BIBLE STUDY

**Becoming A Person of Prayer**

**Lesson 4B: Prayer Patterns**

**DISCUSSION**

With all the innocence of a child, one day a little girl prayed:

“Dear God, Do you get your angels to do all the work? Mommy says we are her angels, and we have to do *everything*! Love, Maria

=====================================================================

A rabbi said to a precocious six-year-old boy: “So your mother says your prayers for you each night. Very commendable. What does she say?” The little boy replied, “Thank God he’s in bed!”

**Have you ever said these words when praying, “Lord teach me how to pray and what to pray for?” What does this even mean?**

Matthew 6:5-15

**“Teach me how to pray…”**

In Matthew 6, Jesus gives four (4) instructions to guide us in prayer.

* Instruction 1: Pray in secret*before* you pray in public. (v. 6)
* Instruction 2: Pray sincerely. (vv. 7-8)
* Instruction 3: Pray in God’s will. (vv. 9-13)
* Instruction 4: We must pray, having a forgiving spirit toward others (vv. 14–15)

**“Teach me what to pray for…”**

We used the model prayer as our pattern. Luke 11:1-4.

When we pray, we can follow this pattern:

**Start with Reverence**

* Honor God and His kingdom.
  + *“Our Father, in Heaven, Hallowed be Thy name…”*

**Seek God’s Will**

* We should be seeking for and doing God’s will.
  + *“Thy will be done on earth as in Heaven.”*

**State Clearly Your Supplication**

* *“Give us day by day our daily bread.”*
  + material and physical provision
* *“And forgive us our sins; for we also forgive everyone that is indebted to us…”*
  + moral and spiritual perfection
* *“And lead us not into temptation; but deliver us from evil.”*
  + divine protection and direction

Are there other prayer patterns to guide us? Is this the only way to pray?

**DISCOVERY**

“Teach me what to pray for…”

Our primary Biblical pattern for prayer is the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, found in Matthew 6:5-15 (9-13) & Luke 11:1-4.

Let’s recite it together now:

*“Our Father, which art in Heaven, Hallowed by Thy name. Thy kingdom come, Thy will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors. And lead us not into temptation but deliver us from evil. For Thine is the kingdom, and the power, and the glory forever and ever. Amen.”*

**\*What is a pattern?**

There are many prayer models which exist today. This lesson will highlight three easy-to-use methods.

A.C.T.S.

A.R.R.O.W.S.

5-FINGER PRAYER

Here is a prayer pattern with which you may already be familiar: A.C.T.S.

A – **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

C – **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

T – **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

S – **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

ADORATION

 Expressing your love, awe, and praise to God for who He is

* Psalm 63:4, 69:30, 86:12

 Praising God for His attributes

* Psalm 8:1, 136:1; Revelation 4:11

 Worshiping God through psalms, hymns and spiritual songs

* Psalm 95:1-2, 96:1-2, 101:1

CONFESSION

 Acknowledge and repent of your sins

 Admitting specific sins

 Asking God to search your heart and reveal sin

THANKSGIVING

 Express gratitude for all the LORD has done for you

 Thank God for spiritual blessings and physical provisions

 Thank God for answered prayers, wisdom & guidance

SUPPLICATION

 Humbly bring your requests before God

 Seek God’s guidance on decisions

 Ask God to meet your needs and the needs of others

Another prayer pattern which you may not be as familiar with: A.R.R.O.W.S

A – **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

R – **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

R – **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

O – **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

W – **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

S – **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

ASK God to meet you in your quiet time and prepare your heart for prayer

REFLECT on God’s faithfulness and rejoice over His provision

REPENT of your sin and ask God to guard your heart and mind

OPENLY lay your burdens and prayer requests before the LORD

WORSHIP and praise God for His perfect character and flawless ways

SILENCE your heart so you can hear from God

This prayer pattern comes from the SLBC “On the Move to Discipleship” Training Module:

Provision

Provision

5-FINGER METHOD

Purpose

Purpose

A pair of hands with a wire

Description automatically generated

Protection

Protection

Praise

Praise

Pardon

Pardon

People

People

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (pinky): I begin with praise.

Two Types of Praise:

* Adoration – Praising God for who He is.
* Thanksgiving – Praising God for what He has done.

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (ring): I COMMIT MYSELF TO God’s purposes and will.

Pray for God’s will to be done…in my family…my church…my ministry…my job…my future…my city…the nation…the world.

**Romans 12:2**

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (middle): I ASK GOD TO provide for my needs.

**Philippians 4:19; Romans 8:32; James 4:2**

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (index): I ASK GOD TO forgive my sins.

Ask the Holy Spirit to reveal every sin.

“Search me O God, and know my heart; try me and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting.” Psalm 139:23-24

Confess each sin specifically.

“He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.” Proverbs 28:13

Make restitution to others when necessary.

“Therefore, if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.” Matthew 5:23-24

By faith, accept God’s forgiveness.

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” 1 John 1:9

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (thumb): I PRAY FOR people.

Make a list of people for which you want to pray. You might pray for different people on different days of the week.

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (palm): I ASK FOR spiritual covering

Believers face a spiritual battle every day. Satan, our enemy, wants to defeat you through temptation and fear. By praying for protection, you will have the confidence to face every situation during the day.

**DIRECTION**

**Choose one of the prayer patterns and use it as a guide to your prayer time this week.**