

### Lesson 3: *Growing in Prayer*

You cannot grow closer to someone without communicating with them. Communication is essential for any growing relationship, including your relationship with God. Prayer is the way we have to communicate with God.

Name a person with whom you are growing closer: \_\_\_\_\_

Are you communicating with this person? \_\_\_\_\_

If we want to grow closer to God, we must \_\_\_\_\_ with Him.

What is prayer? Prayer is talking to God, just as we would talk with our best friend. God is not far away. He is always close, waiting for us to talk with Him. This lesson is going to discuss some steps you can take towards a deeper prayer life.

#### STEP ONE:

*Luke 11:1*

What do you learn about prayer here? \_\_\_\_\_

In marriage, good communication skills do not come naturally. They must be learned. Good communication in marriage must be worked at hard and every day. So also prayer skills do not come naturally. Prayer must be taught and learned. Growing in prayer takes good hard work. A husband and wife must decide if they are going to work hard to improve their communications and deepen their marriage. YOU must decided if your are going to work hard to learn how to pray and grow closer to God.

#### STEP TWO:

*REALIZE THE RICH BLESSING OF A GROWING PRAYER LIFE*

Many people do not realize all the good things that some hard work can bring to their marriage. In the same way, many Christians do not realize all the rich blessings a good prayer life can bring.

*Jeremiah. 33:3*

*Eph. 3:20-21*

What truth do you discover in both of these passages? \_\_\_\_\_

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*John 16:24*

What does prayer produce in our lives? \_\_\_\_\_

Could you use more joy in your life? Huh?

*Philippians. 4:6-7*

What are three blessings of a good prayer life?

1.

2.

3.

How do these blessings come into your life? \_\_\_\_\_

Why is God interested in every part of your life? \_\_\_\_\_

\_\_\_\_\_

*James 5:16*

What do we learn about prayer here? \_\_\_\_\_

Can you think of something in your life that has happened because of prayer? \_\_\_\_\_

\_\_\_\_\_

*Luke 6:27*

How can prayer help us? \_\_\_\_\_

\_\_\_\_\_

**STEP THREE:  
ELIMINATING ANY BARRIERS TO PRAYER**

A dam stops a river from flowing freely. The Bible says that there are a number of things that can stop God's people from growing in their prayer life. If we discover that our prayer life is weak and empty of power, we must find and eliminate any barrier, so our prayers can start flowing again.

The following is a list of some of the barriers to prayer mentioned in the Bible. Briefly explain why each one stops prayer.

1. Being out of God's Word (John 15:7-8) \_\_\_\_\_  
\_\_\_\_\_
2. False gods (Ezek. 14:3) \_\_\_\_\_  
\_\_\_\_\_
3. Pride (Rev. 3:17) \_\_\_\_\_  
\_\_\_\_\_
4. Lazy Habits (James 4:2) \_\_\_\_\_  
\_\_\_\_\_
5. Selfishness (James 4:3) \_\_\_\_\_  
\_\_\_\_\_
6. Sin (1 Peter 3:12) \_\_\_\_\_  
\_\_\_\_\_
7. Not willing to accept God's will (John 8:47) \_\_\_\_\_  
\_\_\_\_\_
8. Grudges (1 Tim. 2:8) \_\_\_\_\_  
\_\_\_\_\_
9. Doubts (James 1:6-7) \_\_\_\_\_  
\_\_\_\_\_
10. Ignoring the needy (Prov. 21:13) \_\_\_\_\_  
\_\_\_\_\_

The Bible says there are different types of prayers which we need to use in order to express our thoughts to God. Briefly explain each:

1. Praise
2. Thanksgiving

- 3. Confession
- 4. Intercession
- 5. Petition

It is important that we include all five of these in our daily prayers.

TAKING NECESSARY STEPS TOWARD A DEEPER PRAYER LIFE

- 1. Sincerely desire to grow in prayer and be willing to make the sacrifices for it. If you don't work hard to grow in your prayer life, you won't grow in prayer. It never happens by itself.
- 2. Establish prayer times and keep them. List some times why you should pray:
  - 1. \_\_\_\_\_
  - 2. \_\_\_\_\_
  - 3. \_\_\_\_\_
  - 4. \_\_\_\_\_
  - 5. \_\_\_\_\_
  - 6. \_\_\_\_\_
- 3. Set aside a "quiet time" with God every day for prayer.

*Matthew. 14:22*

What do you learn about "quiet time" from Jesus' example?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

As you look at your own life situation, when is the best time for you to escape from everything and establish your quiet time? \_\_\_\_\_ Where?

- 4. Use a written prayer list. A list can help you remember things that might escape your memory when you are in your quiet time with God.

Home Work

- 1. This week start working on these 4 suggestions.
- 2. Write a prayer, including praise, thanksgiving, confession, intercession, and petitions.