

Prayer and Worship

Key Verses:

Colossians 4:2 NASB – *Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving...*

Matthew 6:6 – *But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.*

John 4:23 – *But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him.*

The Objective:

With a casual glance it is easy to see that the word “discipline” and “disciple” are closely linked together in origin and meaning. In this lesson, we will discuss the need for true disciples of Jesus to discipline themselves by making daily prayer and acts of worship a priority in their walk with Christ.

Four New Priorities:

- 1) Your Prayer Life
- 2) Devoted Worship
- 3) The Word of God
- 4) A Dedicated Will

Your New Prayer Life

When you were born again, you were born spiritually into a new relationship with God. In any relationship of value, good _____ is essential. So it is with your relationship with God. If you want to grow spiritually, you must devote time to talking to the Lord and learning how to listen as He speaks to you.



Establishing a Daily Time with God

Luke 11:1 – *Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, “Lord, teach us to pray, as John taught his disciples.”*

1) Why do you need a daily time with God?

a) Daily prayer will help you develop a _____ relationship with God.

i) Jesus said it is possible for your love for God to grow cold.

Matthew 24:12 – And because lawlessness will be increased, the love of many will grow cold.

ii) Daily prayer will ensure that your relationship with God does not become a collection of dead religious works.

Hebrews 9:14 tells us God has purified our “conscience from dead works to serve the living God.”

b) A regular alone time with God in prayer gives you a daily opportunity to express your _____ and _____ to God.

When Peter had denied the Lord out of fear, Jesus restored him by asking Peter three times to verbalize his love and make a new commitment.

John 21:15 – When they had finished breakfast, Jesus said to Simon Peter, “Simon, son of John, do you love me more than these?” He said to him, “Yes, Lord; You

know that I love you.” He said to him, “Feed my lambs.”

c) Daily prayer will help you receive _____ and guidance for your life.

d) Daily prayer will encourage your heart and renew your _____.

Psalm 16:11 – You make known to me the path of life; in your presence there is

2) Five Helpful Hints for Developing Your Daily Prayer Life:

- a) Choose a place that is _____ and free from _____.

Jesus said, But when you pray, go into your room and shut the door and pray to your Father who is in secret...(Matthew 6:6).

- b) Choose a definite _____.

*David said, My voice You shall hear in the morning, O Lord
In the morning I will direct it to You,
And I will look up. - Psalm 5:3 NKJV*

- c) Always remember to thank God for _____ prayers.

Colossians 4:2 NASB – Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving.

- d) Be alert for opportunities to _____ to your life what you are learning in your daily prayer time.

- e) Stay in prayerful _____ with God throughout the day.

*1 Thessalonians 5:16-18 – Rejoice always, v. **17** pray without ceasing, v. **18** give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

Praying the Disciples Model Prayer

*Matthew 6:9-13 – Pray then like this: “Our Father in heaven, hallowed be your name. v. **10** Your kingdom come, your will be done, on earth as it is in heaven. v. **11** Give us this day our daily bread, v. **12** and forgive us our debts, as we also have forgiven our debtors. v. **13** And lead us not into temptation, but deliver us from evil.”*

Treat this prayer as a topical prayer.

- 1) _____ - *Our Father in heaven, hallowed be your name*

- 2) _____ - *Your kingdom come, your will be done*
- 3) _____ - *Give us today our daily bread*
- 4) _____ - *Forgive us, as we forgive others and lead us not into [help us deal with] temptation[s]*
- 5) _____ - *Deliver us from [the plans of the] evil [one]*

Devoted Worship

John 4:23, 24 – *But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. v.24 God is spirit, and those who worship him must worship in spirit and truth.*

- 1) God is looking for _____.
David wrote most of the book of psalms. The psalms are songs of praise and worship expressed to God with musical accompaniment.

He was the greatest King of Israel. But more importantly, God said David was a man after His own heart! (See Acts 13:22.)

- 2) Worship is adoration that comes from your _____ .

... true worshipers will worship the Father in spirit and truth...

- 3) Worship is expressions of love, which are both _____ and _____.

Dead religion is usually expressed through false worship.

Matthew 15:8, 9 – *This people honors me with their lips, but their heart is far from me; v.9 in vain do they worship me...*

REFLECT

1. Is prayer a priority in your life? What evidence can you offer?
2. How has your prayer life changed since joining the Journey Discipleship Experience?
3. Is worship limited to singing songs? Why or why not?
4. Give one example of how your life can be “a living sacrifice” (Romans 12:1).

ACT

Choose a type of prayer discussed in your talk-it-over time that you do not normally practice. Find a way to practice that new type of prayer this week and report back to our group.