

COURSE HANDOUTS

AND

**PROCESSING QUESTIONS
AND PROJECTS
FOR HOW TO PRAY**

LESSON 1

HOW TO PRAY

ONLINE COURSE SCHEDULE

Lesson #	Lesson Topic
Introduction	Course Introduction --Introduction to Course --Course Schedule --Course Format and Instructions
Lesson 1	What Is Prayer? --Definitions --The Purpose of Prayer --The Lord's Prayer
Lesson 2	How Do I Pray? --Biblical Principles of Prayer
Lesson 3	Listening To God --Scripture --Meditation --Guidance --Circumstances --Conviction
Lesson 4	Questions and Problems --Praying When You Don't Want To --Prayer and the Holy Spirit --Prayer and Fasting --Prayer Unanswered

WHAT IS PRAYER?

Prayer is communicating with God.

There are several words in the New Testament for prayer, each emphasizing a specific aspect of communication with God. One of the primary passages from which we get these words is 1 Timothy 2:1:

*First of all, then, I urge that **entreaties and prayers, petitions and thanksgivings**, be made on behalf of all men, (NASU)*

Prayer is generally talking to God--“prayers”—from the Greek “proseuxas”, meaning general prayer or communication with God

Prayer is asking for something specific--“entreaties”—from the Greek “dehseis”, meaning “lack”, referring to specific requests

Prayer is asking for help for others--“petitions”—from the Greek “enteuxseis”, meaning a request from a superior, sought with boldness. In some cases, specifically a request on behalf of another (intercession).

Prayer is saying “thank you” to God--“thanksgivings”—from the Greek “eucharistias”, literally “good grace”, the general word for thanksgiving or thanking God for something specific

Communicating with God also includes:

Admitting our sin to God--“confess” (1 John 1:9) from “omologoomen”, literally “speak the same” or agree. This is the word that describes our confession of sin to God, agreeing with God that we have sinned.

Expressing the good qualities of God--“praise” (Hebrews 13:15) from “ainesis”, praise, or speak well about.

A child talking to his or her Father about anything and everything. --In addition to these specific words, in scripture, we see communication with God to include all human thoughts and feelings. The Psalms provide many examples of this kind of communication with God, which is a form of prayer.

Listening to God--Finally, in addition to what we say to God, if prayer is communication with God, then it is two-way: what we say to God, and what God says to us. Prayer, then, includes not only what we say, but listening to God.

THE LORD'S PRAYER

(Matthew 6:9-13, NASU)

6:9 --*Pray, then, in this way:* (Note: Jesus did NOT say to recite these words, but to pray “in this way” or “pray like this”). Jesus is giving us a model prayer.

--*Our Father who is in heaven,* Jesus tells us to think of God as our Father when we speak to Him. However, we are talking to our Father who is in heaven. We are not to take lightly this access to the King of heaven.

--*Hallowed be Your name.* Hallowed means “made holy”. Saying “Hallowed be your name” is to pray that the name of God, representing God Himself, is made holy. Since God is holy by nature, this means in our minds. So, this means we are asking God to make His name holy to us, another way of praising God.

6:10 --*Your kingdom come.* We are asking God to bring His rule to this world

--*Your will be done, On earth as it is in heaven.* We are asking God to make His will happen as perfectly here as it is in heaven. This implicitly means not only around us but in our hearts and lives as well.

6:11 --*Give us this day our daily bread.* Daily bread represents what we need to survive—today. We are to ask God for what we need each day, relying on Him to provide for us.

6:12 --*And forgive us our debts, as we also have forgiven our debtors.* Jesus tells us not just to ask for forgiveness (which he reinforces immediately after this prayer), but to ask that we will be forgiven in the same way that we forgive others. This assumes that we forgive others, but also qualifies our request in a manner that could be dangerous if we do not forgive others. Forgiveness refers to canceling a debt—not making someone pay for what they have done.

6:13 --*And do not lead us into temptation, but deliver us from evil.* Jesus tells us to ask for protection, both from ourselves falling to temptation (note we aren't told to ask for the ability to resist temptation, but that God would not let temptation happen) and from evil outside ourselves. While the term can be translated either “from evil” or “from the evil one”, the meaning for us is the same—we can't protect ourselves from evil (or the evil one), we need God to protect us.

--*[For Yours is the kingdom and the power and the glory forever. Amen.]* This phrase is in brackets in the NASU and omitted in some translations because the earliest manuscripts we have of Matthew do not include it. This leads us to believe that it was probably added by a copyist sometime later.

HOW TO PRAY

LESSON 1: WHAT IS PRAYER?

RESPONSE QUESTIONS AND PROJECTS

Complete this page before viewing Lesson 2

1. What is prayer?
2. How often do you pray?
3. What do you talk to God about?
4. What do you not talk to God about?
5. What do you ask of God? (Be specific)
6. What do you need to ask God to provide? Stop now and ask Him.
7. What do you need to confess to God? Stop now and confess these things to Him.
8. What do you need protection from (temptation or attacks from outside)? Stop now and ask God to provide that protection (Be specific in your requests).

What Is Prayer? Response Questions and Projects, p. 2.

9. List ten things that are worthy of praise about God. Stop now and tell Him that you see these things (specifically).

10. What do you need to thank God for? Stop now and thank Him specifically for those things.

11. Paul says to pray continually. How often are you able to do this? When you don't what stops you? Consider using a memory device to remind you during the day that, even though you don't see Him, Jesus is present with you. For example, set chimes on your watch to go off on the hour, and when it goes off, talk to the Lord about whatever is happening at the moment.

12. How often do you stop and listen to God? If you are not happy with your answer to this question, consider setting aside time each day when you can remove distractions and just listen to Him. (There will be more about Listening to God in the third session of this course.)

LESSON 2

BIBLICAL PRINCIPLES OF PRAYER

1. When praying, talk to God, not for the benefit of others.

"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. (Matthew 6:5-6 NIV)

2. When praying, talk to God as your Father.

"This, then, is how you should pray: "Our Father in heaven, hallowed be your name, (Matthew 6:9, NIV)

For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." (Romans 8:15, NIV)

3. Pray with meaning, not using meaningless words or repetition.

And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. (Matthew 6:7, NIV)

4. When praying, talk to God openly and honestly.

Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." (Matthew 26:39, NIV)

5. Approach God confidently, knowing you have been given access to God Himself.

Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. (Hebrews 4:16, NIV)

6. While being confident, remember He is God, and submit to His will.

Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." (Matthew 26:39, NIV)

7. Prayer is about the relationship, not the request. God already knows what you need.

Do not be like them, for your Father knows what you need before you ask him. (Matthew 6:8, NIV)

8. Pray constantly, in all situations.

...pray continually...; (1 Thessalonians 5:17, NIV)

9. Ask for what you need but talk to God about everything else as well.

Through Jesus, therefore, let us continually offer to God a sacrifice of praise — the fruit of lips that confess his name. (Hebrews 13:15, NIV)

How long, O LORD? Will you forget me forever? How long will you hide your face from me? (Psalm 13:1, NIV)

Biblical Principles of Prayer, p. 2.

10. Be persistent in presenting your needs to the Lord.

Then Jesus told his disciples a parable to show them that they should always pray and not give up. He said: "In a certain town there was a judge who neither feared God nor cared about men. And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.' "For some time he refused. But finally he said to himself, 'Even though I don't fear God or care about men, yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually wear me out with her coming!'" And the Lord said, "Listen to what the unjust judge says. And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?" (Luke 18:1-8, NIV)

11. Pray in faith, but when we lack faith, we can ask for it.

But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. (James 1:6, NIV)

Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief!" (Mark 9:24, NIV)

12. Rely on the Holy Spirit to communicate to the Father what we cannot.

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. (Romans 8:26, NIV)

HOW TO PRAY

LESSON 2: HOW DO I PRAY?

RESPONSE QUESTIONS AND PROJECTS

Complete this page before viewing Lesson 3

1. Review the Biblical Principles of Prayer handout. Which of these do you find most difficult for you to implement in your prayer life?
2. Do you have any problems or concerns with your prayer life? If so, do any of Biblical Principles of Prayer apply to your problem or concern? How?
3. Have you discovered any ideas you have about prayer that are not Biblically sound? What are they? Have you changed your mind regarding these ideas?
4. Do you want to talk to God? Why/why not? If not, stop now and tell this to God. If you know why explain to Him. If you do not, ask Him to give you insight into why.
5. Make a list of things you want to ask God or say to God. (Use another sheet of paper or electronic notes).
6. Set a time when you can talk to God about these things daily without distraction (or, with the least amount of distractions). Talk to God about the things you listed above at this time on the next day.

How Do I Pray? Response Questions and Projects, p. 2.

7. What are your strengths and weaknesses in your prayer life?

8. Continue in the practices that are strengths in your prayer life. List the weaknesses below, then note how you can address that issue. If you find you are unable to do this, speak with a spiritual leader or mentor about it.

LESSON 3

LISTENING TO GOD

Prayer is communication with God, and communication is two-way. So, prayer isn't always us talking to God, sometimes it is God talking to us, and us listening. Perhaps this is what the Holy Spirit was saying to us when he led the Psalmist to write, "*Be still and know that I am God*" (Psalm 46:10). Literally, the Psalmist is saying, "Slack off what you're doing and experience that I am God!"

Listening to God requires us to slow down and pay attention to the various ways God speaks to us. Some consider this to be too mystical and deny that God speaks to us today. But there is nothing in scripture to support this view. Rather, we are told God does speak to us, though we don't always hear! *Why do you complain to him, that he answers none of man's words? For God does speak — now one way, now another — though man may not perceive it.* (Job 33:13-14, NIV)

We know that God speaks to us through

1) His Son

In the past God spoke to our forefathers through the prophets at many times and in various ways, but in these last days he has spoken to us by his Son, whom he appointed heir of all things, and through whom he made the universe. (Hebrews 1:1-2, NIV)

2) Creation

The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they display knowledge. (Psalm 19:1-2, NIV)

3) Circumstances

When they came to the border of Mysia, they tried to enter Bithynia, but the Spirit of Jesus would not allow them to. (Acts 16:7, NIV)

4) Scripture

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work. (2 Timothy 3:16-17, NIV)

5) Wise Counsel

*We have different gifts, according to the grace given us. If a man's gift is prophesying, let him use it in proportion to his faith. If it is serving, let him serve; **if it is teaching, let him teach**;* (Romans 12:6-7, NIV, emphasis mine)

6) Conviction By The Holy Spirit

When he comes, he will convict the world of guilt in regard to sin and righteousness and judgment: (John 16:8, NIV)

HOW TO PRAY

LESSON 3: LISTENING TO GOD

RESPONSE QUESTIONS AND PROJECTS

Complete this page before viewing Lesson 4

1. Is God a good communicator? (Explain your answer.)
2. How do you rate your ability to listen to God? Explain.
3. What do you need to “slack off” of to allow you to hear Him?
4. How does God usually speak to you?
5. How can you be sure of what you are hearing?
6. The writer of the letter to the Hebrews says that God speaks through us by His Son. How do you believe God speaks to us by Jesus? How do you listen to Jesus?
7. How does God speak to us through creation? How do you listen to this?
8. How has God spoken to you through circumstances in the past? Did you hear Him at the time?

Listening to God. Response Questions and Projects, p. 2.

5. What circumstances in your life might be God speaking to you? What might He be saying? How do you know?

6. Do you hear God speaking through scripture? If so, how do you respond? If not, what might you be able to do in order to listen more closely?

7. What teachers, counselors, mentors, friends, relatives, etc. does God speak to you through? Make a list of them, specifying their names.

8. What do you do if your advisors disagree? Is God still speaking through them? How do you know?

9. What is the conviction of the Holy Spirit?

Listening to God. Response Questions and Projects, p. 3.

10. How do you tell the difference between this and your own feelings? Does the conviction of the Spirit just come to you, or do you seek it? If the latter, how?

11. What is the last thing the Spirit convicted you of? How did you respond?

LESSON 4

FREQUENTLY ASKED QUESTIONS AND PROBLEMS REGARDING PRAYER

What is the appropriate way to pray? (What words do I use? Is there a specific posture?)

Many in the world assume there is a specific formula for effective prayer, including the right posture, using appropriate words, etc. This becomes almost a superstitious approach to prayer—if you do things the right way, God will have to do what you want. Biblically, there is no requirement for a specific posture (bowing your head, closing your eyes, folding your hands). The traditional posture is a result of misinterpreting efforts to help people focus on prayer rather than distractions. However, in the time of the New Testament, the average Jew prayed standing, with his hands outstretched and his eyes focused on what he saw as the heavens. The fact is that God requires none of this. Some believe that using specific words makes prayer more acceptable to God (Thee, Thou, etc.). But God is much more interested in what is in our hearts when we come to Him. In fact, one of the few specific guidelines Jesus gave regarding prayer was that we should avoid any prayer that includes meaningless words—words that don't have meaning to us. (Matthew 6:7-8)

How are we to address God in prayer?

It isn't unusual for people to begin praying with “Dear God Father Jesus Lord...”. This happens both because they have simply heard others do this and because they are unsure how to address God. The fact is scripture does specify how we are to address prayer. In His model prayer, Jesus said we are to address our prayer to “Our Father in Heaven” (Matthew 6:9), pray in Jesus' name (John 14:13), and in the power of the Holy Spirit (Ephesians 6:18). That said, there is nothing in scripture that would lead us to believe this is a pattern essential to prayer. It is hard to believe that God would become flesh, live, and die for us, only to then say, “If you don't call me the right name or title, I won't hear you.”

When should I pray?

There is nothing in scripture that would lead us to believe we must pray at a specific time each day. There is certainly precedent for beginning the day in prayer (Psalm 5:3). However, the clear expectation in scripture is that we will talk to God throughout the day, in all situations. This is made crystal clear in Paul's simple command to pray at all times (1 Thessalonians 5:17).

Are prayer and meditation the same thing?

No. Prayer is communicating with God (in a variety of ways). Meditation is something that happens within the confines of our own minds. In scripture, meditation is not the emptying of our mind, or focus on a specific word or sound (mantra), but the opposite. Rather than emptying our mind, Biblical meditation is the constant and persistent focus of our mind on God and His Word (Psalm 77:12). In fact, the word translated “meditation” in this passage (Hebrew “hagah”) literally means to “growl”, indicating the sound of an animal working over a bone.

Does prayer have to be aloud?

There is nothing anywhere in scripture that commands communication with God must be audible to others. Being able to pray aloud is useful, as it allows us to join in prayer with others. However, it is not required.

FAQ and Problems Regarding Prayer, p. 2.

What prayers should I say?

This question assumes that there are set “prayers” and that we are expected to “say” or recite them. This is foreign to the New Testament teaching about Christian prayer. The most common supposed prayer we should recite is The Lord’s Prayer (Matthew 6:9). However, the text introduces this prayer as an example (“pray in this way...”), not something to be memorized and recited as though it is an incantation. In fact, as we have already noted, we are commanded not to pray with meaningless words and repetition—exactly what is done when people memorize this prayer without understanding what it means, and then recite it. So, while we are encouraged to talk to God about anything and everything, there is no specific prayer we should recite.

What can I ask for?

There is no list of approved requests in scripture. Instead, there are many commands to pray for or communicate with God about many things (Matthew 6:9-13; 1 John 1:9). The implication is that, as God’s children, we are free to talk to Him about whatever we wish (Hebrews 4:16).

Are there things we should not pray about or ask for?

Since prayer is the communication of adopted children with their perfect, loving Father, it follows we are encouraged to talk to our Father about anything and everything. Any father or mother understands this. However, there is one passage in which John tells us that we can pray for those who are sinning not leading to death but specifies that he is not telling us to pray for those who are sinning in a way that does lead to death (1 John 5:16-17). To understand this passage, we should remember 1) we are not told not to pray for such a person—only that John is not saying we should, and 2) there is much discussion about what sinning to death (literal translation) is. John does not clarify this, but most Bible scholars have taught this means the person who is sinning intentionally and is in no way repentant. So, we can pray for others who are sinning, that God will intervene and lead them to repentance and forgiveness. But, if that person is intent on continuing in sin and is in no way repentant, such a prayer is not going to be granted.

Do I have to pray in public or in groups?

There is nowhere in scripture where we are told we must pray in public (or out loud in groups). Certainly, it is helpful to be able to pray in any circumstance, but some people are so afraid of saying the wrong thing that their prayer becomes focused on those around them rather than on God. In such times it is best not to pray publicly—or at least out loud. In fact, Jesus made it clear that if our prayer begins to be focused on those around us, we should stop praying publicly and “go into our closet”, praying privately so that the prayer is directed to God alone. (Matthew 6:5-6; 18:19-20)

Why do we say “Amen” when we pray?

The word “Amen” is Aramaic for “Truly” or “Let it be true.” It is the word used when Jesus says “Truly...” (e.g. Matthew 5:26). It was often used by Jews as a way of expressing their agreement with a prayer or a statement, much as we do (e.g. Romans 11:36). Over the years, people forgot the meaning of the word but noticed it was often used at the end of a prayer, so they would say “Amen” as a way of saying, in effect, “The End” to a prayer.

FAQ and Problems Regarding Prayer, p. 3.

Why doesn't God "answer" my prayer?

To answer this question, we first need to clarify what "answer" means. When we ask this question, we usually mean "why doesn't God give me what I ask" when we refer to Him "answering" our prayer. Regardless of one's view of prayer, we all need to agree that we are God's creation—He is still God. He is sovereign, and He understands what is best in the long run. We do not pray to put in an order that will require God to comply. Our prayer is to be "in His name" (which means according to His will, not ours) and with the right motives. (John 14:13; James 4:3). As we mature, we learn to listen to God, understanding that His "answers" to our prayer are not simply complying with our request. Sometimes the answer is simply, "No", as is true with any good Father. Sometimes, there is an explanation (2 Corinthians 12:7-9) that mature Christians can understand, but immature Christians may need help understanding.

What if I am mad at God, or don't feel like praying?

One of the strangest dynamics in prayer—even for mature Christians—is the desire to hide who we are or what we are thinking/feeling from God. We all agree that He already knows! But, for some reason, we feel the need to not talk about what we perceive as negative with our Father. But a father wants his children to talk to him honestly, no matter what it is about! (A full reading of the Psalms shows David was willing to tell God exactly how he felt!) We should try to be respectful, but it is healthy to say "God, I am angry right now!" It facilitates honest communication between us and our Father. Others struggle with just not wanting to pray. Not wanting to talk to the other from time to time is a normal part of any relationship. But we don't have to be ruled by what we feel! When we don't feel like praying, the first thing we say to our Father should be, "Father, I don't feel like talking to you right now." We can follow that up by telling Him why (again, it isn't like He doesn't already know!) or even saying, "I don't know why." In prayer, as in every other area of life, we need to do what we know to be right, not what we feel like doing (or not doing) moment to moment.

I don't normally pray, but I do sometimes when I'm in trouble. Does God listen?

If you have accepted Jesus as your Lord, you belong to God. He has adopted you as one of His children. The fact that you have allowed yourself to grow distant from your Father by not talking to Him doesn't change the fact that you belong to Him. Remember Jesus' parable of the Prodigal Son (Luke 15:11-32). In this story, the son fears returning to his father after walking out and squandering his inheritance. But the Father is overjoyed when the son returned! Jesus told this story to remind us that our Father always wants us to come back to Him—even if it is because we are in trouble. What we should focus on is not repeating the error by allowing ourselves to drift away from the Father again once the immediate crisis has passed.

Does God hear the prayers of unbelievers?

We need to remember that God is not human, so questions like this tempt us to put Him in a human box. God hears everything. He is omniscient, which means He knows everything—whether it is in the mind of a faithful follower or an unbeliever. The real question isn't whether God hears these people's prayer, but whether He treats it the same as that of someone who belongs to Him. The answer is, "no". This may not fit our 21st-century values, but the scripture is clear. If someone is seeking God, God doesn't dodge that person. (Matthew 7:7). God honors prayer from those who

FAQ and Problems Regarding Prayer, p. 4.

pray in His name (Matthew 18:20). We are told God honors the change in our lives in His response to our prayer (James 5:16b) However, there is nothing in scripture that would indicate God honors requests from unbelievers who are not seeking Him.

What does it mean when it says the Spirit intercedes?

In his letter to the Roman Christians, Paul acknowledged that there are times when we don't pray as we should. He attributes this to our weakness and gives the example of not knowing how to pray in a given situation. Anyone who has been a Christian for very long can identify with this situation. There are times when we simply don't know what to say—or even what we are feeling! We are overwhelmed and we just know we need the Lord. So, we try to pray, but we don't have the words. Paul says that, in these situations, the Holy Spirit becomes a go-between communicating with the Father in ways that are too deep for words (Romans 8:26-28). This is not, as some would say, a prayer language. First, it is explicitly not us who is completing the prayer, but the Holy Spirit. Second, Paul clearly says the Spirit does this without words—not by supplying words we don't understand. Any Christian can rely on the fact that, even in our prayer, we are not left alone by the Holy Spirit, and when we don't know how or what to pray, He completes our prayer by reading our heart and communicating this to the Father.

Is speaking in tongues the same as a prayer language? (Acts 2:1-6)

One of the most divisive issues in the Church in the last 100 years is speaking in tongues (actually a poor translation since the word “glossa” in Greek means language as well as tongue, and in the passages where this is discussed, it is clearly language that is being referred to). I do not intend to enter into an argument about speaking in tongues. Instead, I want to clarify the relationship between speaking in tongues and prayer as presented in scripture. To do this, we first need to go to the one passage which clearly describes speaking in tongues (languages). In Acts 2:1-6, the Apostles are waiting for the Holy Spirit to give them power to proclaim the gospel and start the Church (though it is arguable that they didn't know they were going to do this). When he comes on them, they begin to proclaim the wonders of God (the gospel) **in known languages**. The miracle was that the languages were not known to them as the speakers! However, their listeners heard the words in their own languages. Nowhere is speaking in tongues applied to prayer. Instead, it was (and I argue still is) a tool God uses to proclaim the gospel.

The idea of a prayer language is never specifically mentioned in the Bible. Instead, it is what some believe Paul was referring to in Romans 8:26-28). However, we have already shown that this passage is not referring to anything we say, but what the Holy Spirit does **without words**.

To be clear, I am not saying that there is no such thing as a prayer language that God gives individual Christians to help them in their communication with Him. God is sovereign and may do whatever He wants—including something that isn't recorded first in the New Testament. I am only saying that those who equate this with what is described either in Acts 2 or Romans 8 are clearly misunderstanding scripture.

HOW TO PRAY

LESSON 4: FAQ AND CONCERNS

RESPONSE QUESTIONS AND PROJECTS

1. Are you comfortable with the way you address God and talk to Him? If not, why not? Pretend you are sharing this with a close friend and write what you would say below. Take what you have written down and pray—regardless of how you feel—and read it to God. Then ask Him to help you with these issues.

2. Are you able to pray with others? If not, think of a Christian you trust, and ask that person to pray with you. Write what you want to pray about and read one thing aloud in the prayer. Then begin praying with that person silently. When you are both finished, say Amen—meaning “Let this be”.

3. Do you want to talk with God about something, but don’t know how? If so, pray: “Lord, I want to share something with you, but I don’t know how to say it. Please look into my heart and take what I need to say to you.”

4. What questions do you have regarding prayer? Have these been addressed in this class? If not, contact a spiritual leader in your congregation and share your question with him or her.

A FINAL NOTE

We hope this series has been helpful to you. Any time you learn new skills or obtain a new tool, practice is needed in order to become skillful in their use. Prayer is no different. Having completed this course, you now need to practice! This takes a commitment of time and a desire to develop a closer relationship with God. If you are willing to do this faithfully, you will find your ability to talk to—and listen to—God grows within you. As in any other relationship, there is not time when you have “arrived”. Instead, you will find you grow continually until the Lord returns and we are restored to a perfect relationship with Him!

If you have concerns, comments or questions, please feel free to contact us at www.essentialfaithproject.org. We will respond as quickly as possible! We pray that you will grow in your communication with our God.

Know Jesus and Be Faithful!