



STRENGTHENING OUR GRIP

A study of issues especially relevant to the lives and faith of Christian men

Lesson 6 → Strengthening Our Grip On Prayer:

- A. Over the last few years the subject of prayer is one that has skyrocket among those who are religiously minded:**
1. Perhaps more has been written on the subject of prayer than any Bible related subject
 2. Prayer, talking about prayer, writing about prayer, exploring patterns of prayers and the like have become more prevalent than Tiger Woods' fans at a golf tournament.
 3. Especially with the writing of the book "The Prayer Of Jabez" religious people seem to be more interested in discussing prayer than ever. This is a great door of opportunity for us!
- B. Sadly, even though prayer has been so widely discussed and so prevalently written on, it remains an area of our lives in which some Christians have feelings of doubt, dissatisfaction, and guilt.**
1. When we come to appreciate the nature of prayer we realize even more that it is a "discipline" that we cannot afford to neglect or allow ourselves to be weak in.
 2. The better of a grip we get on prayer, the greater our relationship with God will be, the better we will resist temptation, the more joy & fulfillment we will feel, and the more effective of a worker in the kingdom of God we will become!

Questions For Class Discussion:

1. Define prayer then summarize in a sentence or two what it means to you.

2. Why do you think it is that many Christians seem to be unsatisfied with their prayer life or maybe feel guilty when they think about the subject of prayer?

3. Look up these scriptures and list some characteristics of effective prayers:
 - a. Romans 10:1 –

 - b. I John 5:14; Matthew 26:39 –

 - c. James 1:4-6; Matt 21:20-22 –

 - d. Matthew 6:5 –

 - e. James 5:16

Luke 11:1 says, "Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, 'Lord teach us to pray...'" Since these disciples were Jews and thus children of God, why would they be asking Jesus to teach them to pray?
