

Praying for Our Daily Bread

Lesson for Sunday, September 29, 2024

INTRODUCTION:

- ⇒ Today we are discussing the final piece of our prayer time – praying for ourselves.
- ⇒ Why would we pray for ourselves last? *Allow for some discussion...*
 - We begin by focusing on Who God is.
 - Then we spend time thanking God for what He has done.
 - Then we confess our sins which reminds us of who we really are and what God has done for us.
 - Next, we focus on the needs for others.
 - How could these sections of prayer influence our prayers for ourselves?
- ⇒ ILLUSTRATION: Have you ever been down in the dumps and discouraged about what is going on in your life, and then you meet someone who has it way worse than you? It will change your perspective on your issues when you recognize that you are not as bad as you thought!
- ⇒ The same can happen as we focus our attention on God and on others before bringing our personal requests to God.
- ⇒ At the same time, we are supposed to bring our petitions to God – all of them! That will be our focus today.

BIBLE STUDY: Jesus's Instructions for Our Prayers

- ⇒ In Matthew 6, Jesus gives us some specific insights on how we are to pray. These are important to remember because often we find ourselves praying what we think God wants to hear instead of what is really in our heart.
- ⇒ When you bring your personal needs to the Lord, remember these three simple points:

1. When You Pray: Be Real (Matthew 6:5)

- a. Key word: HYPOCRITES
 - i. A hypocrite is someone who pretends to have something they do not really have. "One who puts on a mask."
 - ii. In the times of Jesus, it was common for a stage actor (one who pretends) to wear a mask for their performance.
 - iii. "Hypocrite" stems from a word that actually means a false pretender to virtue or to religion.
 - iv. The goal of the hypocrite's prayer is to "be seen by men."
- b. Jesus tells His disciples, "Be real!"
 - i. "Don't pretend to be something you are not."
 - ii. The purpose of your prayers is not to impress anyone. God already knows everything about you! There is nothing to hide from Him!
- c. How do we pray hypocritically?
 - i. When the preacher preaches on prayer, we say "amen," then never pray.
 - ii. When we tell people we will pray for them and we never do.
 - iii. When we get on social media and insert the praying hands emoji and never pray.
 - iv. When we get in groups and we are more worried about what others will think than what God already knows.

2. When You Pray: Be Relaxed (Matthew 6:6)
 - a. Jesus instructs us to go into our closet, to get alone with God and pray.
 - b. The point is that we want to have uninterrupted time to pray. We are learning in this series that if we want to take prayer seriously, it will take time. We can't hurry our prayer time!
 - c. There are two great enemies of prayer in our times:
 - i. Distraction – noise, phones, TV's, kids, dogs, etc.
 - ii. Time – We stay so busy doing some things that we run out of time for the most important things (like prayer).
 - d. If you are going to pray effectively, you have to be real, and you have to be able to relax so you can give God your complete, undivided attention.
3. When You Pray: Be Revealing (Matthew 6:7-8)
 - a. Jesus warns against using vain repetitions in our prayers.
 - i. "Vain" simply means meaningless.
 - ii. It is the idea of praying without giving thought to what you are actually saying.
 - iii. ILLUSTRATION: The majority of our prayers before meals are vain repetitions.
 - b. Jesus says, "Don't go through the motions when you pray." Jesus is wanting us to put some thinking behind our praying.
 - c. Be honest with God. Look at the first verse or two from Psalm 22. David is being brutally honest with the Lord! Do you ever pray like that?
 - d. The key to avoiding vain repetitions is to pray specifically.
4. When You Pray: Be pRecise (Matthew 6:8b)
 - a. Jesus ends with a reality check, "God already knows what things you need!"
 - b. The real question we may need to wrestle with is: Do we know what we need?
 - c. There are always specific requests that stem from events and circumstances that are going on in our lives. We need to bring them before the Lord in prayer.
 - d. But there are also many daily needs that we have that are specifically addressed in God's Word. That is what we will look at in our time of application.

APPLICATION:

- ⇒ Give the class time to work on this section of their prayer time using the next page as a guide to get them started.
- ⇒ Look up one or two verses and remind them how they can turn those texts into prayers.
- ⇒ Then allow them to work in their own prayer journals or cards.
- ⇒ Encourage them to continue working on it during the week. This is a constantly evolving process as you stay in God's Word and discover new passages you can insert into your prayer life.

Praying for Our Daily Needs

Humility – Romans 12:3; Philippians 2:3ff; 1 Peter 5:6; Isaiah 66:2b; 57:15

Heart Protection – Proverbs 4:20ff

Speech – Psalm 17:3; Psalm 141:1, 3-4

Love for God – Matthew 22:37; Philippians 1:21

Love for Others – Matthew 22:39; 2 Corinthians 12:14-15

Love for the Lord's Word – 1 Corinthians 9:16

Direction – Psalm 32:8; Isaiah 30:21; Proverbs 3:5-6; Psalm 25:4-5, 8-9, 12

Protection – Psalm 17:8; 18:1-2; 31:3-5

Provision – Philippians 4:19; Proverbs 30:8; Psalm 37:25; Matthew 6:33

God's Presence – Isaiah 43:2; Deuteronomy 31:8

Assurance in Troubled Times – Hebrews 7:25; 4:16

Peace – John 14:27

Wisdom – James 1:5-6

Leadership – Psalm 78:72

Spirit-Filled – Ephesians 5:18

That I would trust in God and not worry or be afraid – Philippians 4:6-7; Psalm 56:3-4

As you read your Bible you will discover all kinds of passages that you can pray through:

⇒ Galatians 5:16-26; Romans 12:9-21; 1 Timothy 6:11-12; Colossians 3; Ephesians 4-6.

Spend time praying through the events of your day. What do you need God to do for you that specific day?

What other Bible verses can you turn into prayer?
