



WEEK ONE: HOW TO PRAY

May 27, 2012

[Content from Cove Class 201]

The goal of Cove Class 201 is that we would develop spiritual maturity—meaning, to grow to be more like Jesus, reach maturity in our faith, go beyond the infant milk and basics of the Gospel and grow to deeper understanding. Developing spiritual maturity is not automatic: you can remain a “baby” Christian all your life if you allow it! Becoming a *disciple* is a process—and it takes *discipline*. But it’s not about rules. It’s about a relationship. If becoming a better Jesus-follower is the goal of your life, commit to be present for this series and these Life Group meetings together. We all grow better and stronger together!

Where Am I Today?

- 1) What is one habit that I am proud I have developed? What is one habit I wish I could change? Overall, do I feel that habits are “good” or “bad” for me?

Into the Bible

- 2) Check out **Ephesians 4:11-15**. What are some things that God’s Word says He desires for us? *Hint: Look for anything about growing.*
 - a. Verse 12
 - b. Verse 13
 - c. Verse 14
 - d. Verse 15

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- 3) **Read Matthew 6:5-8.** What are some habits, motivations or attitudes needed to enter into a quiet time of prayer with your Father?

How Does This Apply?

- 4) **Read Matthew 6:9-13.** Let's look at the model prayer that Jesus gave us, and the six parts of prayer that are included here:

a) **Holy** (Verse 9): I begin by _____.

b) **Kingdom** (Verse 10): I commit myself to _____
_____.

c) **Bread** (Verse 11): I ask God to _____.

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d) **Forgive** (Verse 12a): I ask God to _____.

There are four parts to confession and forgiveness. What do you notice in the passages below?

- a. Psalm 139:23-24
- b. Proverbs 28:13
- c. Matthew 5:23b-24
- d. 1 John 1:9 and Psalm 51:7

Forgive (Verse 12b): I also ask God's help in _____.

e) **Temptation** (Verse 13): I ask for _____.

Digging Deeper: Going Further on Your Own

5) If you want to be effective in prayer, one of the most important things to learn is to pray for others. Yes, we need prayer for our own provision, protection, and need. We need direction and communion with God's Holy Spirit, so that we can live and do what He asks us to do. But much of our prayer time should be spent in lifting up others and interceding on their behalf.

Here are some types of people to pray for:

- 1 Timothy 2:1
- Matthew 5:44
- 1 Thessalonians 5:25
- James 5:16

Read the following scriptural examples of prayer and jot down notes about how to effectively pray for others.

- Ephesians 1:15-20
- Colossians 1:3-12

Make a list of people for whom you want to pray. Get a journal or notebook to record your requests and how God answered. Over time, you will be encouraged by the way God hears and helps us as we call on Him.

You might also choose to have a prayer focus for different people on different days of the week (national leaders, coworkers, extended family, etc.). That way, you can take your time and pray more specifically. For example, church leaders one day and government leaders the next.