

# PRAYER

Staff Training Bible Study



Developing our understanding, convictions and habits of prayer is a lifelong journey. And yet, prayer is relational, simple and vital to a life of faith. As John Onwuchekwa writes, **“Prayer is oxygen for the Christian.”**<sup>1</sup>

This study explores the life and prayers of those who’ve come before us. Along the way we’ll stop and take a breath.

## WHERE WE’RE GOING:

01	02	03	04	05	06
<b>JESUS</b>	<b>SAINTS</b>	<b>PSALMS</b>	<b>PAUL</b>	<b>LABS</b>	<b>RESPOND</b>
Meditate on the example and teaching of Jesus	Make observations from a variety of Old Testament saints	Explore the Psalms as a guide to prayer	Examine Paul’s wrestling in prayer for the people he served	<ul style="list-style-type: none"><li>• Prayer Walk Lab</li><li>• John 17 Prayer Lab</li></ul>	Connect what you learned to your life and ministry.



## WHERE YOU’RE AT:

How would you finish this statement: “Prayer is.....”

<sup>1</sup> “Prayer” by John Onwuchekwa

# **01 JESUS**

## **A. Jesus' Example**

Read the verses below and record your observations about Jesus' practice of prayer

**Mark 1:35-39**

**Matthew 14:22,23**

**Luke 5:16**

**Luke 6:12-16**

**Matthew 26:36-46**

**Hebrews 5:7**

## **B. Jesus' Teaching**

Jesus teaches about prayer multiple times in the gospels (see Matt. 5-7, Matt. 9:35-38, John 13-17, Luke 18). However, on two separate occasions he stops to instruct his disciples with what we refer to today as the Lord's prayer.

1. Read Matthew 6:9-13 and use each category below as a "lens" to see the passage and make observations. Use multiple translations to expand your observations.

Who	What	When
Where	Why	How



2. What timeless principles does Jesus communicate about prayer in these verses?



**C. Prayer Pause**

Stop and, in your own words, pray the Lord’s prayer

**02 SAINTS**

Read the Old Testament prayers listed below and record your observations.

Person	Prayer	Context/ Circumstances	View of God	Attitude of pray-er	Requests
<b>Daniel</b>	Daniel 9:1-19				
<b>Jehoshaphat</b>	2 Chron. 20:1-12				
<b>Ezra</b>	Ezra 9:1-15				
<b>Nehemiah</b>	Neh. 1:1-11				
<b>Hezekiah</b>	2 Kings 19:1-19				
<b>Hannah</b>	1 Sam. 2:1-10				

1. Which words from these prayers resonated with you? Why?
2. How were the prayers similar (or dissimilar) to one another? To your prayers?
3. How do these prayers expand your understanding of God?



### **B. Prayer Pause**

Take a moment to consider the circumstances you're facing (in life or on campus) and what you're gleaning from these Old Testament prayers, then spend 5-10 minutes praying.

## **03 PSALMS**

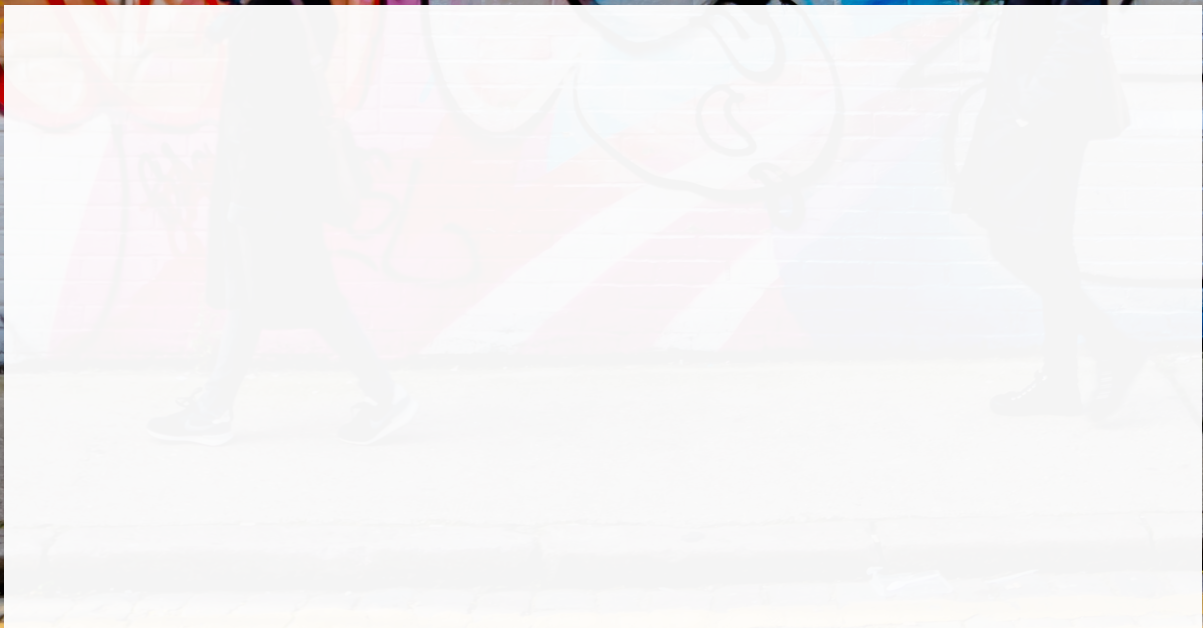
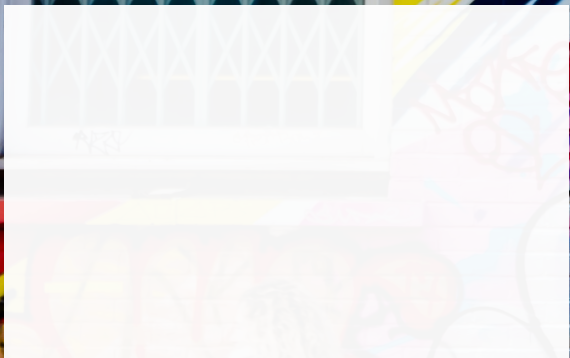
If prayer is oxygen to the Christian, the Psalms are a ventilator. Within these 150 Hebrew poems, the nouns *Lord* and *God* are mentioned more than 1,200 times! No other subject comes close.<sup>2</sup> This creative focus on God paints an interlocking array of descriptions that stimulate our understanding of and communication with Him.

1. Read 2-4 Psalms focusing on the descriptions and statements about God. Then use the following page to capture your thoughts in whatever way is helpful for you (*make a list, draw pictures, word art, write a prayer, reword in the first person, etc.*)

*If you need help choosing some Psalms, select from the list below*

*7, 9, 16, 18, 23, 24, 27, 33, 36, 42, 45, 63, 67, 73, 91, 103, 115, 145*





## **04 PAUL**

Paul and his companions “wrestled” in prayer for the people of God (Col. 4:12). The Greek word used there is *agōnizomai* (meaning fight, compete, strive and is the root of our word agony)

1. In what ways can prayer be like wrestling?
2. What word(s) would you use to describe your prayers for those you serve on campus? Why?

### **A. Wrestling for people**

Read Paul’s prayers below and make observations regarding:

- the **time** Paul spent praying
- the **content** of his prayers for people
- any other **general** observations

#### **Romans 1:8-10**

*First, I thank my God through Jesus Christ for all of you, because your faith is being reported all over the world. God, whom I serve with my whole heart in preaching the gospel of his Son, is my witness how constantly I remember you in my prayers at all times; and I pray that now at last by God’s will the way may be opened for me to come to you.*

#### **1 Corinthians 1:4-9**

*I always thank God for you because of his grace given you in Christ Jesus. For in him you have been enriched in every way— in all your speaking and in all your knowledge—because our testimony about Christ was confirmed in you. Therefore you do not lack any spiritual gift as you eagerly wait for our Lord Jesus Christ to be revealed. He will keep you strong to the end, so that you will be blameless on the day of our Lord Jesus Christ. God, who has called you into fellowship with his Son Jesus Christ our Lord, is faithful*

#### **Philippians 1:9-11**

*And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.*

#### **Colossians 1:9-12**

*For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding. And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and joyfully giving thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light.*

**Ephesians 1:15-20**

*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.*

**Ephesians 3:14-21**

*For this reason, I kneel before the Father, from whom his whole family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge —that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.*

**1 Thessalonians 3:9-13**

*How can we thank God enough for you in return for all the joy we have in the presence of our God because of you? Night and day we pray most earnestly that we may see you again and supply what is lacking in your faith. Now may our God and Father himself and our Lord Jesus clear the way for us to come to you. May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you. May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.*

**2 Thessalonians 1:11**

*With this in mind, we constantly pray for you, that our God may count you worthy of his calling, and that by his power he may fulfill every good purpose of yours and every act prompted by your faith.*

**2 Timothy 1:3-7**

*I thank God, whom I serve, as my forefathers did, with a clear conscience, as night and day I constantly remember you in my prayers. Recalling your tears, I long to see you, so that I may be filled with joy. I have been reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also. For this reason I remind you to fan into flame the gift of God which is in you through the laying on of my hands. For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.*

## **B. Wrestling against the enemy**

1. What do the following verses reveal about the unseen realm?

**2 Corinthians 4:4**

**Ephesians 2:1-3**

**1 Peter 5:8-9**

**John 10:10**

2. How might those realities shape your prayers for people?

3. Read the following verses and consider: What actions are involved in the wrestling of prayer?

**Ephesians 6:10-18**

**2 Corinthians 10:3-5**

**Isaiah 40:30-31**

## **C. Enlisting others**

1. Paul often requested prayer from those to whom he wrote. What do you observe about his requests in the following verses? How are they strategic requests?

**2 Corinthians 1:8-11**

**Colossians 4:2-4**

**2 Thessalonians 3:1-2**

**Romans 15:30-31**

2. What hindrances do you experience on campus and how can you strategically enlist prayer partners?



*Optional Further Study:* Read Jerry Bridges' article "[Engaging the Unseen Foe](#)" which explores the battle of prayer and how to pray strategically.



### **Prayer Pause**

Ask God for the one student he wants you to pause and pray for now. Then wrestle.





## **05 LABS**

Labs take learning and put it into practice. This lab seeks to take what you're learning and infuse it into the campus ministry setting in order to deepen your practical understanding of the course material.

### **A. PRAYER WALK LAB**

Prayer walks have a way of connecting supplication with location. The concept is simple, pray and walk. Prayers said while walking aren't any more effective than prayers said while sitting, since God hears our prayers no matter what we're doing. Prayer walks can however bring greater clarity and connection to what we're praying for.

### **ASSIGNMENT**

For this lab you're going to take a prayer walk for 45 minutes. You can do it alone or with others.

1. Read about Prayer Walking at this link: <https://www.navigators.org/pray-for-college-campuses>
2. Read the Prayer Walking Guide at this link: <https://www.navigators.org/resource/prayer-walk>
3. Go on your prayer walk around campus. You can choose the campus you're at or one that you're interested in praying for.
4. Optional: Log your prayer walk on the website, <https://everycampus.com>
5. Virtual Option: If Covid constraints or concerns limit your in-person availability, then here is a link for a virtual prayer walk: <https://everycampus.com/our-strategy/prayer/virtual-prayer-walking/>
6. Develop a Word Document that addresses these points:
  - Briefly describe your prayer walk. Where was it? When? Were you with anyone?
  - What were a few things that being at the location prompted you to pray for that you might not have normally prayed for if you weren't on location?
  - Did you happen to have any experiences that you sensed the Lord had orchestrated during your walk? For example: You're praying for a student and then happen to randomly run in to that same student.

## **B. JOHN 17 PRAYER LAB**

Prayer plays a key role in your intimacy with Christ and your ministry to others. This lab is designed to help you grow in your understanding of prayer; specifically, prayer for those you are investing in. One passage that captures Jesus' heart for this is in John 17. Jesus is about to leave earth and is crying out to God on behalf of his disciples. Read the following passage and note how Jesus intercedes for the disciples. Also take note of His heart for these men and what types of things that He asks God for.



### **Read John 17:6-25**

#### **ASSIGNMENT**

For this lab you are going to read through the prayer in John 17 and then rewrite verses 6-25 for those that you are discipling. This is meant to stimulate a Christ-like passion and practice for interceding on behalf of those God has placed in your sphere of ministry.

In a word document:

1. Read John 17.
2. Make observations of what Jesus prayed and who he prayed for
3. Make a list of names that you are investing in.
4. Rewrite the prayer of John 17 with these names in mind.
5. After you finish, take some extended time with God and pray through this prayer using specific names of the people that you are investing in.



## **06 RESPOND**

Take a few minutes to *review* your study and consider the highlights. Then *reflect* on the questions below. DON'T SKIP THIS...*responding* is a key part of being formed through this experience.

What were 1-2 key takeaways or discoveries from the study?

How did what you learned in this study shape your approach to prayer in your ministry?

What is one way you might need help in this area of ministry?

What questions arose that you are excited pursue and learn more?



### **To Complete Your Study:**

Return to the online course, select Module 06 from the menu, and follow the instructions!