



Part 2 (Lesson 3)

The Importance of Prayer

I. The Prayer Life of Jesus

A. Mark 1:35 What did Jesus do here before and after healing the sick and casting out demons? **(He prayed)** When did He begin? **(Before dawn, while it was still dark)**

B. Luke 6:12 What did Jesus do before preaching the sermon on the mount?
(He spent the whole night in prayer)

C. Mark 6:45-46 What did Jesus do after feeding the five thousand? **(He sent everyone away and went to a mountain (or hill) to be alone and to pray)**

D. John 17 & Luke 22:32 What did Jesus do for His disciples? **(He prayed for them)**

E. Matthew 26:36-44; Mark 14:32-39; Luke 22:40-46 Highlight what you learn about prayer from these accounts of Jesus in the garden of Gethsemane.
(Our spirit wants to please God and obey Him. Our flesh wants to do our will and avoid any discomfort or suffering. It is prayer that will strengthen us to be able to defeat our flesh and demon spirits and submit to God's will. Jesus did that here it appears.)

F. What was characteristic of Jesus' entire life? (Luke 5:16) **(He would often get alone and spend time in prayer to God the Father)**

(If Jesus, who is our example, our Savior, our teacher, etc., needed to pray so much, isn't it clear that we as His followers should be people of prayer?)

II. Called to Pray

What do the following verses teach us?

- A. Luke 18:1 **(Jesus taught us to pray at all times and not lose heart)**
- B. Colossians 4:2 **(We are to be devoted to prayer and have an attitude of thanksgiving)**
- C. 1 Peter 4:7 **(We are to be of sound judgment & sober spirit for the purpose of prayer)**
- D. 1 Thessalonians 5:17 **(We are to pray without ceasing)**
- E. 1 Timothy 2:8 **(We should pray and worship God in unity with other believers)**
- F. Acts 1:14 **(The believers were devoted to gathering together in unity to pray)**
- G. James 5:15-18 **(We are to pray for the sick and pray for one another. We also learn that fervent prayer is powerful, accomplishing much) (Note - “fervent” or “effective” prayer – see also the Amplified Version for further explanation of this)**
- H. Matthew 7:7-8 **(Be persistent in prayer – The Greek words for “ask”, “seek” and “knock” express “keep asking”, “keep seeking” and “keep knocking”)(E.G. – If I say “run and you will be in shape”, I really mean “keep running regularly & you will be in shape.)**
- I. Philippians 4:6-7 **(Pray about everything with an attitude of thanksgiving)(Note- peace)**

III. Strengthening Our Spirit

- A. Why did Jesus say it was so important for the disciples to pray in the Garden of Gethsemane? (Matthew 26:41) **(Because the spirit is willing (to obey and do the right thing) but the flesh is weak (it avoids obedience and doing the right thing))**
- B. What do you learn from Galatians 5:16-17 about the flesh and the spirit?
(The flesh and the spirit are in opposition to one another)
- C. What did the Apostle Paul see about life in Romans 7:14-25?
(He was in a continual battle against the fleshly nature that does not want to obey God. Consider this as you think about what we saw in Matthew 26:41.)

D. Using the understanding gained from these scriptures explain what you think Jesus meant in Matthew 26:41. **(He knew that their flesh would want to avoid obedience to God and anything uncomfortable. He knew that only prayer would bring them victory.)**

1. How does this apply to your life? **(My spirit wants to please God but my flesh wants to do my own will. In prayer my spirit is strengthened and my flesh is defeated.)**

E. What were Peter's intentions in Matthew 26:33-35? **(He wanted to be faithful to Jesus, even if it cost him his life)**

F. What did he do? (Matthew 26:69-75) **(He became afraid and as a result he denied Jesus 3 times. This was exactly what he said he would never do.)**

G. What happened in Matthew 26:36-46 that made the difference? **(Peter and the other disciples slept instead of praying with Jesus when Jesus asked them to pray.)**

Use this space to record any particular things the Holy Spirit is saying to as you think about the Scriptures that you have studied in this lesson about prayer.
