

# YOUR NEW BREATH

## New Life in Christ

3/3 Session for New Believers

**Topic:** Prayer: A Direct Line to God

**Question:** How can we talk to God?

### Report & Celebrate (20-40 minutes)

#### 1. Share & Care

Share life's journey by spending time together and communicating during the week. Talk about your joys and your struggles, and support one another in prayer.



Care

#### 2. Accountability

##### *Following Jesus*

- What has God taught you from His Word? How has it impacted your life?



Report

##### *Fishing for Jesus*

- Did you share last week's lesson? How did it go?
- Are you discipling anyone? To what extent are you investing in them?



Sow

#### 3. Worship

Praise God for what has just been shared. Use a song, read a Psalm, or share a testimony of answered prayer!



Worship

### Notes:

- Remind the group that we want to see lives impacted with the Gospel. Our goal is to make disciples who make disciples and to establish simple New Testament churches.
- Always remember that you are modelling for others. Future trainers will train like you do, so keep it simple and don't get too creative!
- Celebrate **any** steps of obedience in your accountability time! If people are having trouble in this area, stop and pray together, then make specific plans for the coming week.

"Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" 2 Corinthians 5:17

## Hear & Obey (20-40 minutes)

### 4. New Lesson - What does the story **SAY**?

Have participants read the passages in two different versions.



Learn

- *What do you learn about God or Jesus in this story?*
- *What are the 5 main things we need to include in our prayers based on Jesus' model?*
  - praise, worship (v. 9)
  - purpose - what part you can play in this (v. 10)
  - provision for self and others (v. 11)
  - pardon and confession (v. 12)
  - protection (v. 13)
- *Sum up these passages in one or two sentences.*

### 5. Application - What must I **OBEY**?

- *In this story, is there a command I will obey?*
- *What is God leading me to do or change in my life?*



Correct

### Notes:

- Prayer is simple, it is just talking with God. You don't need to use special words, be in a special place, or even close your eyes. You can talk to God any time, anywhere!
- During the discussion help your disciples to understand this is a pattern for prayer, not merely a prayer to be repeated!
- Participants should bring a journal and record their "obedience" goals and their stated plan in section 7.



Guide

### Do's and Do Not's

- **Do** let the Holy Spirit be the teacher.
- **Do** remember to study for obedience rather than for knowledge!
- **Don't** dominate the conversation; encourage everyone to participate. Facilitator = 30%, Participants = 70%
- **Don't** demand correct answers.
- **Don't** get distracted, stay on topic.

# Jesus Teaches His Disciples to Pray

## Matthew 6:5-15

5 [Jesus said] *“When you pray, don’t be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. 6 But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.*

7 *“When you pray, don’t babble on and on as people of other religions do. They think their prayers are answered merely by repeating their words again and again. 8 Don’t be like them, for your Father knows exactly what you need even before you ask Him!*

9 *Pray like this:*

*Our Father in heaven, may Your name be kept holy.*

*10 May Your Kingdom come soon. May Your will be done on earth, as it is in heaven.*

*11 Give us today the food we need,*

*12 and forgive us our sins, as we have forgiven those who sin against us.*

*13 And don’t let us yield to temptation, but rescue us from the evil one.*

*14 “If you forgive those who sin against you, your heavenly Father will forgive you. 15 But if you refuse to forgive others, your Father will not forgive your sins.”*

# The Power of Prayer

## Philippians 4:6-7

6 Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. 7 Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

## Go & Tell (20-40 minutes)

### 6. Practice

- Start completing the “Prayer Worksheet”
- Pair up and practice sharing your 2-minute testimony.



Equip

### 7. Plan - With whom will I **SHARE**?

- With whom will you share your story?
- With whom will you share this new lesson?



Plan



Reproduce

### 8. Cast Vision

*I remember hearing of a man at sea who was very sea-sick. While this man was sick he heard that a man had fallen overboard. Wondering if he could do anything to help, he found a light and held it up at the port-hole. He later spoke to the drowning man who had been saved. The man told how he was just as he going down again for the last time, he stretched out his hand in desperation! “Just then,” he said, “some one held a light at the port-hole, and the light fell on my hand.” A rescuer saw his hand and pulled him into the lifeboat! It seemed such a small thing to do to hold up the light; yet it saved the man's life.*



Vision

*Many people all around you are dying in their sin! You can hold the light for poor souls who may be won to Christ and delivered from destruction. Let us take the torch of salvation and go into these dark homes, and hold up Christ to the people as the Savior of the world.*  
– Moody's Anecdotes

### 9. Commissioning Prayer

Pray for one another for boldness to share!



Pray

### Extra Challenge:

- Read David's prayer in Psalm 139.
- Complete your Prayer Worksheet; share it with someone else.



Please copy freely. Do not modify.

## Prayer Worksheet

*Prayer is a wonderful privilege which allows us to approach God and speak directly with Him! It is also a vital part of the life of every disciple that helps us grow in intimacy with our Heavenly Father.*

### **Pray like this:**

<b>PRAISE</b> <b>Verse 9</b> <i>Our Father in heaven, may Your name be kept holy.</i>	What can you say to God about His greatness, the things He has done, or your love for Him?
<b>PURPOSE</b> <b>Verse 10</b> <i>May Your Kingdom come. May Your will be done on earth, as it is in heaven.</i>	What can you say to God about His Kingdom, His plan for the world, or your part in His work?
<b>PROVISION</b> <b>Verse 11</b> <i>Give us today the food we need.</i>	What can you say to God about the everyday things you need, or the needs of others?
<b>PARDON</b> <b>Verse 12</b> <i>Forgive us our sins, as we have forgiven those who sin against us.</i>	What can you say to God about your sins, and about your forgiveness of other people?
<b>PROTECTION</b> <b>Verse 13</b> <i>Don't let us yield to temptation, but rescue us from the evil one.</i>	What can you say to God about protecting you from temptation and the influence of Satan?
Include the phrase "In Jesus' name" because Jesus makes possible our connection with God. "Amen" expresses our agreement with God.	