

# THE 5 P'S OF PRAYER?

## THEOLOGICAL QUESTION

What is prayer, and how do I do it?

## BIG IDEA

Prayer is essential to the Christian life. We can always pray to God, because He loves us and cares for us. The New Testament is filled with insights to help us be persistent in prayer.

## SCRIPTURE USED

**Luke 18:1-8:** *One day Jesus told his disciples a story to show that they should always pray and never give up. "There was a judge in a certain city," he said, "who neither feared God nor cared about people. A widow of that city came to him repeatedly, saying, 'Give me justice in this dispute with my enemy.' The judge ignored her for a while, but finally he said to himself, 'I don't fear God or care about people, but this woman is driving me crazy. I'm going to see that she gets justice, because she is wearing me out with her constant requests!' Then the Lord said, "Learn a lesson from this unjust judge. Even he rendered a just decision in the end. So don't you think God will surely give justice to his chosen people who cry out to him day and night? Will he keep putting them off? I tell you, he will grant justice to them quickly! But when the Son of Man returns, how many will he find on the earth who have faith?"*

**Luke 22:39-46:** *At last he stood up again and returned to the disciples, only to find them asleep, exhausted from grief. "Why are you sleeping?" he asked them. "Get up and pray, so that you will not give in to temptation."*

**John 17:18-21:** *Just as you sent me into the world, I am sending them into the world. And I give myself as a holy sacrifice for them so they can be made holy by your truth. I am praying not only for these disciples but also for all who will ever believe in me through their message. I pray that they will all be one, just as you and I are one — as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me.*

## OPENER

For the opener you will need to break your group up into partners. Explain that you have a theme of "snapshots," or momentary, but insightful glimpses, and that the theme of the evening is prayer. Then, explain that you will give each

group 5 minutes to come up with a live still, a brief re-enactment or a short pantomime to capture the phrase, “Prayer is....” If groups are having trouble, ask them to think about just completing the sentence first and then to figure out how to visually portray that. For example, it could be as simple as getting on their knees, folding hands a certain way, two people pretending to talk to each other to represent “conversation,” or something that depicts surrender like arms spread, held up, etc. After each group has had a chance to share, discuss the different representations.

### ASK

- **Did you use head knowledge or heart knowledge to complete the sentence?**
- **What was interesting to you about what you observed from a different group?**
- **Why do you think we might experience prayer differently, as individuals?**
- **In your own words, how would you briefly explain prayer and its importance to someone who did not have a personal relationship with Jesus Christ?**

### TRANSITION

Before launching into your lesson, pause for prayer and ask God to help each of you learn something new about this marvelous gift of an always available, communication channel with Him.

### LESSON

For the teaching segment of the lesson you will need:

- Copies of the “Prayer” handout found at the end of this lesson — one for each student
- Writing utensils for students
- OPTIONAL: A visual “snapshot” for each of the three scripture passages. The idea here is to find a visual representation that captures the heart of the passage. There are many ways to do this. If you are artistic or know someone who is, you could draw or paint something after reflecting on each passage and each discussion. Another option is to find reproducible art online that you can print out (or project on a screen) for each passage. The key here is that the image is clear, preferably as large as possible for your situation, and that it sums up the key impression(s) of the scripture.