



# JESUS

Week 1

Pray Like Jesus: what He taught and how He prayed

In its' broadest definition prayer is communicating with God. This can be done audibly as God hears our words, or silently as God knows our thoughts. And, because communication is two way, prayer can include both speaking to God and listening to God speak. Sometimes prayer moves the hand of God, but it often changes the hearts of men and women as in prayer we capture something of God's heart and are brought into agreement with and trust in him. .

While, there are times when we pray to God the Son (as Stephen did in Acts) or to the Holy Spirit, generally speaking prayer is Trinitarian. This means that Christian prayer is to Father, through the Son, by the presence and power of the indwelling Spirit. Furthermore, Jesus prayers are a glimpse into the loving communion found in the Trinity. And, our prayers as Christians are our participation in the life of the Trinity.

## **Pray Like Jesus Taught:**

How often do you pray?  
What intimidates you about prayer?  
Where or when do you lack faith in your prayer life?  
When have you prayed outside Gods will? What was the result?  
When have you prayed in Gods will? How was that experience different?  
What do you pray for? How does that align with what Jesus taught?  
Which of these do you find easy and which do you find hard?

## **Pray Like Jesus Prayed:**

When did Jesus pray? When do you pray?  
Where did Jesus pray? Where do you pray?  
Who did Jesus pray for? Who do you pray for?  
Where do you see differences in your prayer life then that of Jesus?

## **Prayer: Spend a significant time in prayer for:**

One another  
An understanding of prayer  
A passion for prayer  
Pray through the things and people Jesus prayed for.

## Part One – Pray Like Jesus Taught

### **How should we pray?**

#### Pray in faith

- *Matthew 21:22 And whatever you ask in prayer, you will receive, if you have faith.”*
- *Mark 11:24 Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.*

#### Pray succinctly

- *Matthew 6:6-7 But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words.*
- *Mark 12:40 who devour widows’ houses and for a pretense make long prayers. They will receive the greater condemnation.”*

#### Pray in God’s will

- *John 16:23-24 In that day you will ask nothing of me. Truly, truly, I say to you, whatever you ask of the Father in my name, he will give it to you. Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.*

#### Pray humbly

- *Luke 18:8-14 He also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt: "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!' I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted."*

#### Pray fervently

- *Luke 18:1 And he told them a parable to the effect that they ought always to pray and not lose heart.*

### **What should we pray for?**

#### Pray to forgive those who sin against you

- *Mark 11:25 And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.”*

#### Pray for your needs

- *Matthew 7:7-8 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.*

#### Pray for evangelists & church planters

- *Matthew 9:37-38 Then he said to his disciples, “The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.”*

#### Pray against temptation

- *Matthew 26:41 Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.*

## Part Two – Pray Like Jesus Prayed

### **When did Jesus pray?**

Jesus prayed daily

- The Jews prayed the Shema of Deut. 6:4-5 daily and Jesus as a devout Jew would have done the same which explains why he could quote it freely from memory in Mark 12:29-30

Jesus prayed over meals

- *Matthew 14:19* Then he ordered the crowds to sit down on the grass, and taking the five loaves and the two fish, he looked up to heaven and said a blessing. Then he broke the loaves and gave them to the disciples, and the disciples gave them to the crowds.
- *Mark 14:23* And he took a cup, and when he had given thanks he gave it to them, and they all drank of it.
- *Luke 22:19* And he took bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me."

Jesus prayed early

- *Mark 1:35* And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

### **Where did Jesus pray?**

Jesus prayed publically

- *Luke 3:21* Now when all the people were baptized, and when Jesus also had been baptized and was praying, the heavens were opened,
- *John 11:41-42* So they took away the stone. And Jesus lifted up his eyes and said, "Father, I thank you that you have heard me. I knew that you always hear me, but I said this on account of the people standing around, that they may believe that you sent me."

Jesus prayed privately

- *Mark 6:46* And after he had taken leave of them, he went up on the mountain to pray.
- *Luke 9:18* "... he was praying alone..."
- *Luke 5:15-16* But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities. But he would withdraw to desolate places and pray.

Jesus prayed in a small group

- *Luke 9:28* Now about eight days after these sayings he took with him Peter and John and James and went up on the mountain to pray.

### **Who did Jesus pray for?**

Jesus prayed for his enemies

- *Matthew 5:44* But I say to you, Love your enemies and pray for those who persecute you,
- *Luke 23:34* And Jesus said, "Father, forgive them, for they know not what they do." And they cast lots to divide his garments.

Jesus prayed for his friends

- *Luke 22:31-32* "Simon, Simon, behold, Satan demanded to have you, that he might sift you like wheat, but I have prayed for you that your faith may not fail. And when you have turned again, strengthen your brothers."

Jesus prayed for children

- *Matthew 19:13* Then children were brought to him that he might lay his hands on them and pray.

### **How did Jesus pray?**

Jesus prayed Scripture

- *Mark 15:34* And at the ninth hour Jesus cried with a loud voice, "Eloi, Eloi, lema sabachthani?" which means [Psalm 22:1], "My God, my God, why have you forsaken me?"

Jesus prayed corporately

- *Luke 4:16* And he came to Nazareth, where he had been brought up. And as was his custom, he went to the synagogue on the Sabbath day...
- *Mark 11:17* And he was teaching them and saying to them, "Is it not written, 'My house shall be called a house of prayer for all the nations'? But you have made it a den of robbers."

Jesus prayed long prayers

- *Luke 6:12* In these days he went out to the mountain to pray, and all night he continued in prayer to God.

Jesus prayed short prayers

- *Mark 6:41* And taking the five loaves and the two fish he looked up to heaven and said a blessing and broke the loaves and gave them to the disciples to set before the people.

Jesus prayed painful prayers

- *John 12:27-28* "Now is my soul troubled. And what shall I say? 'Father, save me from this hour'? But for this purpose I have come to this hour. Father, glorify your name." Then a voice came from heaven: "I have glorified it, and I will glorify it again."

Jesus prayed with his dying breath

- *Luke 23:46* Then Jesus, calling out with a loud voice, said, "Father, into your hands I commit my spirit!" And having said this he breathed his last.

Jesus prayed thankful prayers

- *Matthew 11:25-26* At that time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will."