

Focus

April 23, 2008

Prayer Walk Leader Guide

Prayer is an area that some of us struggle in. We don't know what to say, what is okay to ask for, how to ask for it. Whenever someone is having a hard time in their life, and you ask them if they have prayed about it, they look at you like you have just asked them to do something foreign that they have never done before. To some of us, communicating with God through prayer is foreign. We don't do it that often and it even makes us uncomfortable.

The fact is, prayer was never meant to make anyone uncomfortable. Prayer is simply the way in which we communicate with God. God desires for us to be in true relationship with him. When we talk to him and let him in on how we are feeling about the circumstances of our lives, he is pleased. We can be completely honest with God and he won't get mad or angry. God understands what we are going through. Some of you might be thinking, "well doesn't know what is going to happen before it happens". Yes! God does know, but he wants us to simply acknowledge that he is there even if he does know what will happen in the future.

God wants to interact with you. It takes two people to have a conversation, and you have to hold us your end of the conversation. Prayer is mentioned several times in the New Testament when Jesus says things like, "And when you pray..." and "This, then, is how you should pray;..."

1. Do you have a hard time praying to God?
2. Do you feel like you don't have the right words to say?
3. What would make praying easier?

Tonight we are going to start that conversation with God. We are going to be reading through some scripture, meditating on it, and then praying together to our Father in heaven.

Praise:

Since we are outside among God's beautiful creation, let's spend some time praising him for who he is and what he has created. Everyone lie down looking up to the sky and whenever you feel led to, thank God for being who he is. You can finish this phrase by saying "God, thank you for _____! " or "God, I praise you because _____!" You don't have to feel weird about this, because you are just talking to God just like when you sing a song on Sunday morning, but you are just talking instead of singing.

(Leader- Let this part go as long as you think is okay. Once you think they are done praying, end in praying praising God for who he is.)

Ask:

We are going to spend some time praying for the city of Knoxville where we live. In your group, discuss some ways you could pray for Knoxville.

1. What are some needs you see in Knoxville spiritually? (certain neighborhoods, schools, churches)
2. Are there leaders in the city of Knoxville we could pray for?

Let's not be afraid to ask God to move in some big ways in our city. Matthew 21:22 tells us that "If you believe, you will receive whatever you ask for in prayer." As we pray for Knoxville, let's stand in a circle and pray like we really believe that God can move in some mighty ways in and amongst our city and our people.

We are going to take some time to pray for one another. There is something special that happens when a fellow believer prays for his or her brother/ sister in Christ. We have a great opportunity to encourage one another through prayer.

(Leader: pass out the copies of Ephesians 1 to each student now)

Get with a partner, and go find a place to sit down and pray together. Take a few minutes and mention a few ways that they could pray for you. We are going to also pray some scripture over one another. The scripture we are going to look at comes from Ephesians 1:15-20 and it says:

“For this reason, ever since I heard about your faith in the Lord Jesus and your love for all the saints, I have not stopped giving thanks for you, remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe. That power is like the working of his mighty strength, which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms”

You’ll notice that all of the “you’s” and “your’s” are underlined in your copy of Ephesians 1. Read this passage of scripture aloud as you pray for your partner. Whenever you come to a “you” or “your” in the scripture, insert the person’s name you are praying for. For example: “ever since I heard about Sally’s faith in the Lord”

Praying scripture for one another is a powerful thing, so take this seriously, and realize you are speaking the very word of God aloud

over each other. When you are done praying, come back together in your small group and wait for directions from your leader.

Leader: When you have are done praying for one another, explain to them that we are about to go up to the fire pit for a time of worship and communion with each other. Ask them to not talk as they are walking, so that they can prepare their hearts and minds for worship.