

COMMUNICATION: The Spiritual Discipline of Prayer
Lesson for Sunday, March 8, 2026

INTRODUCTION:

⇒ We are learning what it means to be a disciple. Who remembers the four calls of Jesus?
Write them in the space below:

⇒ Who remembers God's will for our lives? _____

⇒ Who remembers how the Bible defines spiritual fruit?

⇒ Last week we discussed the need for spiritual discipline/exercise (spiritual sweat) if we are going to become a disciple. We identified six basic "exercises" that will lead us to godliness. Can you remember any of them? Write them in the space below...

BIBLE STUDY:

1. Jesus was a _____ of Prayer (Luke 11:1)
 - a. It's interesting to note that the disciples came to Jesus and asked, "Lord, teach us to pray." Nowhere in the Bible did they ever say, "Lord, teach us to preach or teach or heal."
 - b. It was His _____ to pray.
 - i. More than 40 times Scripture tells us that Jesus prayed.
 - ii. Discuss: Why do you think Jesus had to pray? What can we learn from His example?
 - c. When you study the prayer life of Jesus, you become convinced that there is absolutely no _____ for prayer: not energy, not enthusiasm, not intellect, not eloquence, not organization. No substitute for prayer.

2. The Prayer Life of Jesus
 - a. There are three simple things we want to recognize about the prayer life of Jesus.
 - b. First, Jesus's ministry _____ with prayer.
 - i. First, at His baptism, Jesus was praying (Luke 3:21).
 - ii. Immediately following His baptism, Jesus is led to the wilderness to pray and fast for 40 days (Matthew 4:1-2).
 - iii. The Point: Jesus's ministry began in a season of prayer.
 - iv. What can we learn from Jesus's example? We need to pray before doing anything!
 - c. Second, Jesus's ministry _____ on prayer.
 - i. Jesus found _____ in prayer.
 1. Read Mark 1:34-38. Jesus is ministering everywhere. He is teaching, healing, casting out demons, etc.
 2. Notice, Jesus has had a tremendous day! The next morning, He gets up early to be with His Father.
 3. Jesus found direction from God (direction that seemed the opposite what normal people would do).
 4. What kinds of things do students need daily direction?

- ii. Jesus found answers to _____ He needed to make.
 - 1. Read Luke 6:12-13. Jesus was facing a great decision – the choosing of the twelve disciples. And so, the Lord Jesus goes to a mountain to pray.
 - 2. You should never make a great decision that you don't first soak that decision in prayer and let the Lord lead you! In the time of decision, we need to pray!
- d. Third, Jesus prayed when He needed _____.
 - i. Matthew 26:36-37 – point out the last phrase of verse 37.
 - ii. This is Dark Gethsemane. This is before the cross. This is when Jesus' heart was about to break.
 - iii. The phrase at the end of verse 37 means He was in a state of discouragement, disconsolation, akin to despair and depression.
 - iv. Notice what happens as Jesus was praying. His will was surrendered to God's will (see vs. 39 & 42).
 - v. And the victory was won! Jesus made it through Dark Gethsemane! Jesus made it to Calvary and through the empty tomb!
 - vi. If you've not had a dark night of the soul, you'll have one. Remember this: *You'll never survive your Calvary unless you have a Gethsemane.* You must have a time where you say, "Not my will, but Thine be done."
 - vii. When do students need comfort?

APPLICATION:

- ⇒ *Jesus lived His life by prayer; and if He did, don't you think we ought to? That's the lesson.*
- ⇒ Discuss: What keeps us from praying? What are the challenges? Are we willing to ask the Lord, "Teach me to pray?"
- ⇒ *What do you need to do this week that would improve your prayer life?*