

CatClub: Question 40



This week we come to the third 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 that 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 **A-C-T-S** (see page 2 for a reminder). Last week the Catechism taught us that we should pray with loving, thankful hearts, and that we should never give up. We also learnt that we are to pray in obedience to God's will for our lives, knowing that, for the sake of Christ, he always hears our prayers.

Q40 now asks: What should we pray? Answer: **The whole Word of God (=the Bible) directs and inspires us in what we should pray, including the prayer Jesus himself taught us.**

2. Investigation - please look up:

1. (In the New Testament): Ephesians chapter 3, verses 14-21. This is a most wonderful prayer. Paul prays for the church in Ephesus (in modern-day Turkey), that the Holy Spirit would strengthen them, cause Jesus Christ to dwell within them and enable them to understand the greatness of his love. Perhaps we might remember here John chapter 3, verse 16 ('**For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.**')

2. (In the Old Testament): The book of Psalms consists of 150 sacred songs or sacred poems designed to be sung. In effect they are sung prayers. Why not have look at some of them and choose one that you could make into own prayer? The most famous is probably Psalms 23 (see this week's songs, below).

See this introduction to the book of Psalms:

<https://www.youtube.com/watch?v=j9phNEaPrv8>

>>>Next week's question: What is the Lord's Prayer?

This week's songs:

1. 'Hosanna (Praise Is Rising)': <https://www.youtube.com/watch?v=oAaQ5EEXidc>

2. 'Father, we commit to you': <https://www.youtube.com/watch?v=vxd0YZ9Bug>

3. 'The Lord's my Shepherd' (modern version):

<https://www.youtube.com/watch?v=pN4tPkX0MG0>

4. 'The Lord's my Shepherd' (traditional version 1):

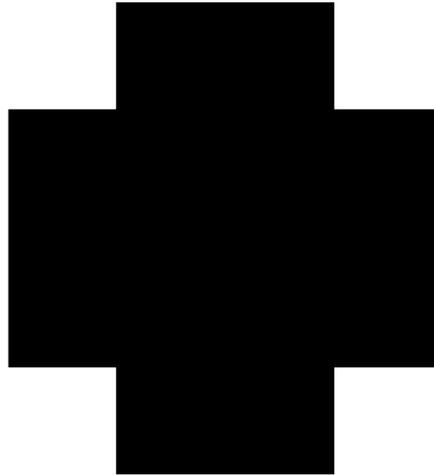
https://www.youtube.com/watch?v=kbGsIVeKU_E

(traditional version 2):

<https://www.youtube.com/watch?v=l1HGfNcpdV4>

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.

Ephesians 3:14-21

¹⁴ For this reason I bow my knees before the Father, ¹⁵ from whom every family in heaven and on earth is named, ¹⁶ that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, ¹⁸ may have strength to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹ and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

²⁰ Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever. Amen.

Psalms 23

A Psalm of David.

23 The LORD is my shepherd; I shall not want.

² He makes me lie down in green pastures.

He leads me beside still waters.

³ He restores my soul.

**He leads me in paths of righteousness
for his name's sake.**

⁴ Even though I walk through the valley of the shadow of death,

I will fear no evil,

for you are with me;

your rod and your staff,

they comfort me.

⁵ You prepare a table before me

in the presence of my enemies;

you anoint my head with oil;

my cup overflows.

⁶ Surely goodness and mercy shall follow me

all the days of my life,

and I shall dwell in the house of the LORD

for ever.