



how to pray

a simple guide for normal people

PETE GREIG



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TO KNOW THAT GOD WANTS TO BLESS US WITH GOOD GIFTS
TO ACKNOWLEDGE THAT SOMETIMES WE HAVE DISAPPOINTMENTS IN PRAYER
TO KNOW ABOUT THE TRAFFIC LIGHT SYSTEM



SESSION THREE: PETITION

Intro



- ⊗ Welcome everyone. (Make sure everyone knows each other, register etc.)
- ⊗ Ask what are you grateful for this week? What have you found to be a challenge this week?
- ⊗ Play a game! Can you play a game that is easy to do your calls? Scattergories, [skribbl.io](https://www.scribble.io), supermarket sweep (first one to bring me an item wins a point), can you make a quiz? Can you play empires (get the youth to send their person via the messaging tool on zoom privately)

Intro Questions



- ⊗ What is the best ever gift you have received or given?
- ⊗ What do you think it was so good?
- ⊗ How have you found praying last week? Did you remember to P.R.A.Y - Pause/Rejoice/Ask/Yield

Key Scripture



Matthew 6:11 "Give us this day our daily bread"



Prayer Questions



Read Matthew 7:7-11

- ⊗ If your father in Heaven knows your needs why do you think he asks you to pray?
- ⊗ What do you think is the difference between asking for what we need and what we want?
- ⊗ Do you think it's wrong to pray for something you want?
- ⊗ Have you ever had any unanswered prayers? What were they (if comfortable sharing)?
- ⊗ What do you think about unanswered prayer?
- ⊗ **Pete speaks about prayer can be like a traffic light system - Green: Yes, Amber: wait/persevere, Red: no!**
- ⊗ How do you think you can tell the difference between the amber and red traffic light?

Teaching Points



- ⊗ The Father loves to give good gifts.
- ⊗ Traffic lights: Yes, Wait, No.
- ⊗ Sometimes we need to "stack dominoes" and persevere in prayer

Follow the **P.R.A.Y** model this week- start by **pausing** and welcome the Holy Spirit, then **rejoice** and give thanks before **asking**. Remember to **yield** and surrender everything back to God as you finish.