

SESSION 5

ASK

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★ Aim

The aim for this session is to focus on what it means to ask for our needs in prayer.



GET STARTED

In **Luke 11:1** the disciples come to Jesus and say, “teach us how to pray.” It’s the only time in the Bible where the disciples ask Jesus to teach them how to do something.

They didn’t ask Jesus to teach them how to walk on water or raise the dead but to teach them how to talk to God. They knew that prayer was key to everything Jesus did and said.

Jesus’ response was a wonderful teaching on prayer which includes the Lord’s prayer, the importance of not giving up in prayer, and how we need to remember that God is a good Father who wants to give good gifts to those who ask in prayer.

In the Lord’s prayer, Jesus teaches us to ask. In the prayer there are seven different requests.

He asks for:

God’s Kingdom (His rule and reign) to come.

God’s will to be done.

Daily bread (our everyday needs).

Forgiveness for our sin.

Help to forgive others.

Guidance to not be led into temptation.

Freedom from evil forces.



It's more than ok to ask for things in prayer: Jesus teaches us to do it. In fact, the requests Jesus tells us to make in the Lord's prayer cover almost every area of our lives.

Discuss

- Q **Has anyone ever asked for anything in prayer before and seen it happen? Share your story.**



Youth leader tip

You may want to start by sharing your own story if others aren't ready.



GO DEEPER

Watch the video session or use this script for the 'Go Deeper' and 'Encounter' sections.



Session 5: Ask
24-7prayer.com/podcast/origins-ask



From pain to prayer

During the Covid-19 pandemic a lot of people turned to prayer for the first time. In March 2020, people were googling prayer more than ever before. At 24-7 Prayer, we saw an increase in traffic to our website and the use of our resources.

We often see hashtags of pray for a certain country or person begin to arise in times of tragedy. What we see is people coming together in pain and turning to prayer.

Prayer is a human recognition and realisation of a divine need.

**TURNING
TO PRAYER
IN PAIN**



**GOD
WANTS
TO HEAR**

In the Gospels there's a story of a man who is often referred to as blind Bartimaeus. He hears the commotion around him about someone called Jesus who apparently heals people. He begins to shout out, "*Son of David, have mercy on me.*" **(Mark 10:47)**

Jesus responds to him by asking, "*what would you like me to do for you?*" What a strange question! He's blind. Surely, it's obvious...

But like many of our problems and circumstances in life, God wants to hear what we would like Him to do.

God wants us to articulate our problems because it builds relationship between us and Him, which is the ultimate goal of prayer.

God is not a vending machine and prayer is not the money to get whatever we want. He is relational and wants to have friendship and connection with us beyond simply providing for our needs.

As we pray, we often find that God's presence is the ultimate answer to our needs, as we begin to realise that He is our deepest need.

In His presence we receive peace in the midst of the wildest storms, hope in the face of despair and uncertainty, and love that warms our hearts and becomes our most reliable strength in our deepest weaknesses.



ENCOUNTER

Some of us may think God is too busy with all the big stuff in the world to answer our seemingly insignificant needs. But if our God really is the Creator of this vast universe we occupy and the One who can work incredible miracles, **He is more than able to handle carrying all of that while caring for each one of us.**

Before we name our needs, it's always good to give some of the heightened feelings we're carrying to God. Sometimes needs cause stress, frustration, and worry, but right now, we're going to give that to God.

We're going to take Vitamin C tablets and watch them dissolve into water as a sign of giving our disappointments to God and allowing Him to take over:

Prayer exercise

- **1 As I take this tablet, I imagine all my disappointments, worries or fears.**
- **2 As I drop it into the water, I give them to God.**

Now, we're going to pray this prayer:

PRAY

God,

I give to you all my worries, fears, hopes, dreams, needs, and wants.

I cast my cares on You, for You care for me.

Thank You Jesus, that You are above it all, and yet in it all. You are bigger than my needs and yet You provide for my every need.

Thank You that nothing is too hard for You, and yet nothing is too small for You.

I give my needs over to You now and commit them to Your care.

In Jesus' name,

Amen.

Now, there are many ways we can pray for our needs but one way of praying is **prayer walking**. It helps to focus our minds on the activity of walking whilst talking to God, like you would with a friend on a walk.

Maybe you could turn your walk to school or college into a prayer walk where you talk to God. You could put some worship music on in your earphones and have that time for you and Him.

Or maybe you could suggest going on a prayer walk as a youth group so you can pray for God's peace and power to reign over the area where you live.

★ Action point

This week, maybe you could try going on a prayer walk.

If that's not possible, take 5 minutes out of your week to do the following:

- **Get some post-it notes or create a wallpaper for your phone.**
- **On the notes or wallpaper, write down some things you want to see answers through prayer.**
- **Every time you see it, pray until something changes**

END OF SESSION