

# What Does Prayer Do?

" You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!" Isaiah 26:3

## Opening Prayer

**Check-In** (Share Prayer Experience)

## Video (Does Prayer Change Anything? from *Prayer*)

1. "Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. And pray for me, too. Ask God to give me the right words so I can boldly explain God's mysterious plan that the Good News is for Jews and Gentiles alike. I am in chains now, still preaching this message as God's ambassador. So pray that I will keep on speaking boldly for him, as I should."  
**Ephesians 6:17-20**

**So, what are we accomplishing with all these prayers?** Of course, we honor our Father, God by calling on him, and we let him know what is important to us. **But are there other benefits?** I think that prayer brings us close to Jesus, who seems to have prayed a great deal. If it was beneficial for Jesus, it surely will be beneficial for us. Prayer can help us resist temptations. They will always be there, and talking to the Father about them will strengthen us. Prayer dresses us for the spiritual warfare that we are in. Take note of Ephesians 6:17 above. We are fighting for our souls and for those of others. Prayer is our greatest tool in achieving our spiritual maturity, and becoming the evangelists that Christ has called us to become, so that we may go out and make disciples. Prayer guides us in determining God's will. St. Teresa of Avila is quoted as saying: "Christ has no body now on earth but yours; no hands but yours; no feet but yours." So, we are called to do God's work. Always asking God to accomplish things for us and waiting to see it happen may suggest that we are not listening carefully to God's reply. God may be saying that we are

the instruments meant to accomplish his causes on earth. We are God's body. Lastly, our Father likes to hear from us, like any good Dad. It pleases him.

**What do you think about these benefits to prayer? Are there others that you can think of?**

2. "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?" **Matthew 6:25-30**

**Will praying make God take action to make life better for all? Will it encourage us to undertake actions to make life better for all? Will it focus our thinking?**

**Closing Observations**

**Assignment(s): Daily Prayer for Twenty Minutes**

**Practice Leading Prayer**

" Rejoice in our confident hope. Be patient in trouble, and keep on praying."

**Romans 12:12**

**Sharing Prayer Needs**

**Closing Prayer**

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