

Ps 63:1-8



# THIRST

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GROW YOUR  
PRAYER LIFE

## My thoughts...

What do you remember about the Lord's Prayer growing up?

What did it mean to you?

What does prayer mean to you?

How would you describe your prayer life?

What do you tend to pray about most?

**Discuss what you think is important in a relationship...**

My thoughts...

## Breakdown the Lord's Prayer...

Think about each line of the Lord's Prayer. Circle the word that you feel best describes what we are seeking God for, or seeking to give God us in the words of each line?

"Our Father in heaven,"

Pardon

Power

Provision

Priorities

Praise

Presence

My thoughts...

"...may your name be kept holy."

Pardon

Power

Provision

Priorities

Praise

Presence

My thoughts...

"May your Kingdom come soon."

Pardon

Power

Provision

Priorities

Praise

Presence

My thoughts...

**“May your will be done on earth, as it is in heaven.”**

Pardon

Power

Provision

Priorities

Praise

Presence

My thoughts...

**“Give us today the food we need,”**

Pardon

Power

Provision

Priorities

Praise

Presence

My thoughts...

**“...forgive us our sins, as we have forgiven those who sin against us.”**

Pardon

Power

Provision

Priorities

Praise

Presence

My thoughts...

“And don’t let us yield to temptation, but rescue us from the evil one.”

Pardon

Power

Provision

Priorities

Praise

Presence

My thoughts...

For Yours is the kingdom and the power and the glory, forever.

Pardon

Power

Provision

Priorities

Praise

Presence

My thoughts...

9 OUR FATHER IN HEAVEN,

AS WE HAVE FORGIVEN THOSE WHO SIN

MAY YOUR NAME BE KEPT HOLY.

AGAINST US.

10 MAY YOUR KINGDOM COME SOON.

13 AND DON’T LET US YIELD TO

MAY YOUR WILL BE DONE ON EARTH,

TEMPTATION,

AS IT IS IN HEAVEN.

BUT RESCUE US FROM THE EVIL ONE.

11 GIVE US TODAY THE FOOD WE NEED,

FOR YOURS IS THE KINGDOM AND THE

12 AND FORGIVE US OUR SINS,

POWER AND THE GLORY, FOREVER.

## The Jesus prayer model...

	Ask God to meet you in your quiet time and to prepare your heart for prayer. Ask him to speak to you.
	Reflect on who God is and thank him for all he has done.
	Seek his kingdom and his will. (Pray for those who don't know him, pray for your loved ones, others, church family, community...)
	Ask Him for what you need and bring your concerns to him.
	Seek God's forgiveness and ask for help in forgiving others.
	Ask God to for his strength to resist Temptations. Ask for protection, strength and guidance.
	Spend time worshipping him. Thank him for the time you've spent together. Allow time to be still in his presence and for him to speak to you.

Of the seven things we covered (Presence, Praise, Priorities, Provision, Pardon, Power, Praise), which do you need to focus on most to grow your prayer life and why?

My thoughts...

## Prayer Time

If you feel comfortable, share with your group something that you need prayer for.

Spend some time seeking God's presence and praying for...

- One another's needs,
- Our church family... that we would grow in our intimacy with God, and in our prayer lives.
- Growth in our church... for people to come to know Jesus, for this place to be filled with people thirsty for more of God, and that we would impact our community.

My thoughts...

# PRAYER

DATE: \_\_\_\_\_

FRIENDS

FAMILY

SCRIPTURE

CHURCH

THOSE IN NEED

LET HOPE

KEEP YOU JOYFUL

ROM 12:12

## The *PRAY* prayer model...

P	Praise god for who He is and everything He has done.
R	Repent of your sin and ask God to guard your heart and mind.
A	Ask Him for what you need and bring your concerns to him.
Y	Yield (When you stop talking, and you wait, listen and seek to hear from God).

## The ARROWS prayer model...

A	Ask God to meet you in your quiet time and to prepare your heart for prayer.
R	Reflect on God's faithfulness and rejoice over His provision.
R	Repent of your sin and ask God to guard your heart and mind.
O	Openly lay your burdens and prayer requests before the Lord.
W	Worship and praise God for His perfect character and flawless ways.
S	Silence your heart so you can hear from Him.

## Praying The Names of God

Throughout the Bible, names were both powerful and prophetic. Your name not only described who you were, but what you were capable of. It is the same with the names of God. His names have power. When the disciples asked Jesus to teach them to pray (Luke 11:1), Jesus responded with a strategy that we now call the Lord's Prayer. You may find it helpful to worship God by recognizing His names and character in your prayer times. In beginning His prayer, Jesus addresses God in worship, saying, "hallowed be your name". When we worship who God is, we start to see that attribute show up in our lives.

Let me give you a few of them to get you started and tell you what His names mean for you:

- Righteousness - He makes me clean
- Sanctifier - He has called me and set me apart
- Healer - He heals all my diseases
- Banner of Victory - He has defeated my enemies
- Shepherd - He speaks to me and leads me
- Peace - He is my peace in every storm
- Provider - He supplies all of my needs
- Father - I am His son or daughter
- Alpha and Omega - He goes before me and will come after me

## Six Ways to Pray

### Pray at Scheduled Times and Spontaneously

It's important to have scheduled times with God as well as spontaneous moments. Scripture encourages us to pray without ceasing (1 Thessalonians 5:17). Wherever you can, however you can, pray!

### Pray Alone and With Others

When we are having a hard time hearing God's voice, it's helpful to have friends who can pray with us. In the Bible, we see God meeting people in prayer individually (Matthew 6:6), as they pray with one another (Matthew 18:20), and corporately as a church (Acts 2:42).

### Pray Quietly and Out Loud

Speak your prayers out loud, even when praying alone. It can feel more like an actual conversation, and you have more connection points with your words as you think them, speak them, and hear them.

## Pray With Your Mind and Body

In the Bible, we see examples of people praying lying face down on the ground, on their knees, sitting, standing, or with hands raised. Changing posture can help us stay present and connect with God in prayer.

## Pray Your Own Words and Those of Others

Prayer is sometimes an overflow of our own thoughts and desires as we express them to the Father; but throughout the church's history, believers have also prayed prayers written by others (sometimes called liturgy). Praying the Psalms or the Lord's Prayer are examples of this in the Bible.

## Pray as You Breathe

Called "breath prayers" by many, this is a practice designed to help focus on phrases of truth from Scripture: one on the inhale, then another on the exhale, leaving it to the Holy Spirit to fill in the blanks just as He has promised to do (Romans 8:26).

### Prayer:

I believe (inhale). Help my unbelief (exhale).

You are with me right now (inhale). Thank you (exhale).

I feel invisible (inhale). Thank You that You see me (exhale).

You made my body (inhale). I will honour and care for it (exhale).

## Going deeper...

You can use this resource, the questions and scriptures in your own personal devotions during the week.

## Open

- What is the best answer to prayer you have ever received?
- How did that answer to prayer affect your relationship with God?

## Explore

Read Matthew 7:7-12

- What did Jesus say will happen if we bring our requests to Him? (7:7)
- What happens when we seek in Christ's name? (7:7)

- According to Jesus, what is the result for those who "knock" on God's door? (7:7)
- How do loving parents respond to a child's request for bread? (7:9)
- How do loving parents respond to a child's request for fish? (7:10)
- What is true about the character of even the best human parent? (7:11)
- What is the likelihood of God giving His praying children what they need? (7:11)
- How are we to treat others? (7:12)
- Why is the command to treat others as you want to be treated so significant? (7:12)

## Reflect

- What do you tend to pray for most?
- For what are you most reluctant to pray? Why?
- If earthly parents generally attempt to care for their children, what can you conclude about God in how he loves us?

## Apply

- What specific request in your life is currently weighing on you most in your life?

Commit to pray for that request each day this week.

Here are some suggestions you may want to use for your time with God this week:

Day 1 - Read the Lord's Prayer in Matthew 6:9-13 and then practise using the model of your choice. Ask Him to help make that prayer a daily part of your life.

Day 2 - Pray that God will help you make His priorities your own. Ask Him what His will is for your life today. Read Matthew 6:33.

Day 3 - Spend time praying for your needs and the needs of your Thirst group, friends and family. Read Philippians 4:19.

Day 4 - Spend time with God confessing those sins in your life that you have yet to confess. Pray that God will help strengthen you in handling the temptations you currently have. Read 1 John 1:9 and 1 Corinthians 10:13.

Day 5 - Thank God for all He has shown you during the Thirst sessions. Read Psalm 63:1-8.