



PRAYER AND WORSHIP

The Basics Series  Lesson 8

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What can be more important than spending daily time with the God of the universe, the Savior of our souls, the Lord of our lives? Answer: nothing! Find out how to set aside some intimate time with Jesus each day to build and strengthen the personal relationship you have with him. Be willing to say no to some lesser things in your life in order to say yes to meeting with him face to face, and heart to heart. Make it a daily habit for the rest of your life. You will never regret it!

“It is impossible for a believer, no matter what his experience, to keep right with God if he will not take the trouble to spend time with God...Spend plenty of time with God; let other things go, but don't neglect him.” – J. Oswald Sanders

What is prayer and worship?

Prayer is the direct communication of our thoughts, feelings, and desires to our Heavenly Father. It is through prayer that we show our dependence on and trust in God and reveals himself to us. Worship is an act in which we praise and adore God.

Why should we pray and worship God?

A. Prayer

1. Philippians 4:6–7
2. Jeremiah 33:3
3. Matthew 7:7–11

B. Worship

1. Psalm 95:2, 6, 7
2. Psalm 100

How to pray

- A. Pray daily (Psalm 5:3)
- B. Pray constantly (1 Thessalonians 5:16–18)
- C. Pray individually (Matthew 6:6)
- D. Pray with others (Acts 1:4, 2:42)
- E. Pray using a prayer list. Suggest format: Date, Prayer request, Answer from God
- F. Pray using the ACTS method

If you see prayer as a mountain to climb and don't know where to start, the ACTS method will help you take that first step by incorporating some of the main parts of prayer. From here you can begin building your own prayer life. Spend time in each area and then move to the next part.

A – Adoration Psalm 96:1-4

Begin your prayer with just telling God how awesome he is. Use this time to fix your mind on God and who he is. Adoration is a time to focus on God's character. If you are unsure on what to say, think of his attributes: his unfailing love, his mercy, his grace, his beauty, etc.

C – Confession Psalm 66:18, 1 John 1:8-10, Proverbs 28:13

Use this time to confess any sin that you have in your life. Go through your day or past couple of days. Ask for him to show you your sins. Ask forgiveness for sins that you may be unaware of.

T – Thanksgiving 1 Thessalonians 5:16-18, 1 Chronicles 16:34

Use this time to thank him for whatever is going on in your life. Thank him for answered prayers, for daily provisions, or for whatever is going on in your life. If you can't think of anything, his sacrifice will always be reason for thankfulness.

S – Supplication Philippians 4:6-7, 1 Timothy 2:1-4

Finish your time by presenting any requests you may have to him. These requests can be for yourself or for others. Pray for daily needs, for others' needs, for the salvation of friends/family, for world situations, etc.

Some ways to worship God

- A. Pray through the Psalms
- B. Sing to the Lord (praise songs, hymns)
- C. Focus on adoring God (tell him how great you think he is)