



## WAY TO PRAY, PART 2

Grace for a Sandwich;  
Grace for a Friend

April 9, 2022

### 1 PREPARING

#### A. THE SOURCE

##### Prayers from Scripture:

Prayer for Sodom—**Genesis 18:20-33**

Prayer that destroys an army—**2 Kings 19:15-20, 32-35**

Prayer of heartfelt thanks—**2 Samuel 7:18-29**

Prayer of repentance—**Psalms 51:1-13**

Prayer of worship—**Psalms 138:1-8**

Prayer for the believers—**John 17:1-26**

Prayer for Israel's rebellion—**Daniel 9:1-19**

(See additional passages in student material.)

#### B. WHAT'S TO BE SAID ABOUT "WAY TO PRAY, PART 2"

While saying exactly "what's on your heart" is primary to developing a meaningful conversation with God (see last week's lesson), it is also true that there might be things we should be saying that we don't even think about. The disciples asked Jesus for a crash course in prayer. The prayer Jesus models (Matthew 6; Luke 11) covers the things we should be talking to God about. In this lesson we will look at the components of prayer (confession, forgiveness, praise, thanksgiving, requests, commitment, intercession, adoration, surrender, and many others). From a few of the conversations Jesus and others in the Bible had with God we will draw

guidelines for shaping our own prayer life.

#### C. WHERE WE'RE GOING WITH "WAY TO PRAY, PART 2"

As a result of this lesson we would like the students to be able to:

1. Evaluate the way we pray in light of what God wants us to talk to Him about.
2. Develop thoughtful and creative ways to interact with God in sacred conversation.
3. Sense a need to pray, both for what they think they need and for what God thinks they need.

#### D. MATERIALS NEEDED

**Beginning** • (Activity A) white/chalkboard and markers/chalk; OR paper, pens or pencils; (Activity B) white/chalkboard and markers/chalk.

**Connecting** • Bibles and/or student lessons.

**Applying** • Bibles, paper, pencils or pens.

### 2 BRIDGING

#### A. WHERE WE'VE BEEN

**Allow 10 minutes at the beginning of class for students to:**

1. Share anything that was meaningful to them in this lesson.
2. Engage in a discussion about the topic of the lesson in connection to the belief

- highlighted this week.
3. Say the Bible memory text either individually or in a group.

## B. OTHER SABBATH SCHOOL COMPONENTS

- >> Song service
- >> Mission emphasis (find a link for Adventist *Mission* for youth and adults at [www.realtimefaith.net](http://www.realtimefaith.net))
- >> Service project reports

## 3 BEGINNING

**NOTE TO TEACHER:** Put together your own program with options from the categories below—Beginning, Connecting, Applying, and Closing. Please keep in mind, however, that the students need to have an opportunity to be interactive (participate actively *and* with one another) and to study from the Word.

### A. BEGINNING ACTIVITY

**Get ready** • You need a white/chalkboard and markers/chalk OR paper, pens or pencils. The goal of this exercise is to help students see the value of the words we choose when we pray. The first step is for them to observe how “saying the same old thing” doesn’t make for good conversation.

**Get set** • Have the students in groups or as a class brainstorm all the most-used words and phrases they hear people pray. Prompt them with “How do prayers begin and end?” or “Think about words and phrases you hear repeated all the time.” Have the students fill the board or their sheet of paper for a few minutes.

**Go** • Have the students share their list of most repeated words and phrases with the rest of the class and comment on such words as “forgive” and “bless” and “be with.” Point out that we say these words to God mindlessly sometimes. If we were having a serious

talk with a friend, parent, or teacher—perhaps asking for forgiveness—we would probably not be using mindless words and phrases.

Have the students develop a list of synonyms or other ways to say some of the common words and phrases on their list. Then have them, either personally or in groups, write out a prayer to God saying exactly what they want to say, and using none of the words or phrases on their list. Have the students share their prayers with the class.

**Debriefing** • **Ask:** How did you feel about the list of “common prayer sayings” when you saw them in front of you? What do you think is the most misunderstood word or phrase people use in prayer? (Possibly “in Jesus’ name” or “bless” will top the list.) What do you think about writing out your prayers to God? What are the positives and negatives of journaling for you? What do you think we pray about more than we should? And what should we be talking to God about that we neglect?

### B. BEGINNING ACTIVITY

**Get ready** • You need a white/chalkboard and markers/chalk.

**Get set** • **Say:** We have many ways to communicate messages that are important. Our world is all about communicating effectively. Everything depends on choosing the best ways to get the message across.

**Go** • **Say:** Think of all the things we use to communicate messages today. Think of the most important kinds of messages there are to communicate. Make two columns on a white/chalkboard. With the students’ help, list important methods or modes of communication in the left column (things such as texting, e-mail, letters, TV, phone, satellite, sticky notes, pagers, etc.) and in the right column, list the most important messages the students think should be communicated (emergency calls, acceptance to a certain college, marriage

proposal, birth announcement, presidential address, sermon, etc.).

When the columns are completed, have the students pose some combinations of mode and message that would be least effective. For example, one way to communicate with people is by e-mail, but if the message is that the building is on fire, a mass e-mail memo with attached evacuation plans would probably not be effective. Neither would it be advisable to propose to a girlfriend on a sticky note.

After having some fun with this, ask the students to choose a more appropriate mode for the messages you have mentioned. (Have a plan for getting them back on track.)

**Debriefing • Ask:** While mixing up messages and modes may be humorous, how does this apply to the way God has chosen to communicate with us? How does this exercise apply to prayer and what we pray?

## C. BEGINNING ILLUSTRATION

**Share the following illustration in your own words.**

Eric Liddell was an Olympic champion and an ambassador of faith to the world. After winning one gold medal and one bronze medal in the Olympics, he went to China as a missionary, where he had been born to missionary parents. As Chinese warlords battled with Japan he went from place to place teaching and sharing the message of God's love with people.

At an internment camp his influence permeated the place to the point that others were deeply affected by his faith. People wondered about the source of his love and devotion for others. His kindness prompted many to inquire about the secret of his abundant life. The secret was no secret at all. Those who stayed in the same dormitory as Liddell remember well an oil lamp burning in the early hours of the morning. Eric Liddell would crawl out of his bunk before the others would wake and read his Bible and pray fervently to God for guidance and wisdom.

While people remember the medals and the bold position of faithfulness that made

him famous, the people in China discovered what rests at the heart of such a champion: an abiding devotion to God in prayer.

**Debriefing • Ask:** How many times do you think you talk to God in a day? What do you actually say to God about your day? As you pray, what do you pray for the most? (Give examples: sick friends, travel mercy, forgiveness, help with something, good weather, etc.) Now think about your conversations with friends. Do you have some friends with whom you can talk about anything and everything, and others with whom you focus more on hobbies or similar interests? How does what we pray about describe what our relationship with God is like? Give an example.

## 4 CONNECTING

### A. CONNECTING TO THE KINGDOM

**In your own words, share the following:**

Citizenship! Imagine having the right to walk right up to the leader of the kingdom and ask him for a favor, maybe invite him to dinner, or just thank him for his faithful service to his citizens. It's not difficult to visualize different people bringing different comments and questions to such a conversation with their leader. Imagine what it is like for God to see us coming to Him in prayer.

**Ask:** What do you think is His response to people who pray out of habit and not out of a heart of love? How do you think He responds when a child asks for lots of toys for their birthday? What about the prayers that just thank Him for His goodness?

While we cannot know how God responds to all of the various prayers, we do know He hears each one. In the same way that God's kingdom is made up of several core characteristics (grace, justice, service, selflessness, worship, joy, etc.) it is also true that our communication has several core elements as well. This is what the disciples

were asking for when they asked Jesus to teach them to pray (Luke 11:1).

## B. CONNECTING TO THE LESSON ILLUSTRATION

**Ask someone beforehand to read or tell the story from Sabbath's portion of the lesson.**

**Say:** Let's find and read the Lord's Prayer (Matthew 6:9-13; Luke 11:2-4) and see if we can make a connection between the prayer Michael prayed at the lunch table and something in the Lord's Prayer. What connections can we find? (Pray about the things that matter—both to you and to God. Sometimes what matters to us falls short of what matters to God.)

**In your own words share the following:**

Perhaps you want to win the ball game, get chosen for the school play, acquire lots of friends who think you're cool. But perhaps God wants your camaraderie with friends to be more important than winning the game. Perhaps He has one friend in mind for you who will help you grow spiritually. Perhaps He wants you to serve in a way that nobody notices you. Sometimes what we ask for and what God asks for are two different things. Not always, but sometimes. This is why Jesus taught us to pray for certain things, knowing we might accidentally leave them out.

## C. CONNECTING TO LIFE

With your students, read the Lord's Prayer again carefully and name each part of the prayer with one word or phrase. For example, "Hallowed be thy name" might be "Praise." (Categories that have been suggested: Praise God; pray for His work in the world; pray for our daily needs; pray for help with our daily struggles.) List these section names on the white/chalkboard. Then ask the students to choose a partner or form a small group and paraphrase (rewrite in their own words) the Lord's Prayer from the perspective of one of the persons listed below (list them where all can see and

choose). Tell students to take some time to think about how that person sees the world and the struggles that they might face. What would the Lord's Prayer sound like if prayed in their shoes?

- >> Single mother working to raise two young children
- >> College student whose parents are going through a divorce
- >> Young man in Africa who wants to go to school to be a teacher but has no resources
- >> Father who is observing his only daughter hanging around with the wrong crowd
- >> Grandma who is alone in a nursing home
- >> Ten-year-old girl who struggles to make friends at school

Have students share their prayers. Let the others guess from whose perspective they were "praying."

## 5 APPLYING

### A. APPLICATION ACTIVITY

**Say:** Being a citizen of God's kingdom has advantages. One of the greatest rights of being a child of God is the ability to talk to Him about anything. But sometimes we don't really know what to say.

Have the students divide into groups or pairs, distribute paper and pencils or pens, and ask each group to find one of the following prayers from the Bible:

**Prayer for Sodom—Genesis 18:20-33**

**Prayer that destroys an army—2 Kings**

**19:15-20, 32-35**

**Prayer of heartfelt thanks—2 Samuel 7:18-29**

**Prayer of repentance—Psalm 51:1-13**

**Prayer of worship—Psalm 138:1-8**

**Prayer for the believers—John 17:1-26**

**Prayer for Israel's rebellion—Daniel 9:1-19**

Give the groups time to find and read their passage, and then discuss the following questions together. When they have answered the questions in their groups, ask each group to report a summary of their findings to the larger

group. If time is limited, focus on the responses to question 3.

### Debriefing

1. Who is the person praying? What do you know about the person praying—character traits, strengths/weaknesses, especially their attitude in prayer?
2. What is the main reason for the prayer? Why are they praying? Why do you think this prayer is even recorded? (Obviously there are many prayers that have been prayed—why is this one mentioned in the Scriptures?)
3. What details, phrases, or words in this passage really capture what meaningful praying is all about?

**Say:** Let's take another look at John 17.

**Whom does Jesus pray for first, and what does He pray for?** (Jesus prays for Himself first, then for His disciples, then for all those who will believe because of His disciples, and He prays that they will be one with God even as He is one with God.) **Have you ever thought of praying like this?**

### B. APPLICATION QUESTIONS

1. When you pray, how would you characterize what your prayers are about? What do you pray for the most? What do you pray for the least?
2. What scripture above demonstrates the kind of praying you want to have in your life? Why?
3. If you were to characterize whom you pray for on a continuum with 1 being yourself and 5 being everyone else, where would your prayers fit?

4. When in your life has prayer mattered to you the most?
5. How would you rank the following themes of prayer in order of importance to your prayer life?  
 Confession and Forgiveness  
 Adoration and Praise  
 Intercession and Requests  
 Thanksgiving  
 Submission and Recommitment

## 6 CLOSING

### SUMMARY

**In your own words, conclude with the following ideas:**

What we say and how we say it matters to God. He knows our hearts and minds but knows that the more we think about our conversation with Him, the more meaningful it is. As Christians we have so many reminders of God's love for us, but none more important than prayer. There are people around the world who don't even have Bibles, but they pray to a God that reveals Himself to them through prayer and nature. The difficult part about prayer is practicing it. It can be awkward and seem strange at times. But the Holy Spirit can help us to pray, and no one at the end of their life regrets praying as much as they did. (Also remember to use the different ways to help you pray that you learned in Friday's section of your lesson this week.) Some say they are too busy to pray. Being too busy to have a conversation with your Savior is too busy. The most important thing about prayer is that you do it.



## STUDENT LESSON

### WAY TO PRAY, PART 2

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April 9, 2022

Sabbath

### FOR STUDY

- » **Memory Text:** “But the end of all things is at hand; therefore be serious and watchful in your prayers” (1 Peter 4:7, NKJV).
- » **Our Beliefs, no. 24, Christ’s Ministry in the Heavenly Sanctuary:** “The investigative judgment reveals to heavenly intelligences . . . “who among the living are abiding in Christ, keeping the commandments of God and the faith of Jesus, and in Him, therefore, are ready for translation into His everlasting kingdom.”
- » Ellen G. White, *Thoughts From the Mount of Blessing*, pp. 107, 108.

### GRACE FOR A SANDWICH; GRACE FOR A FRIEND

I sat down for lunch with a few students, and across from me Michael did something quite strange while we all bowed our heads and privately said a short blessing for our food. Michael sat down, looked right at his sandwich, then pushed the sandwich out in front of him toward me. I thought, *That’s a bit dangerous, putting your lunch in arm’s reach of me.* He bowed his head, prayed for a few seconds, and then lifted his head, smiled, reached forward, recovered his sandwich, and began to eat. I didn’t say anything.

Each week I would jockey for position to sit in front of Michael to see if he did this regularly. Every time I ate with Michael and his friends he would repeat this little ritual without failure. I had to know what in the world he was doing. So I asked, “Michael, why do you push your food away from you while you pray before you eat?”

He hung his head down for a second and then replied, “My best friend committed suicide two years ago.”

“Oh, Michael, I’m sorry; I had no idea,” I replied.

Michael continued. “During the funeral I thought about how little I had prayed for him. As a matter of fact, the day he died I spent more time praying for my food to be blessed than for my best friend to be saved. So now when I pray I push my food forward and pray for my friends. And I think God knows that I’m also thankful I have a sandwich to eat.”

Three times a day (maybe more, knowing how teenagers eat) Michael would lift up his friends, not out of guilt or fear, but because grace is more than blessing a sandwich.—Pastor Troy.

Sunday

### RESPONDING

- » Read James 5:16.
- » Justin prays regularly to God, and if you were to ask him, he would say that prayer is the most important part of his faith. But he feels really uncomfortable praying out loud in front of others because it is so personal. He

doesn't want to fake it, but he feels guilty when he is asked to pray and he refuses. What would you say to him to help encourage him? What do you think he should do, if anything?

### Monday

## BIBLE ANSWERS ON CHRIST'S MINISTRY IN THE HEAVENLY SANCTUARY

- » Read Hebrews 4:14-16; Revelation 8:3, 4.
- » We are living in the last days. It is important that we pray that we will be found right with God. It is also important that we pray for those who have not given their lives to Him. We and those around us will either be found worthy of heaven or we won't. The Holy Spirit will help us know how to pray, but it is up to us to come to God in prayer.

- » What does it mean to be alert and sober so we can pray?

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- » Why is it important to pray for others?

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- » Unscramble and write the Bible verse below to find out why we should pray for others.

"books the in written were which things the by works their to according judged were dead the And Life of Book the is which opened was book another And opened were books and God before standing great and small dead the saw I And" (Revelation 20:12, NKJV).

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### Tuesday

## REFLECTING

- » Read Romans 8:26, 27.
- » Even the most skeptical person in the world will have moments when they lift their eyes to heaven and pray to God. Most people sense that God is listening.
- » You have heard the saying "You can't get there from here." Well, it's probably true that you can't know God without praying. There are no shortcuts, back doors, or simple tricks to get to God without having an honest open conversation with Him. Whether it be a planned meeting or just some casual conversation, young people who pray develop a peace and a presence of mind that cause them to stand out.

### Wednesday

## BIBLE INSIGHTS

- » Look up the texts from the NIV translation and fill in the blanks. If you do not have a New International Version, go to [www.BibleGateway.com](http://www.BibleGateway.com), where you will find many translations of the Bible.

1. Matthew 6:9-13: "This, then, is how you should \_\_\_\_\_: 'Our \_\_\_\_\_ in heaven, \_\_\_\_\_ be your \_\_\_\_\_, your \_\_\_\_\_ come, your \_\_\_\_\_ be done, on \_\_\_\_\_ as it is in heaven. Give us today our \_\_\_\_\_ bread. And forgive us our \_\_\_\_\_, as we also have forgiven our debtors. And \_\_\_\_\_ us not into \_\_\_\_\_, but \_\_\_\_\_ us from the evil one.'"

2. 1 Samuel 12:23: "As for me, far be it from me that I should \_\_\_\_\_ against the \_\_\_\_\_ by failing to \_\_\_\_\_ for you. And I will \_\_\_\_\_ you the \_\_\_\_\_ that is \_\_\_\_\_ and \_\_\_\_\_."

3. Romans 8:26, 27: "In the same way, the \_\_\_\_\_ helps us in our weakness. We do not know what we \_\_\_\_\_ to \_\_\_\_\_ for, but the \_\_\_\_\_ himself intercedes for us through wordless groans. And he who \_\_\_\_\_ our \_\_\_\_\_ knows the mind of the Spirit, because the \_\_\_\_\_ intercedes for God's people in \_\_\_\_\_ with the \_\_\_\_\_ of God."

4. Colossians 4:2-4: "Devote yourselves to \_\_\_\_\_, being \_\_\_\_\_ and \_\_\_\_\_. And \_\_\_\_\_ for us, too, that God may \_\_\_\_\_ a door for our \_\_\_\_\_, so that we may \_\_\_\_\_ the \_\_\_\_\_ of Christ, for which I am in chains. \_\_\_\_\_ that I may \_\_\_\_\_ it \_\_\_\_\_, as I should."

5. 1 Peter 4:7: "The end of all \_\_\_\_\_ is near. Therefore be \_\_\_\_\_ and of \_\_\_\_\_ \_\_\_\_\_ so that you may \_\_\_\_\_."

6. James 5:16: "Therefore \_\_\_\_\_ your \_\_\_\_\_ to each other and \_\_\_\_\_ for each other so that you may be \_\_\_\_\_. The prayer of a \_\_\_\_\_ person is \_\_\_\_\_ and \_\_\_\_\_."

7. Mark 11:24, 25: "Therefore I tell you, whatever you \_\_\_\_\_ for in \_\_\_\_\_, \_\_\_\_\_ that you have \_\_\_\_\_ it, and it will be yours. And when you stand praying, if you hold anything \_\_\_\_\_ anyone, \_\_\_\_\_ them, so that your Father in heaven may forgive you your \_\_\_\_\_."

## Thursday CONNECTING

- » Read Mark 11:24, 25.
- » Review the memory text.

» Prayer is a vehicle for God's grace. If you are going to receive it—you will have to talk to Him about it. And the moment you lift your attention toward heaven God is ready to listen. In Mark 10 a blind man cries out to Jesus, and He stops. A woman makes a last-ditch attempt to find healing by touching His garment, and as soon as her fingers touch the cloth He stops. When Zacchaeus climbs a tree, Jesus stops. When the Syrophenician woman calls out for help, Jesus stops and heals her daughter.

» At the well, in the house, on the mountains, in the boat, on the water, under the water—the result is always the same: When we lift our attention to God in prayer, He stops and you have His undivided attention. Incredible! So what is keeping you from praying? Has it been awhile? He's not keeping score; talk to Him. Do you fumble around for things to say? Talk to Him on paper, in a song, in your mind, out loud, but don't pass up a chance to stop and talk to God. You will be different because of it.

## Friday APPLYING

- » Read Matthew 6:9-13.
- » Here are some different ways to pray this week:

### Four-Part Prayer

Say as much as you want to God about these four things in order:

1. Praise
2. Confession
3. Requests
4. Thanksgiving

### The Lord's Other Prayer (John 17 prayer)

1. Pray for yourself to be one with God.
2. Pray for your friends to be one with God.
3. Pray for others who will come to know God because of your friends.



**Pray With David**

Scan through some of the psalms in which David prays and pray for the same things David prays for—in your own words.

**Pray for the Big Picture**

On one day, pray about all the big things

that are happening and what needs to happen (examples: the gospel going to the ends of the earth, world leaders to be converted, relief from major disasters, cures for cancer, etc.).

**Write Out a Prayer to God as a Letter.**

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» For a computer adventure in praying the Scriptures for your friends and letting them know, go to [www.prayitsayit.net](http://www.prayitsayit.net).

