

CatClub: Question 39



This week we come to the second of four sessions on the very important topic of **prayer**.

1. Recap. Previously we learnt how God the Holy Spirit, the third person of the Trinity, helps us; and one of the most important things he helps us with is prayer. We then learnt that prayer is pouring out our hearts to God in adoration (or 'praise'), confession of sin, thanksgiving and supplication (or 'petition') – which we can remember by the word **ACTS** (see page 2 for a reminder).

Q39 now asks: With what attitude should we pray? **Answer:** **With love, perseverance and gratefulness; in humble submission to God's will, knowing that, for the sake of Christ, he always hears our prayers.**

(Please note: 'perseverance' means never giving up doing something – here, prayer.)

2. Investigation - please look up:

1. (In the Old Testament): Psalm 145, verse 18. **In this verse we learn that, although God is invisible to our eyes, he is near to anyone who calls on him in prayer.** We may not be able see him, but he hears our prayers.

2. (In the New Testament): Philippians chapter 4, verse 6. **Here Paul, the writer, teaches us not to worry about anything, but to bring all our concerns to God in prayer.**

3. (In the New Testament): Matthew chapter 6, verse 6. **Here Jesus himself says that we should go somewhere private in order to pray and that, if we do, God will answer our prayers.**

4. (In the New Testament): Romans chapter 12, verse 12 (last four words). **In this verse Paul encourages us to pray 'constantly', i.e. all the time.** This means that, as well as setting aside times in the day specifically to pray, we can talk to God about anything at any time – in fact, we should be pray all the time as we go about our daily lives, seeking to please him in everything we do.

5. (In the New Testament): Matthew chapter 6, verse 10. **When Jesus teaches us how to pray, he instructs us always to ask that God's will should be done.** In other words, our prayers are to be in line with God's will for our lives and in accordance with what he teaches us in his word, the Bible.

>>>Next week's question: What should we pray?

This week's songs:

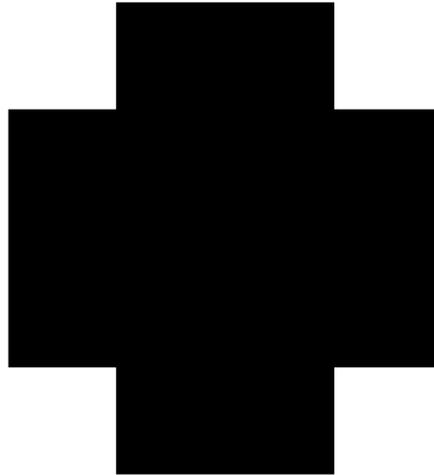
'All praise to him': https://www.youtube.com/watch?v=6_DVTURtey0

'I lay it all':

<https://www.youtube.com/watch?v=opkttC9MxTg&list=RDS-d1uUPrKns&index=21>

The **A-C-T-S** of Prayer

1. **A**doration



3. **T**hanksgiving

4. **S**upplication

2. **C**onfession

As you come to God the Father in prayer, think of the cross where Jesus died for your sins. Then...

1. First, express your **adoration** for God by lovingly praising him for who he is – Father, Son and Holy Spirit.
2. Second, **confess** your sins to him, asking for forgiveness for all the ways you have broken his Commandments.
3. Third, **thank** God for everything he has done in saving you by sending his Son to die for you and for answering your prayers – and for anything else you want to say thank-you for.
4. Fourth, humbly present your requests (**supplications**) to God, for yourself, for people you know, for events in the world and in particular for the success of the gospel in saving others from their sins, both locally and elsewhere in the world.

Psalm 145:8

The LORD is gracious and merciful,
slow to anger and abounding in steadfast love.

Philippians 4:6

⁶ ...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Matthew 6:6

⁶ 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.

Romans 12:12

¹² Rejoice in hope, be patient in tribulation, be constant in prayer.

Matthew 6:10

¹⁰ Your kingdom come,
your will be done,
on earth as it is in heaven.