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Way to Pray, Part 2

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?

- » Why is it important to pray for others?

- » 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).



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.

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.

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, 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 _____.”

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

- » For a computer adventure in praying the Scriptures for your friends and letting them know, go to www.prayitsayit.net.

