

Praying With A Loud Voice

" Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand." Isaiah 41:10

Opening Prayer

"Our Father in heaven, may your name be kept holy.

May your Kingdom come soon.

May your will be done on earth, as it is in heaven.

**Give us today the food we need, and forgive us our sins,
as we have forgiven those who sin against us.**

And don't let us yield to temptation, but rescue us from the evil one."

Matthew 6:9-13

Oh Father, God. Strengthen us, and teach us not to be afraid in proclaiming you through prayer. Amen

Check-In (Share Prayer Experience)

Video (optional)

1. A while back, I read a "New Yorker" article about stage fright, with which I can easily identify. One of the studies cited in it was from the University of Nebraska-Omaha. In this study, two researchers administered a survey to eight hundred and fifteen college students. The students were asked to list their three greatest fears. The top fear listed by these students was "speaking before groups." The fear of public speaking surpassed fear of financial ruin, flying, heights, deep water, even death. For Christians, the fear of praying in public is likely the equivalent of the fear of speaking in public.

The key to our fright appears to be a fear of exposure and ridicule. Yet, when we pray, we are praying to a loving God and Father, unlikely to ridicule us as we speak

to him. Our fear grows out of concern for what other people may say or think. Today, we will start to work on becoming comfortable talking to God aloud.

What has been your experience with praying aloud in and for groups?

2. " So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." For his Spirit joins with our spirit to affirm that we are God's children."
Romans 8:15-16

This is what we can practice:

- Begin by calling on the name of God as Father, or Abba
- Pray that God's will be done in all things
- Pray for the coming of God's Kingdom
- Thank and ask God to listen to our needs and those of others
- Ask God to forgive our sins and strengthen us against temptation
- "In the name of Jesus Christ. Amen."

It's okay if we sometimes forget one or more of these. Dad will understand.

Closing Observations

Assignment(s): Daily Prayer for Fifteen Minutes

Practice Leading Prayer

" And give thanks for everything to God the Father in the name of our Lord Jesus Christ."
Ephesians 5:20

Sharing Prayer Needs

Closing Prayer

All Bible quotes are from the New Living Translation unless otherwise noted.