

**Biblical Truth:** Prayer is a powerful tool.

**Key Verse:** Acts 4:31

**Biblical Text:** Psalm 143

**Lesson Goal:** To challenge students to practice the power of prayer.



### **Breaking Ice**

Have each student fill out the “Prayer Survey” attached and then spend some time in discussion about the power of prayer to begin the lesson:

1. What are some of the answered prayers we’ve seen this year?
2. How can we actually “pray continually” as the Bible instructs?
3. Can you really have a good prayer life if you have tons of doubts about your effectiveness as a Christian? Why? Why not?
4. Have you truly seen someone who has benefited or been affected by your prayers?
5. Why do you think Jesus prayed? Why is this prayer thing so important?

### **Jumping In**

Tell your students that you’re going to jump into Scripture by focusing on Acts 4:31. Spend some time soaking on this scripture. Tell the students that you’re not just going to read this, you’re going to allow this text to jump out and grab us. You’re going to allow it to live and breathe. This activity is a form of “Lectio Divina” which is a Benedictine practice that simply means “Sacred Reading.” Here’s how it works:

1. Tell the students you’re going to read the scripture twice and to focus on one particular word that “glimmers” or jumps out. After you read it twice, allow the student to share that word with a neighbor.
2. Tell the students to now focus on how that word makes them feel with all that’s going on in their lives right now. Read the scripture slowly and let it

sink in. Allow the students to share their feelings from the text with each other.

3. Tell the students to just focus on God and rest in Him as you read this one more time. Ask them to focus, in particular, on what this scripture says about the power of prayer.

Allow a student to pray to close this section of the lesson.

### **Diving Deep**

Use the “HEAR” worksheet to talk about how we can have a powerful prayer life.

Tell the students, **It’s important to realize that prayer is a two-way conversation between us and God. We need to learn to pray the right ways. We need to stop our laundry list prayers and really engage with Christ and enter into the conversation. By following patterns of prayer like this one, we can truly start understanding the power of prayer**


### **Group Activity:** Prayer Bags

Give each student a paper bag and have a large collection of magazines with scissors. Invite students to open their Bibles to Psalm 143 and keep it open during this activity. Tell the students to find images that connect to this scripture. (i.e. “cry for mercy” vs. 1 – picture of someone crying out – baby crying, “servant” – butler, slave, “enemy pursues me” – picture of chase scene, etc . . .). Also, tell the students to cut out one picture that bests illustrates their prayer life right now. If the group is large, divide into smaller groups and have each person share their images with each other.

- Tell the students that David’s prayer is a pattern to be followed.
- Pray believing that God brings victory.
- Pray believing that God will be present in your life and that is for your good.
- Pray believing that God will lead.

## **Drip Drying**

Encourage students to realize that there is power when they pray. Have each person visualize someone who needs prayer and have them write the name of that person down. Ask them to commit to praying for that person and their needs.

 **Action Step:** Tell the person you're praying for them and invite them to an upcoming outreach event.

## **Prayer Survey**

Instructions: On the line, mark the spot that best represents what you believe. Remember to simply be honest, there are no right or wrong answers.

I see my prayers answered all the time.

1 2 3 4 5 6 7

God seems to never answer my prayers.

I pray all the time. I'm always in touch with God.

1 2 3 4 5 6 7

Prayer is good but I honestly never do it.

I think my own prayers are so important.

1 2 3 4 5 6 7

My prayers are meaningless compared to others.

My prayer could change someone's life.

1 2 3 4 5 6 7

My prayer won't make any real difference.

God depends on the prayers of His people.

1 2 3 4 5 6 7

God doesn't really need my prayers to accomplish His will.



**H. onor**

Begin with worship and adoration telling God how much He's worth to you and the world.

**E. xamine**

Look deeply into your own life and pray the prayer of the Psalmist: "See if there be any wicked way in me and lead me in the way everlasting. Examine your heart and life.

**A. ppreciate**

Say thanks to God for all that you have. Thank him for life and breath and for beauty and truth. Be thankful.

**R. equest**

Finally, ask God for His will to be done here on earth as it is in heaven. Pray for needs of people and trust God's answer.

\*\* Note: The word that ties this all together is HEAR which means we need to spend a lot of time in prayer just listening.