

# Understanding Prayer in the Bible

## 1. The Purpose of Prayer

- **Old Testament:**
  - **Reference: Psalm 145:18** - "The Lord is near to all who call on him, to all who call on him in truth."
  - **Key Idea:** Prayer is a way to seek a relationship with God.
- **New Testament:**
  - **Reference: Philippians 4:6-7** - "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."
  - **Key Idea:** Prayer is a means to present our needs to God and find peace.

## 2. Types of Prayer

- **Old Testament:**
  - **Reference: 1 Chronicles 16:11** - "Seek the Lord and his strength; seek his presence continually!"
  - **Key Idea:** Seeking God's presence through prayer is essential.
- **New Testament:**
  - **Reference: James 5:16** - "The prayer of a righteous person is powerful and effective."
  - **Key Idea:** Prayer can take many forms, including intercession and supplication.

## 3. Examples of Prayer

- **Old Testament:**
  - **Reference: Daniel 6:10** - Daniel prayed three times a day, demonstrating dedication to God.
  - **Key Idea:** Consistency in prayer is vital.
- **New Testament:**
  - **Reference: Matthew 6:9-13** - The Lord's Prayer, a model for how to pray.
  - **Key Idea:** Jesus provided a template for prayer that includes worship, supplication, and confession.

#### 4. The Attitude of Prayer

- **Old Testament:**
  - **Reference: Proverbs 15:29** - "The Lord is far from the wicked, but he hears the prayer of the righteous."
  - **Key Idea:** A sincere heart is essential in prayer.
- **New Testament:**
  - **Reference: Matthew 6:5-6** - Jesus teaches about humility in prayer, emphasizing that prayer should be sincere and not for show.
  - **Key Idea:** Authenticity in prayer matters more than public recognition.

#### 5. The Power of Prayer

- **Old Testament:**
  - **Reference: Jeremiah 33:3** - "Call to me, and I will answer you, and will tell you great and hidden things that you have not known."
  - **Key Idea:** God promises to respond to our prayers.
- **New Testament:**
  - **Reference: John 14:13-14** - "Whatever you ask in my name, this I will do, that the Father may be glorified in the Son."
  - **Key Idea:** Prayer in Jesus' name has the power to effect change.

**Fill-in-the-Blank Questions:**

1. Psalm 145:18 teaches that the Lord is near to all who \_\_\_\_\_ on Him.
  2. In Philippians 4:6-7, we are encouraged to present our requests to God with \_\_\_\_\_.
  3. Daniel prayed three times a day, showing his dedication to \_\_\_\_\_.
  4. The prayer of a righteous person is described in James 5:16 as \_\_\_\_\_ and effective.
  5. Proverbs 15:29 reminds us that the Lord hears the prayer of the \_\_\_\_\_.
  6. The model for prayer given by Jesus is found in \_\_\_\_\_ 6:9-13.
  7. Jeremiah 33:3 encourages us to call to God, and He promises to \_\_\_\_\_ us.
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**Reflection Questions:**

1. How does understanding the purpose of prayer impact your personal prayer life?  
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  2. What type of prayer do you feel most comfortable with, and why? \_\_\_\_\_  
\_\_\_\_\_
  3. Reflect on a time when you felt your prayers were particularly powerful. What was the experience like? \_\_\_\_\_  
\_\_\_\_\_
  4. How can you cultivate a more sincere attitude in your prayers? \_\_\_\_\_  
\_\_\_\_\_
  5. What does praying in Jesus' name mean to you personally? How can you incorporate this into your prayer life? \_\_\_\_\_  
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