, because he also told them to work, to take care of their families, and to go into all the world and preach. Rather than being an activity you start and stop at certain times, prayer is fellowship. Whatever you do, wherever you are, God is waiting for you to connect with him through prayer.

1 Thess 5:18

Paul continued, ***“Give thanks in all circumstances.”*** Let prayer and thanksgiving become your lifestyle! Under your breath, when talking to others or at work, your heart can connect with the Father. Sometimes you have something to say – nothing in your life is unimportant to him. At other times you're simply making yourself aware of his presence. Jesus said, “I am with you always.” In fact, one of his names

Matt 28:20

Matt 1:23

is Immanuel, which means “God is with us”. There’s no better way to experience his constant presence than through this kind of prayer. Right now, turn to God and tell him how much you love him. He will answer you with his presence!



2 The prayer promises of Jesus

Luke 6:12

Everything in the Christian life is modelled on Jesus and the apostles. We can also learn how to pray from their example. The disciples saw Jesus pray constantly. Often he went away by himself to pray. If Jesus needed to pray, we certainly do!

On one of these occasions, a disciple pleaded, “Lord, teach us to pray.” Jesus replied, “When you pray, say...,” and then he shared his own, wonderful prayer, “The Lord’s Prayer”, which we will study in detail in lesson 12. Following on from this, he said:

Luke 11:9-13

“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. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion? 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!”

Notice the promises Jesus gives about prayer here:

- Ask, and it will be given to you – everyone who asks receives!
- Seek, and you will find – everyone who seeks finds!
- Knock, and it will be opened to you – to everyone who knocks, the door will be opened!

John 13-17

Let’s now look at each of these in turn, along with some of the other promises Jesus gave his disciples when he spoke to them for the last time before his death.



3 Ask!

1. You must ask

First Jesus says: Ask, and it will be given to you – everyone who asks receives! Rather than just sit and wait for the blessings to fall on us, God wants us to ask. And Jesus promises that when we ask, we will receive! He says the same

thing in John 16:24: *“Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.”* Why does God want to answer our prayers? So that our joy may be full! Just as a father or mother loves to see their children happy, our heavenly Father loves to see us happy.

2. You can ask whatever is in line with the Bible

Here are two more promises that Jesus has given us:

John 14:13

“Whatever you ask in my name, this I will do, that the Father may be glorified in the Son.”

John 14:14

“If you ask me for anything in my name, I will do it.”

Can you see how broad and generous these promises are? Whatever! Anything! Your Father in heaven cares for you, and nothing is too small or too big. There’s only one condition: the prayer must be in line with the Bible. Jesus says, “If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.”

John 15:7

Effective prayer begins with your intimate relationship with God and with his Word growing in your heart. Within this relationship, you will know how to pray and what to pray for. Your trust in God will grow as you live close to him and are filled with his Word, day by day and year by year.



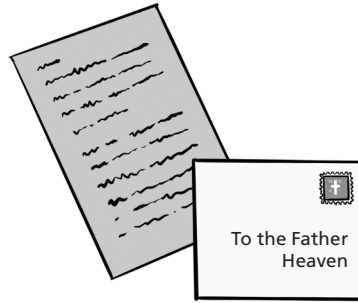
3. Ask in the name of Jesus

In ourselves, we cannot even approach the Father. He is holy, and we are not. When we come to the Father, we do so **in Christ**. He looks at us, and he sees us in Christ! Similarly, when we pray, we pray **in the name of Jesus**. It is as if Jesus himself is praying. Jesus said, *“Truly, truly, I say to you,*

John 16:23

whatever you ask of the Father in my name, he will give it to you. "In the name of Jesus" is not just a nice prayer ending – it charges the prayer with the same authority that Jesus has. It moves the prayer up to his level. Pray boldly in the name of Jesus, and know that God hears your prayers!

Prayer Request



4. You will only receive good gifts

Luke 11:11-13

Jesus wants us to trust God for good gifts. God is a good Father, and he only wants his children to have good things. Jesus compares God the Father to earthly parents: "What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion? **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!**" None of us wants our children to be sick, poor or unhappy. Our Father in heaven does not want that either. He wants to meet your every need. Ask for whatever is biblical, and he will give it to you. God loves to give!

The promise we just read is *especially* about the Holy Spirit. We have a specific promise that God is generous with the gift of the Holy Spirit. From this we know that the Father is eager to fill us with his Spirit, and that the gift of the Holy Spirit is a blessing for all believers, positively impacting every area of life. If the Holy Spirit is in something, God is in it, and then it is blessed.

5. Prayer and the Great Commission go hand in hand

Matt 28:18

There's also a particular prayer promise that has to do with the Great Commission, the assignment Jesus gave his followers to go into all the world and make disciples. As we go out and win people for Christ, we have a powerful tool: prayer. Jesus said, **"You did not choose me, but I chose you and appointed you that you should go and bear fruit and that**

your fruit should abide, so that whatever you ask the Father in my name, he may give it to you."

Your longing to see people saved is from God, and when you go out in prayer, your prayers are effective.



4 Seek!

Secondly, Jesus says: Seek, and you will find – everyone who seeks finds! Many of the prayer promises are about asking and receiving. But seeking God is different.

To seek God is to put him first. For Jesus, the most important commandment was this: ***"You shall love the Lord your God with all your heart and with all your soul and with all your mind."*** The Christian faith is about love! It is to love God with *all* that we are and with all that we have. The Bible often likens the relationship between God and his people to that of a husband and wife. Just as the husband or wife wants to be the only one for their spouse, God doesn't want anything to take his place in your life. He wants to fill you with his love. When he does this, you will be full of love for him *and* it will overflow to others.

The Bible gives us many examples of people who expressed their deep love for God. Listen to what the lover in Song of Songs says: "On my bed by night I sought him whom my soul loves." Getting up, the lover then searches all the streets in the city for her darling. This is a picture of the longing we have to know the Lord in a deeper way, living in close relationship with him. When we seek, he has promised that we will find him: ***"I love those who love me, and those who seek me diligently find me."*** This is not something you do once or twice – it is a lifestyle. Just as living in love will bring you closer to your loved ones, when you seek God first, you will experience for yourself that he is a very good Father.

King David had this kind of relationship with God. He writes, "You have said, 'Seek my face.' My heart says to you, 'Your face, Lord, do I seek.'" Such hunger and thirst for God will bring you increasingly closer to him.

To seek God is to express your longing to know him more. Prayer is not only to ask for things – **it is to ask for him!** When you come to the Lord in prayer, begin by praising him, telling him that you want to know him more: "Lord, I love you and praise you. You are the only one for me. I want to know you more and come closer to you!" This longing of

Matt 22:37

Deut 6:5

Matt 22:39

Songs 3:1

Prov 8:17

Matt 6:33

Ps 27:8

your heart is powerful, and it works like a magnet: you draw near to God, and he draws near to you. Start right now. Tell the Lord that you long to know him better.



To seek God is to invite God's presence to be with you at all times. This prayer can be ongoing as you go about your daily life.

Whatever you are doing, you can connect your heart to his heart. The Bible says, "Seek the Lord and his strength; seek his presence continually!" With the presence of the Lord comes peace – a peace that surpasses our understanding. God wants you to have this peace! He said, "I am with you always." He is there, ready for fellowship – are you?

God is looking for people who will seek him, and the Bible gives us wonderful promises for what will happen when we do: "You will seek the Lord your God and you will find him, if you search after him with all your heart and with all your soul." Prayer is not just about getting things from God; it is about getting to know God!

Ps 105:4

Matt 28:20

Deut 4:29



5 Knock!

Finally, Jesus says: Knock, and it will be opened to you – to everyone who knocks it will be opened! What does Jesus mean when he talks about knocking? Luke shares a parable about a widow, who wanted the town judge to give her justice in a dispute with her enemy. He refused, but she was persistent. At last the judge exclaimed, "I will give her justice, so that she will not beat me down by her continual coming." The word used in the original Greek is even more vivid: "She beats me black and blue!" This woman was desperate and wouldn't take no for an answer. Why does Jesus tell this story? To show us that **we need to pray continually, without giving up or becoming discouraged.** It is remarkable that Jesus gives us this widow as an example, as if we would need to persuade God. But if God himself tells us to do it, we will! So never say, "I prayed and nothing happened," before you have done what this widow did. As in her case, our prayer answers may take time. Instead of coming immediately at rocket speed they

Luke 18:2-5

Luke 18:1

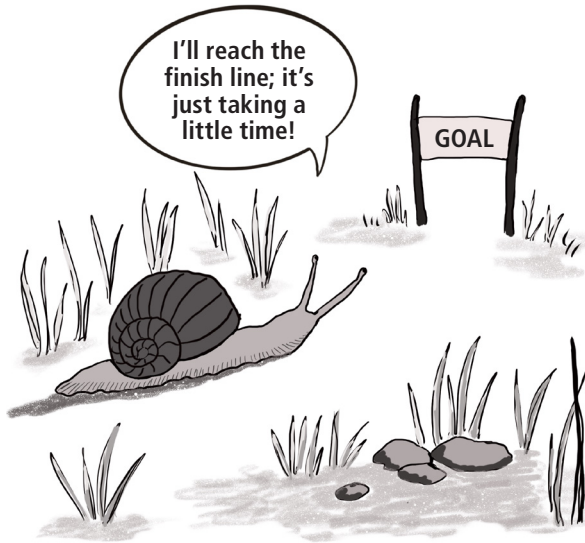
Luke 18:4

may come at a snail's pace. The widow did not take no for an answer. In the same way, if we persist in prayer, our answer will come: we will see our loved ones saved; we will see God do mighty miracles; we will see salvation come to our nation! The fact that it's taking time is not because God doesn't want it. In due time we will receive what we have been praying for if we do not give up.



6 A lifestyle of prayer

Now, let's get practical. So, prayer is first and foremost a relationship with God. When we want to get to know someone, we meet often. Family and friends grow closer when eating together, talking together, laughing together,



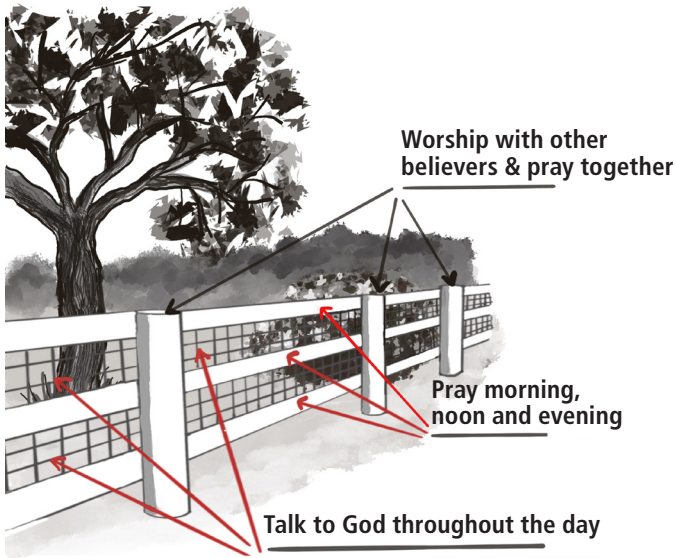
A School of Prayer

working together. The same is true of our relationship with God: if we meet him often, we will know him better. It is awesome to know God!

A consistent prayer life

The key to a deep relationship with God is a daily and weekly prayer life. As we saw at the beginning of this lesson, the Bible says: "Pray without ceasing." How can we do this in practice? Look at the illustration:

1 Thess 5:17



With a fence like this around your spiritual garden, you will develop a stable and wonderful relationship with God.

1. Worship with other believers

Worshipping with the church – the local family of believers – is like the fence posts, giving strength and stability to your Christian life and prayer life. You cannot be a Christian by yourself – you need the fellowship of others. Find a living church that worships God, and be there each week!

2. Pray morning, noon and evening

These are the rails that bind the fence together. Many Christians have made it a habit to pray at set times during

the day. Take some time on your own each morning to read a Bible passage and talk to God in prayer. Be sure to listen and allow him to speak to you! Give the day to him and ask him to bless everything you do. Before you eat, pray and bless the food, taking the opportunity to pray for other matters too. In the evening before you go to sleep, turn to God in prayer, thanking him and asking him to protect you and your loved ones.

3. Talk to God throughout the day

These are the wires that really make the fence. You can pray all the time, at home, at your work or school, or as you travel and meet with people. Under your breath, you can say, "Lord, bless this person," "Lord, help me now," or simply, "Jesus, I love you so much!" You can also pray in tongues (see *The Gate to Life*, lesson 3).

Through this kind of prayer we can have ongoing fellowship with God. What a privilege it is to be able to speak with God anywhere and at any time!

Bible Quest



Exercise 1: Read John 14:13–14; 16:24. What is God's purpose in answering your prayer?

What will happen to you when you ask?

Bible Quest (continued)

What can you pray for?

What does it mean to pray in Jesus' name?



Exercise 2: In what way is the Word of God important for your prayers? (See John 15:7)

Write down three of God's promises that cover your need right now:



Action Time

Now it's time to plan for a strong prayer life. Two things are needed: your time and your heart. Only you can decide how to use your time and where to focus your heart. But when you decide to give time to the Lord, he will fill it with his presence!

1. Think about your worship with other believers.

Do you do it regularly, for example on weekends? Where?

If you don't, what can you do to change that? (This is very important for your spiritual growth.)

2. Think about your daily life.

When do you want to have your daily Prayer & Bible time with the Lord?

How much time will you set aside for this?

Decide to begin tomorrow!



TIME FOR THE LORD!



Praise Time

God has given us the most amazing promises! Once again, look up these promises and thank God for each one of them:

Matt 7:7-8

John 14:13

John 14:14

John 16:24

John 15:17



Memo Time

Memorise and Speak God's Word

Each lesson concludes with Bible verses to memorise. Write them down and read them many times each day – on the bus, during a break, or together with the family at mealtimes.

“Ask, and it will be given to you.”

Matt 7:7

“Ask, and you will receive, that your joy may be full.”

John 16:24

The Lord's Prayer: A Pattern for Prayer

About this lesson:

The disciples saw Jesus praying all the time. On one occasion a disciple asked him, "Teach us to pray" (Luke 11:1). Jesus answered, "When you pray, say...," and then he shared the most important Christian prayer of all time: **The Lord's Prayer**, also known as **Our Father**. The Lord's Prayer is more than just a prayer. It reveals the heart of Jesus and gives us keys as to how we should pray.

In this lesson you will discover:

- What Jesus thinks is important to pray about
- A pattern for prayer according to God's own heart

In the previous lesson we talked about God's wonderful promise that if we ask, we will receive. He truly wants us to have everything we need, so that we can give generously to every good work. But the heart of Jesus is for even greater things: for the salvation of the world! This is what we see in the Lord's Prayer. This prayer contains seven points. We will study what each means and learn how to use them. Then we will be able to pray according to the heart of Jesus, and both we and the world will be blessed!

2 Cor 9:8

Matt 6:9-13



John 5:19,20

See Gal 4:6,
1 John 3:1

1 Our Father in heaven

Every minute of his life, Jesus lived in close relationship with the Father. As he starts to pray, he says, "Father!" Perhaps he used the Aramaic word "Abba", which means "Daddy". You and I, as God's children, are encouraged to do the same: "Our Father in heaven!" When we pray, we come to our Father, who loves us just as he loves his own Son, Jesus. We do not

come before an idol who cannot see or hear us, or to a clerk, secretary or angel, but we step right into the throne room of God: "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." God's throne is in heaven, and God is highly exalted and powerful. At the same time, he is close to us and ready to listen and help. Jesus teaches us to pray as he does: "My Father in heaven!"

Heb 4:16

Ps 11:4



2 Hallowed be your name

Jesus is Jewish, and all Jewish prayer begins with worship: "Blessed are you, Lord!" Prayer should always include praise and worship. In Israel the name and the person are the same thing, so saying "Hallowed be your name" – "Holy is your name" – is the same as saying "Holy are you!" Something that is holy is set apart from everything else. God's name is pure and glorious. He is radically different, and there is none like him. He alone is worthy of praise. He alone hears us when we pray. There is no other name in whom there is life and salvation – answers to prayer too! So let us say together with Jesus, "Holy are you, heavenly Father!"



3 Your kingdom come!

We know there are two spiritual kingdoms: the kingdom of this world, where Satan rules, and the kingdom of heaven, where God rules. Ever since Adam's sin, the world has been ruled by "the prince of the power of the air". When Jesus came, it was to reclaim the world for God and break the power of Satan. Before Jesus, darkness ruled. When he came, light entered the world and broke the power of darkness. Jesus said, "The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel." The kingdom of God means that God is king and reigns in people's hearts.

Jesus came to preach the kingdom of God and to usher it in. Wherever he went, darkness was broken, people repented, the sick were healed, the dead were raised. This happened 2000 years

Eph 2:2

Mark 1:15



The Lord's Prayer: A Pattern for Prayer

ago in Israel, but it was only the beginning! Jesus tells us to pray this prayer at any time and in any place. You can pray for your city or village: "Your kingdom come!" You can pray for your school or workplace: "Your kingdom come!" When you pray this powerful prayer, the kingdom of God will grow around you. People will be saved and healed. The spiritual atmosphere will change, just as it did when Jesus walked on the earth: "The blind receive their sight, the lame walk, lepers are cleansed, and the deaf hear, the dead are raised up, the poor have good news preached to them." As you pray for God's kingdom to come, people will come to Christ, and your city and country will be changed.

Luke 7:22



4 Your will be done on earth as in heaven

In heaven God's will rules. On earth it doesn't, since Adam bowed to Satan. But as the kingdom of God spreads, it brings change. When we pray, "Your will be done on earth as in heaven," we're praying that whatever is reality in heaven will become reality on earth.

Before Jesus came, it looked like this:

| In heaven | On earth |
|---------------------|---------------------------|
| God rules | Satan rules |
| righteousness rules | sin rules |
| health rules | sickness rules |
| love rules | selfishness and hate rule |
| life rules | death rules |

Throughout his life, wherever he goes, we see Jesus bringing life instead of death, righteousness instead of sin, health instead of sickness, love instead of hate. God's will is for everyone to be saved. When we pray, "Your will be done," we release the tremendous power of heaven into this world and into our circumstances.

1 Tim 2:4

God has a plan for your life too. He created you for a purpose. He knew you before you knew him, and every day of

Ps 139:13-16

your life was written in his book. When you pray, “Your will be done on earth as in heaven,” you could replace “on earth” with “in my life”, and make it personal. Pray God’s plans for your life into existence!

Col 1:15

We know God’s will for many things. Everything Jesus did when he walked on the earth demonstrated God’s will. Jesus is the image of the invisible God. So we know that it is God’s will to forgive sins, to heal, to deliver from demons and to destroy the works of the devil. But when God’s will is not clear from the Bible, we can pray, “Your will be done!”



5 Give us this day our daily bread

We have praised God and prayed for his kingdom to come. Now we can pray for our own needs. God is good! He is our Father, and he wants us to have everything we need: “And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.”

“Bread” in the Lord’s Prayer represents more than what we bake with flour – it includes everything we need for daily life. If you need food, pray for food; if you need a place to live, pray for a place to live; if you need a bicycle, motorbike, or car even, pray specifically for what you need; if you lack money to give to someone in need, pray for money you can donate. The Bible is clear: God is generous, and he wants us to be generous like him.



6 And forgive us our debts, as we also have forgiven our debtors

Forgiveness is at the heart of our faith: the blood of Jesus was shed on Calvary for the forgiveness of sins. We are forgiven. We are accepted in Christ because of his sacrifice. But in order to be forgiven, we must forgive others. If we keep unforgiveness in our hearts, our hearts will be polluted. Negative things like bitterness and hatred will grow there. God takes forgiveness seriously. A few verses after the Lord’s Prayer, Jesus explains, “For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.”



Matt 6:14,15

The Lord's Prayer: A Pattern for Prayer

Mark 11:25 Jesus says that if while praying you remember you have something against a brother, you need to forgive: "Whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses." This is very important! If your heart is clean, good things can grow there. Jesus loved and forgave, even as the soldiers nailed him to the cross. You too can choose to love. Then your heart will be in line with God's heart, and your prayers will not be hindered.

Luke 23:34



7 And lead us not into temptation, but deliver us from evil

Matt 4:1-11

The Christian life is not always easy. Before Jesus began to preach and heal, the Holy Spirit led him into the wilderness to be tempted by the devil, and there was a powerful confrontation.

1 Cor 10:13

Jesus knows how difficult it is to be tested, but promises that "no temptation has overtaken you that is not common to man.

Matt 24

God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it." This prayer will always be relevant. Jesus warns us that when the end of this age comes, we will face even greater trials, and many will leave him. Keep close to Jesus, walk in his victory by faith, and you will be safe in him.

Praying according to the heart of Jesus

Through this prayer, Jesus helps us to put first things first. We pray for God's kingdom to come, for God to rule in our lives and for God's will to take place here as in heaven – this is what's most important.

Matt 6:33

And then, when we seek first the kingdom of God and his righteousness, all the things we need will be added to us. This is what Jesus teaches in the very same chapter. One of the most important things we can do is to pray, "Your kingdom come!"

Bible Quest



Exercise 1: Read Matt 6:6–15.

To whom should we address our prayers?

When does the Father know what we need?

What happens when we forgive others, or do not forgive them?



Exercise 2: What is the kingdom of God like? Read Matt 13 and Mark 4 and describe it.



Action Time

Now it's time to begin using this wonderful prayer! You can use it in different ways:

- as a short, but very important, prayer
- as starting points for prayer

1. Make the Lord's Prayer a daily prayer from now on

Be sure to let the words sink deep into your heart. God doesn't like us just to babble prayers. Go over the teaching again, thinking about each point. Then your faith for each of them will grow. As you begin to pray, God will deepen your understanding.

2. Use it as starting points for prayer

Many people are not sure what to pray about. When we pray the Lord's Prayer, we know we're praying according

The Lord's Prayer: A Pattern for Prayer

to the heart of Jesus. If you take one point at a time and allow the Holy Spirit to lead you, you can pray for hours. You may choose to focus on one point one day and another the next day, or you may work your way through all the points. Pray as the Holy Spirit leads you. He knows the heart of God. You can pray both with your understanding and with your spirit, in tongues.

Here's how you can pray:

Our Father in heaven. "Father I come to you now. Thank you that you are my Father and I am your child because of what Jesus has done. It is such a privilege to come to you. Thank you that I can come boldly!" Continue thanking the Father for everything that comes to mind. Sometimes you may only have time for this one point.

Hallowed be your name. This is praise time, when you praise God for who he is, for his goodness, his greatness, his love and care, and for his mighty acts in history and in your own life.

Your kingdom come. Now you can pray for his kingdom to come in different areas. The kingdom of God is where God reigns and his will dominates, so this is a very powerful prayer.

"May your kingdom come **in my life** – take away unbelief and compromise; help me break free from sin so I can be a pure vessel. Your kingdom come **in my family**, marriage, wider family. Your kingdom come **in my church**, in the leadership and body of believers. Your kingdom come **in my village, community, city, country, the world.**"

Pray this, and over time you will see significant changes, because you are praying in agreement with Jesus.

Your will be done, on earth as in heaven. You can continue to pray for God's will to be manifested in different areas, whether in your private life (such as your relationship with God, your love and care for people around you, healing for yourself or someone else), or in your church or wider community.

Give us this day our daily bread. Now you can pray for every material thing you need. God cares about you and wants to meet your needs. Be specific – precise prayers get precise answers. You can also pray for others, for the church, for your

community, for the world. Note that we pray “give us” not just “give me”.

And forgive us our debts, as we also have forgiven our debtors. When you pray this and forgive others every day, your inner man will be healthy, and your heart will be clean. Forgiveness releases love, and love never fails. Take time to allow the Holy Spirit to show you areas where you need to make things right, first with man, then with God.

And lead us not into temptation, but deliver us from evil. Pray this prayer for yourself and your fellow believers, including your leaders. Pray for protection from the evil one over your family, friends, city and country. God will hear your prayers.

This is one way to use the prayer Jesus taught us to pray. It is an example you can follow as the Holy Spirit leads you.



Memo Time

This time, memorise the Lord’s Prayer. When you know it by heart, it’s so much easier to pray it – anytime, anywhere.

**“Our Father in heaven, hallowed be your name.
Your kingdom come,
your will be done, on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from evil.
For yours is the kingdom and the power
and the glory, for ever. Amen.”**

Matt 6:9–13

Authority in the Name of Jesus

About this lesson:

There is amazing power in the name of Jesus! The disciples used the name of Jesus to defeat the powers of the enemy. What does it mean to pray in the name of Jesus? In this lesson we will study:

- What the name of Jesus means
- The authority of Jesus
- Using the name of Jesus in prayer

Time and again the Bible talks about “the name of Jesus”. When Jesus sent the disciples out to preach about the kingdom of God, they used **his name** – and miracles happened as if Jesus himself had come to town. And in a way, he had!



Isa 7:14

Matt 1:23

Matt 1:21

1 What the name of Jesus means

In the Bible, as in many cultures, names have a meaning. Jesus was given a name hundreds of years before he was born: Immanuel, which means “God with us”. This was a perfect name for Jesus, who is always with us. Many years later, God told Joseph, Jesus’ stepfather, that Mary would give birth to Jesus by the Holy Spirit, and he gave him another name: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.” Jesus, “Yeshua”

Give him the name Jesus, for he will save his people!



in Hebrew, means “salvation”. Jesus the Saviour would bring salvation to his people!

Everything that Jesus is and everything that Jesus has is invested in his name.

There is salvation in the name of Jesus

Acts 2:21

Acts 4:12

Acts 4:18-20

The Book of Acts tells us that when the apostles began to preach, they proclaimed the name of Jesus. Peter said, **“Everyone who calls upon the name of the Lord shall be saved ... And there is salvation in no one else, for there is no other name under heaven given among men by which we must be saved.”** The name of Jesus is so powerful that when someone calls on that name, heaven opens, and God and the angels listen. Despite being commanded by the rulers and elders not to speak or teach in the name of Jesus, the disciples boldly continued. In the name of Jesus, there is salvation!

There is healing in the name of Jesus

The gospels are full of accounts of how Jesus healed people from diseases and delivered them from evil spirits. Once when Peter and John were on their way to afternoon prayers in the temple, a lame man at the Beautiful Gate asked them for money. Peter told him, “I have no silver and gold, but what I do

Acts 3:6

have I give to you. ***In the name of Jesus Christ of Nazareth, rise up and walk!***” And the man immediately stood up and walked! Why? Not because Peter was powerful, but because the name of Jesus is powerful. The lame beggar was healed because of his faith in the name of Jesus. The name of Jesus is as powerful as Jesus is!

Acts 3:16



There is deliverance in the name of Jesus

Jesus also cast out demons wherever he went. What is a demon? It’s an evil spirit under the control of the devil that can torment people in different ways. But was it only

Jesus who could cast out demons? No! The disciples too, as messengers of the kingdom, cast out demons in the name of Jesus. Once again, it is not that the disciples were powerful, but the name of Jesus – it's powerful enough to save us, to heal us and deliver us.

Mark 9:38,39



2 The authority of Jesus

Let's look more closely at what happened when Jesus sent out his disciples. Jesus sent them out to practice what they'd seen him doing. He told them, "Heal the sick ... and say to them, 'The kingdom of God has come near to you.'" How would they have the power to do this? Through the name of Jesus! It would be as if Jesus himself was there: "The one who hears you hears me, and the one who rejects you rejects me, and the one who rejects me rejects him who sent me."

Luke 10:9

Luke 10:16

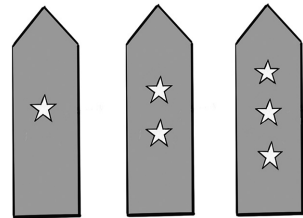
Luke 10:17-20 NIV

When they returned, they could hardly contain their excitement: "The seventy-two returned with joy and said, '**Lord, even the demons submit to us in your name.**' He replied, 'I saw Satan fall like lightning from heaven. **I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.** However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven.'"

What authority means

Jesus gave the disciples authority. When someone has authority, others must submit to them. This was how it was for the centurion Luke describes: "For I too am a man set under authority, with soldiers under me: and I say to one, 'Go', and he goes; and to another, 'Come', and he comes; and to my servant, 'Do this', and he does it." The general has authority over the colonel, and the colonel over the captain.

Luke 7:8



Matt 28:18

Jesus has been given *all* authority in heaven and on earth. He has authority over the devil and all demons. But not only that: Jesus gave authority to the seventy-two disciples. They were given authority "to trample on snakes and scorpions

and to overcome all the power of the enemy". Snakes and scorpions refer to evil powers. As believers, we can tread on all of these, and none of them can harm us! All because of the name of Jesus.

Mark 16:17,18

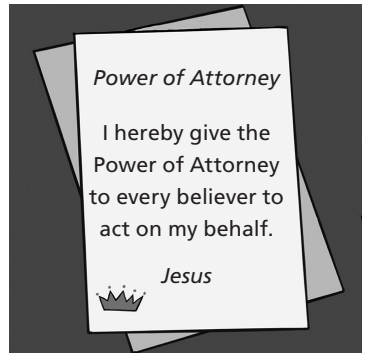
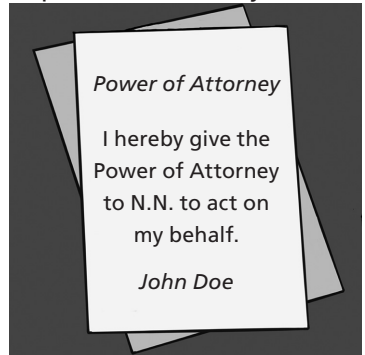
This was not only for the disciples of that time. Jesus says, "And these signs will accompany those who believe: in my name they will cast out demons; they will speak in new tongues; they will pick up serpents with their hands; and if they drink any deadly poison, it will not hurt them; they will lay their hands on the sick, and they will recover." All believers have been given this authority, including you!

Power of attorney

What Jesus does is he gives us the "power of attorney". A power of attorney is a contract that allows someone else to do something on your behalf. If you cannot go to the bank or court yourself, you can sign a document giving someone you trust power of attorney to go in your place.

The person who holds this document is authorised to act on behalf of the person who issued it. This is exactly what Jesus did: he issued a power of attorney to us, so that we could fulfil his work on earth. This power of attorney means we can do what Jesus would have done: "Heal the sick, raise the dead, cleanse lepers, cast out demons. You received without paying; give without pay."

Matt 10:8

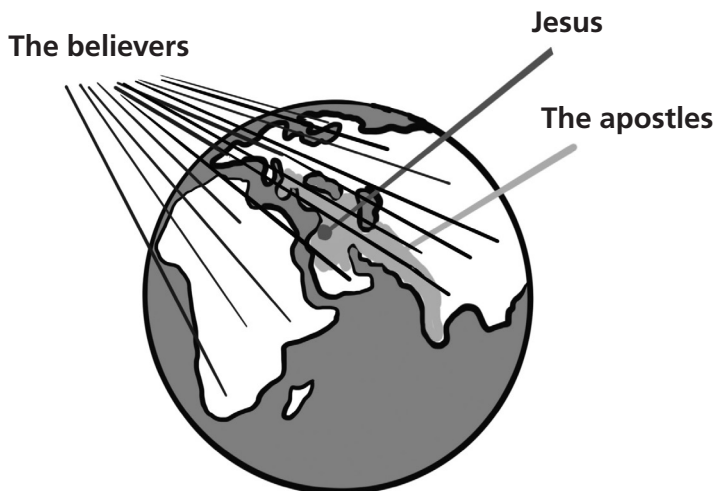


God's distribution plan

Why did Jesus do this? Jesus knew that his time on earth was limited. Therefore, he gave authority, power of attorney, to the apostles and to all believers, so that we could do the works of Jesus everywhere.

Authority in the Name of Jesus

- **Jesus** was limited to Israel and his lifetime.
- **The apostles** went into their whole world but were limited to their lifetime.
- **The believers** are everywhere, all the time – this is you and me!



3 Using the name of Jesus in prayer

John 14:13,14

Jesus taught us to pray in his name. This means that we come to the Father, not as we are in ourselves – unrighteous, sinful, weak in faith – but in the name of Jesus, with his righteousness. When we pray in the name of Jesus, it is as if Jesus himself is praying, and his prayers are always answered! Jesus says, *“Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. If you ask me for anything in my name, I will do it.”* Isn’t that amazing? When we use the name of Jesus, Jesus will do what we ask.

Everything works by faith. Faith is like a mighty power that lifts us out of our human limitations and makes the impossible possible. And faith grows when we meditate on God’s Word, including promises like this one. **If I ask Jesus for anything in his name, he will do it!**

Binding and loosing

Jesus taught another powerful truth:

Matt 18:18-20

“Truly, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven. Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I among them.”

The key words in this passage are “bind” and “loose”. Jesus says that whatever we **bind** on earth will be bound in heaven, and whatever we **loose** on earth will be loosed in heaven. “Whatever” means whatever: anything, everything! In the spiritual world there are different powers, and they can be loosed or bound. We can use the name of Jesus to take authority over the enemy and his schemes. When we act according to the Bible and take authority over evil powers in the name of Jesus, they must bow.

Eph 6:10-12

Paul says, “Finally, be strong in the Lord and in the strength of his might. Put on the whole armour of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.” This concerns the ongoing spiritual battle.

Matt 18:20

When we gather in his name, Jesus has promised to be in our midst. Together we can come against the whole army of the enemy, and nothing will be able to harm us.

In conclusion

Jesus has given us authority over the devil and his works, and we can:

- **Pray** in the name of Jesus
- **Lay hands on the sick** in the name of Jesus
- **Deliver** people from evil spirits in the name of Jesus

Let’s do this, bringing blessing to the world around us!

Bible Quest



**Exercise 1: Read Matt 10:1–15 and Luke 10:1–12.
List the things Jesus tells us to do as his disciples:**



Exercise 2: In the name of Jesus there is authority to defeat the powers of darkness. This authority can be exercised in different areas, whether in your own life or in the world around you. What specific needs do you want to pray for, using your authority in Jesus' name?

In your personal life?

Family?

Church?

City?

Nation?



Exercise 3: Read Luke 10:17–20 again and write down what Jesus says is most important of all.



Rev 1:17,18

Praise Time

Praise Jesus today for the enormous victory that he won when he conquered death and broke the power of Satan: “Fear not, I am the first and the last, and the living one; I died, and behold I am alive for evermore, and I have the keys of Death and Hades.”



Action Time

Start using the name of Jesus and see his mighty power at work!

- ✓ Begin to **pray specifically** for the needs you listed on the previous page. Make note of the date when you prayed. Later, you can write the date when your prayer was answered.
- ✓ **Meditate on Luke 10:19** every day for a week, and then meet the challenges of your life “in the name of Jesus”.
- ✓ Praying in agreement is very powerful. If possible, **get together with one or more brothers and sisters** and pray for one of the needs you identified in Exercise 2. Pray, bind and loose boldly in the name of Jesus!

Memo Time

Memorise and Speak God’s Word

“Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you.”

Luke 10:19

The Prayer of Faith

About this lesson:

The realm of faith is like a whole new world – one in which God’s laws rule. These laws are different from the natural laws of this world. In this lesson we step into this new realm and see how wonderful miracles can happen when we pray to God in faith. You will learn:

- The difference between living by faith and living by sight
- How to base your prayer on God’s promises
- How to pray and get results

Rom 6:1

When you enter the realm of faith, nothing remains the same. The world we live in is full of impossibilities, but the world of faith abounds with wonderful opportunities. The world we live in is bound by limitations, but in the world of faith, all things are possible! God’s laws are at work in the world of faith – and they are, in fact, the original laws. When nothing existed, God spoke: **“Let there be light’, and there was light.”** Just by speaking, the sun, moon and all the galaxies were created. In the realm of faith, God’s Word has the power to create, and the impossible becomes possible. (You can review this teaching in lesson 6.)

Gen 1:3



1 Living by faith and living by sight

In this world we are used to a certain way of thinking. What we see with our eyes, feel with our senses and know from experience is what we believe to be the truth. If a doctor presents us with evidence that our disease is incurable, we’ve been trained to believe what we see. We respect doctors and are grateful for whatever treatment they can give us. But sometimes we need the Great Physician, Jesus, who is the Lord

Exod 15:26

Luke 1:37

our Healer. He works according to the laws of faith. And faith says that nothing is impossible with God.

You already live in this dimension of faith. You were saved by faith, not by sight. You heard the Word of God and what it promises, and you decided to trust what you heard. And the biggest miracle of all took place: you became a child of God and received eternal life. Whether or not you felt anything, you believed, and you were saved.



2 How to base your prayer on God's promises

1 John 5:14,15

Successful prayer begins with the Word of God. When something is promised in the Bible, we know we can have it: ***“And this is the confidence that we have towards him, that if we ask anything according to his will he hears us. 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.”*** It's as simple as this:

- ✓ God makes a **promise** in the Bible.
- ✓ **We ask** according to his promise.
- ✓ We know that **he hears** us and that we already have what we have asked for.

Faith is to trust God, to trust that he stands by his promises. When you pray in faith, you not only **hope** that he will help you, you **know** he will.

This is how it works: When you stood on the promise of salvation, you took a step of faith. Salvation was yours when you trusted in Jesus and confessed him as your Lord. It works because God always operates by faith. The same holds true for any promise in the Bible – and there are hundreds of them.



You can stand on the promise of:

Isa 61:3

- Joy

1 Pet 2:24

- Healing

1 Tim 2:4

- Salvation for a loved one

2 Cor 9:8

- Provision

2 Chron 7:14

- Revival in your country

The Word of God is true, and when we trust God to accomplish it in our personal lives, he will do so.



How faith grows

Rom 12:3

Eph 2:8

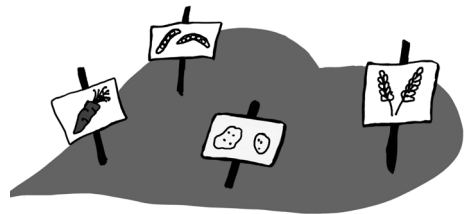
Maybe you say, "What if I don't have faith?" But you do! The Bible says that God has given every believer a measure of faith. He has given you everything you need to believe and receive his blessings. You already exercised faith when you trusted God's Word for salvation. Now you can trust God for other things too. **The same faith works for all the promises!**

Mark 6:56

Rom 5:5

What are your needs? Find promises in the Bible that relate to those needs. Study and meditate, listen to teaching that builds faith. If you need faith for healing, study how Jesus healed all who came to him. If you need faith for love, study how the Holy Spirit pours his love into our hearts. As you fill your heart with the Word of God, your faith will grow.

What you sow is what you reap. If you sow potatoes, you will reap potatoes. The same is true of faith. When you sow the Word in your heart for a specific need, your faith will grow in that area.

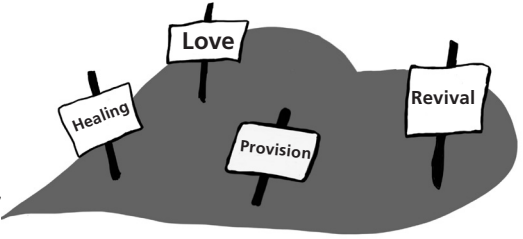


Just as seed grows, faith grows. And when your faith grows, so does your capacity to receive God's blessings in your life. Some miracles come straight away, but others little by little.

Mark 4:26-29

Jesus' parable of the growing seed is also a picture of how faith grows: **"The kingdom of God is as if a man should**

scatter seed on the ground. He sleeps and rises night and day, and the seed sprouts and grows; he knows not how. The earth produces by itself, first the blade, then the ear, then the full grain in the ear. But when the grain is ripe, at once he puts in the sickle, because the harvest has come."



Mark 11:24

3 How to pray and get results

When we pray the prayer of faith, we believe and receive the miracle by faith, even before it comes. Jesus taught, ***"Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours."*** Here Jesus gives us the keys to successful prayer:

- **You can pray for anything**, whatever he has promised. There is no limit to what God can do; the only limits come from our unbelief.
- You need to **ask** God in prayer. If you do not ask, you will not receive, but if you ask you can have anything.
- You need to **believe** that you have received what you

asked for. If you believe you have received it, you will begin to **thank God for it, even before you see it.**

Jas 5:15

The prayer of faith is effective! James talks about how the prayer of faith can raise up someone who's very sick: "The prayer of faith will save the one who is sick." There may be no noticeable change at first. You might even feel worse than before! But faith is not based on what we see or feel – it is based on the Word of God. And God's Word says that "with his stripes we are healed" and "by his wounds you have been healed". The situation may look bleak, but as faith continues to grow in your heart, healing will start to manifest in your body. Keep your eyes on God and his Word, thanking him for your miracle. Your healing is on its way, and one day you will find that you are completely well. Hallelujah!

Is 53:5

1 Peter 2:24

Nothing is impossible!

When Jesus teaches about faith and the prayer of faith, he says that nothing is impossible. Take a look at the example he gives:

Matt 17:20

"For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, 'Move from here to there', and it will move, and nothing will be impossible for you.

Mark 11:23

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."

Jesus uses this picture of the mountain to show us how big God is and that we too can do big things when we have faith in God. Even though your faith may seem small, you can see mighty answers to prayer!

Bible Quest



Exercise 1: Read Matt 17:20, Mark 11:23–24 and Luke 17:6.

What impossible situations are you facing? Note down three that you want to stand in faith for.

1. _____
2. _____
3. _____



Exercise 2: Find promises in the Bible that cover the situations you listed in Exercise 1.

1. _____
2. _____
3. _____



Praise Time

Praise God for his wonderful promises, which cover all your needs. Thank him for his great love and care for you!



Action Time

Now you can start praying, basing your prayers on God's promises!

My prayer request:

My Bible promise:

Pray: "Father, I thank you for your promise that ... , and in the name of Jesus I pray for ... "

Receive it by faith: stand firm on the promise and begin thanking God for the answer.

Today I received the answer by faith (write date):

As you know, you might see the answer straight away or it may take time. But the promise is still true: God is faithful!



Memo Time

Memorise and Speak God's Word

**"Whatever you ask in prayer,
believe that you have received it,
and it will be yours."**

Mark 11:24

Praying in the Spirit & Worship

About this lesson:

When you received Jesus, a whole new life started within you, a life in the Spirit. In this lesson you will learn about prayer in the Spirit. This is a very powerful kind of prayer, which the Holy Spirit uses to bring change on this earth. We will also cover worship, another subject that is close to God's heart.

The topics of this lesson are:

- The Holy Spirit in us
- Two prayer channels
- Intercession and how it works
- Worship in spirit and truth

John 3:5,6

When you were born again, you were born of the Spirit. Jesus said, ***“Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.”*** Your spirit came alive when you were saved! There is now a new life inside of you. Paul explains it like this: “I no longer live, but Christ lives in me.” Wow, what an amazing thought! God himself lives in you through his Holy Spirit!

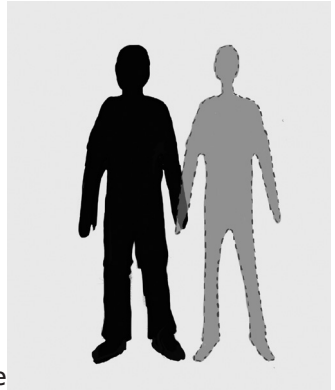
Gal 2:20 NIV



1 The Holy Spirit in our spirit

God living in us, in our spirit, is one of the most profound truths of the Christian life. The Bible also uses the terms “inner being” and “heart” when referring to the human spirit.

Here's a simple illustration of a powerful reality. You have an inner person, an inner life, a spirit man, as well as an outer man. The outer man, the body, is by no means bad; it is "very good", created by God. But it does have its limitations. We know that if we rely only on our outward man, we are limited by what we see, feel or know. Our inner man, our spirit, is unlimited, however, because God resides there through his Holy Spirit.



Gen 1:31

Streams of the Holy Spirit

The Holy Spirit does many things through your spirit:

Rom 8:16

- He **confirms that you are God's child**: "The Spirit himself bears witness with our spirit that we are children of God."

Acts 1:8

- He **gives you power to witness** about Jesus.

Rom 5:5

- He **pours God's love into you**, so that you can love with God's love.

Gal 5:22,23

- He **helps you to live a life of holiness** and purity.

Rom 8:26,27

- He **helps you to pray** when you do not know how to pray.

Mark 16:17,18

- He **gives you power to heal and deliver** people.

Furthermore, Jesus says that rivers, streams of God's life and love, will flow from your inner being:

John 7:38,39

"Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'" Jesus was talking about the Holy Spirit, who has been given to us who believe.

Imagine rivers of living water flowing out of you! Why? So



Isa 35:6,7

that the life of the Holy Spirit can spread in a dry and thirsty world. This is what happened when Jesus walked on this earth – and is what happens when we believers spread his life and power today!



2 Two prayer channels

One way the Holy Spirit works is through prayer. As we know, prayer can change anything, and we have already learned about several kinds of prayer: the Lord's Prayer, the prayer of faith and authoritative prayer in the name of Jesus.

You can pray with your mind, for example by using our Lord's own prayer – and the Holy Spirit will of course lead you in that prayer too. But Paul also teaches us to pray and sing **in the Spirit**, in tongues:

1 John 1:9

1 Cor 14:14,15

"For if I pray in a tongue, my spirit prays but my mind is unfruitful. What am I to do? I will pray with my spirit, but I will pray with my mind also; I will sing praise with my spirit, but I will sing with my mind also."

Just as a radio has several channels, you have a "Spirit Channel" and a "Mind Channel". You can switch between these two channels, your mind and your spirit:

- ✓ when you pray
- ✓ when you speak
- ✓ when you sing, and
- ✓ when you give praise!



Mark 16:17

Acts 2:4

Jude 1:20

Eph 6:18

Neither is better than the other, and both should be used. Jesus said that those who believe would speak in new tongues. This was what happened on the day of Pentecost, when the Holy Spirit fell on 120 believers and they all began speaking in tongues as a sign of his presence. Later in the New Testament, we read that the church in Corinth used the "Spirit Channel" too much and in a disorderly manner, whereas many churches today use it too little! But Jude reminds us to build ourselves up in faith and pray in the Holy Spirit, and Paul tells us to pray in the Spirit *at all times*.

1 Cor 14:14

You can use both kinds of prayer, independently or together: "I will pray with my spirit, but I will pray with my mind also." If you do not know exactly how to pray in a particular situation, you can begin by saying, "Father, I pray for [my friend, this or that circumstance, etc.], but I do not know what to pray." Continue in tongues for a while, as the Spirit leads, then go back to praying with your mind, and so on. As you switch back and forth between the "Mind Channel" and the "Spirit Channel" in this way, the two types of prayer will have an effect on each other. You will discover that this is a powerful way to pray, even if you don't understand everything.

The Holy Spirit helps us pray

Rom 8:26

The Spirit of God also helps us when we do not know how to pray: "**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.**"

Deep within us, the Holy Spirit helps us to pray. We don't understand the words – it's too deep for words – but these groanings are rivers of the Holy Spirit's own prayer flowing out from our innermost being.



3 Intercession and how it works

Gal 6:2

The Bible tells us to carry each other's burdens. When someone's in difficulty, the rest of us need to help. We can do so practically, but also in prayer. Such prayer is called intercession. To intercede means to "go in between". If someone is going through a rough time, we can "go in between" and pray on that person's behalf. It can be hard to pray in difficult times, and it is wonderful to have brothers and sisters in the Lord praying for us in such situations.

Rom 8:27

Continuing in Romans, we read that "**the Spirit intercedes for the saints according to the will of God**". As we pray in the Spirit for our brothers and sisters, perhaps not knowing exactly what to pray, the Holy Spirit himself



prays in and through us to the Father. Isn't it amazing that we can work together with the Holy Spirit? Sometimes we may wake up at night and feel the urge to pray for something. This is the Holy Spirit praying through us!

Interceding for our cities and countries

Just as we can pray for individuals, we can intercede for our city and country. God's plans for cities and countries become reality when we pray, and prayer in the Spirit is a powerful tool that we can use.

Every one of us is called to bear each other's burdens. Let's do so, both practically and in prayer through intercession.



4 Worship in spirit and truth

Worship means "to bow down", "to adore", "to give praise". Our worship is very important to God. He sent Moses to Pharaoh, saying, "Let my people go, that they may hold a feast to me in the wilderness." God wanted the people to worship him. The Old Testament is full of descriptions of how the people of Israel worshipped God:

- Noah, Abraham and Moses built altars of praise to the Lord.
- The Israelites made a tabernacle and carried it as they walked through the desert.
- Solomon built a temple where there would be constant praise to God.

In the New Testament we read how Jesus and the apostles went to the temple to praise God. The early church lived in joyful praise from the very beginning: "Day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, praising God and having favour with all the people." Joyful praise became a sign that they were Christians!

In heaven there is continual worship: "Day and night they never cease to say, 'Holy, holy, holy, is the Lord God Almighty, who was and is and is to come!'" When we worship God, we join in with that worship!

We use our bodies when we worship, but our worship is in the Spirit. Jesus said, "The hour is coming, and is now here, when the true worshippers will worship the Father in spirit and

Exod 5:1

Acts 2:46, 47

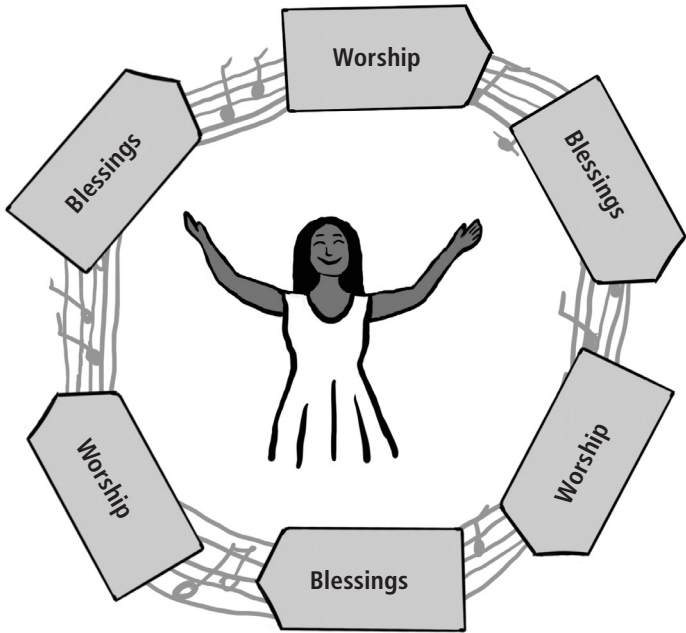
Rev 4:8

John 4:23,24

truth, for the Father is seeking such people to worship him. God is spirit, and those who worship him must worship in spirit and truth."

What is a true worshipper? Someone who worships God from their heart, giving their love and life to him. God is spirit, and we worship him from our spirits. As we worship him, he blesses us, so we worship him even more. It is a wonderful cycle of worship. God has given us Jesus – we bless and thank him! God gives us joy – we praise him! God comes with his healing presence – we glorify him!

How to praise God



Heb 13:15

We can praise with words or songs, in tongues or with our understanding. God wants to hear our praises! ***“Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name.”*** We can also lift our hands or bow our knees. But whatever outward things we do, they are only ways of expressing what is in our hearts. It is the love in your heart that touches God’s heart.

Eph 5:18-20

There is tremendous power as we join our brothers and sisters in worship. The Holy Spirit fills us so that we can worship and sing God's praises: "Be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ."

Three kinds of songs are mentioned here:

- Psalms – the Book of Psalms is the ultimate worship book, containing songs for every circumstance in life
- Hymns – other songs people have written to the Lord
- Spiritual songs – songs in the Spirit, in tongues

The last kind of song is what Paul refers to in 1 Corinthians 14:15 when he says, "I will sing praise with my spirit, but I will sing with my mind also." As well as praying in tongues, we can sing in tongues, which is the same as singing in the Spirit. How wonderful that the Holy Spirit can use your voice, the voices of several people or even a whole church to sing a new song! Not with words formulated by men, but by the Spirit of God. Not with a melody written by men, but by the Holy Spirit. As we sing in the Spirit, the presence of the Holy Spirit comes. And with his presence comes every good thing. Hallelujah!

Worship God!

God wanted the people of Israel to worship him. He longs for true worshippers! So let's now worship Father God in the Spirit, and do so with all of our hearts!

We can learn from the Book of Revelation's account of worship before God's throne:

Rev 5:9,10

"They sang a new song, saying, 'Worthy are you to take the scroll and to open its seals, for you were slain, and by your blood you ransomed people for God from every tribe and language and people and nation, and you have made them a kingdom and priests to our God, and they shall reign on the earth.'"

Bible Quest



Exercise 1: “Out of your heart will flow rivers of living water” describes the work of the Holy Spirit. Study these verses and list what the Holy Spirit can do in and through you: Rom 8:16; Acts 1:8; Rom 5:5; Gal 5:22–23; Rom 8:26–27; Mark 16:17–18.



Exercise 2: Why should we switch between prayer in the Spirit and praying with the mind?



Psalm 145:3

Praise Time

The Book of Psalms is an excellent worship book. Read Psalms 145–150 and list ten powerful praises to God, for example, “Great is the Lord, and greatly to be praised, and his greatness is unsearchable.” Begin using these praises straight away.



Action Time

Let’s now practice praying in the Spirit!
Write down a situation in your community or country where you need God to come with his power.

Start praying for this now. Use your mind to put words to your prayer, and pray in tongues too. As you pray in this exciting and powerful way, you will grow more and more aware of God himself praying in and through you by his Holy Spirit.



Memo Time

Memorise and Speak God's Word:

**"The Spirit himself intercedes for us
with groanings too deep for words."**

Rom 8:26