

MEMORY VERSE: “I love the Lord, because He has heard my voice and my supplications. Because He has inclined His ear to me, therefore I will call upon Him as long as I live.” Psalm 116:1, 2, NKJV

LESSON STUDY INTRO

“This week we’ll learn lessons from some of those in the Bible who prayed and showed us just how central prayer is to having a strong relationship with God.” Q1ly, Sab, par 3

1. Prayer is a practice (Sun)

- Prayer is an essential habit for every Christian.
 - Daniel is an admirable example of consistent prayer:
 - Daniel 1: Daniel “purposed in his heart” (determination and personal connection with God).
 - Daniel 2: In a time of crisis, Daniel prayed and then prayed again in thanks for the answer provided.
 - Daniel 6: Prayer was non-negotiable for Daniel.
 - Many important lessons can be drawn from Daniel’s practice of prayer (see Q1ly, Sun, par 4):
 - He was consistent and persistent (three times every day and extra in times of crisis).
 - He was predictable (at his open window).
 - His prayer was a physical act (knelt and faced Jerusalem).

2. Prayer involves both mind and body (Mon, Tue)

- Though prayer is a spiritual practice of the mind, physical participation also contributes to a vibrant prayer life.
 - We teach children to pray with their whole body—close their eyes, kneel (or assume another purposeful, reverent posture), and fold their hands—because we are whole beings.
 - Daniel knelt to pray (Dan. 6:10); Hannah prayed standing (1 Sam. 1:26); David sat to pray (2 Sam. 7:18); Hezekiah prayed lying down (Is. 38:2).
 - “The Bible doesn’t require us to pray in any particular posture, but postures are important, as they reflect our reverence, our inner feelings, and our desire to surrender to God.” Q1ly, Mon, par 5

True reverence for God is inspired by a sense of His infinite greatness and a realization of His presence. With this sense of the Unseen, every heart should be deeply impressed. The hour and place of prayer are sacred, because God is there; and as reverence is manifested in attitude and demeanor, the feeling that inspires it will be deepened. Pr 209

3. “God is our friend” (Sab-Fri)

- Just as Scripture is God’s voice to us, prayer is our voice to God. This type of two-way communication is vital to any relationship, and particularly to this most important relationship of all.

Prayer is the opening of the heart to God as to a friend. SC 93 (Qtly, Mon, par 1)

- By “continuing steadfastly in prayer” (Rom. 12:12), we, like Enoch, can grow to appreciate God as the “friend who sticks closer than a brother” (Pr. 18:24).
 - Or like Moses, with whom “the Lord spoke... face to face, as a man speaks to his friend (Ex. 33:11), we, too can confide in God all our trials and burdens.
- This trust in God as a friend will be clearly evidenced in those who face the final crisis.
 - Those who “endure to the end” (Mt. 24:13) will have developed such a trust relationship with God that nothing can shake their faith in Him.

God blessed [Jacob]... and on the field of conflict he was made a prince among men. Thus will it be with the agonized ones who prevail with God in the time of Jacob’s trouble. Dangers thicken on every side, and it is difficult to fix the eye of faith upon the promises amidst the certain evidences of immediate destruction. But in the midst of revelry and violence, there falls upon the ear peal upon peal of the loudest thunder. The heavens have gathered blackness and are only illuminated with the blazing light and terrible glory from Heaven. God utters his voice from his holy habitation. The captivity of his people is turned. With sweet and subdued voices they say to one another, God is our friend. ST, Nov 27, 1879

CONCLUSION

We may keep so near to God that in every unexpected trial our thoughts will turn to Him as naturally as the flower turns to the sun. Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him...The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watchcare, not another soul for whom He gave His beloved Son. sc 99, 100 (Qtly Fri, par 1)