

## Elevate

### FOUNDATIONS, Session 1 – Prayer

#### Introduction: Matthew 7:24-27

- Where did the wise man build his house? (*on solid rock*)
- Why was that important? (*his house had a firm foundation, making it strong enough to withstand the storms*)

#### 2. Jesus' Instructions about Prayer – Matthew 6

v. 5 – How should we NOT pray? (*to attract attention to ourselves*)

v. 6a – Where SHOULD we pray? (*in private*)

v. 6b – What did Jesus promise? (*God sees us and will reward us*)

v. 7 – What should we NOT do? (*use empty, repetitive words*)

v. 8 – What confidence do we have? (*God knows what we need*)

#### 3. Jesus' Model Prayer – Matthew 6 – Key Words

v. 9a – “Our Father, which art in heaven,” = (NAME)

v. 9b – “Hallowed be thy name.” = (PRAISE)

v. 10 – “Thy kingdom come. Thy will be done in earth, as it is in heaven.” = (YIELD)

v. 11 – “Give us this day our daily bread.” = (REQUEST)

v. 12 – “And forgive us our debts, as we forgive our debtors.” = (CONFESS)

v. 13a – “And lead us not into temptation, but deliver us from evil:” = (PROTECTION)

v. 13b – “For thine is the kingdom, and the power, and the glory, for ever. Amen.” = (TRUST)

#### Daily Prayer Guide:

- Pray in Jesus' name
- **Praise** Him and His name
- **Yield** (submit) to Him and thank Him
- Make **requests**
- **Confess** your sins
- Ask for God's **protection**
- **Trust** Him for now and the future

#### Application:

- When do you pray? \_\_\_\_\_
- Where do you pray? \_\_\_\_\_
- Make prayer a priority – set aside a specific time & place.
- Write down requests and answers.
- Other verses about prayer:
  - ✓ John 14:13
  - ✓ Matthew 7:7-8
  - ✓ 1 Thessalonians 5:17
  - ✓ 1 Timothy 2:1-2
  - ✓ 1 John 1:9