

## FIRST STEPS CLASS

### *Lesson 3: Praying To Your God*

The infinite, eternal, all-powerful God who oversees all of creation wants to hear your struggles, hopes, & requests.

#### **1. What is prayer?**

- a. Our communication to God, in which we praise Him, express gratitude, confess our sins, mourn the brokenness in our lives and world, and ask Him to sovereignly work in specific situations.
- b. Not something that curries God's favor through repetition, or that enables or forces His ability to work.
- c. A vital component of our status as priests, that we would go to God on behalf of others.

#### **2. What should I include in my prayers?**

- a. Acknowledge God's status & will, ask for your needs (of all types) to be met, confess your sin, & pray for others.
- b. Pray for your church, fellow church members, other believers & churches across the world, your family, friends, neighbors, political leaders, & the unsaved.

#### **3. What are some helpful tips for praying?**

- a. Realize that prayer is a conversation, not a transaction.
- b. Set aside times to stop busyness and call on God, but don't be afraid to talk to Him at any point in your day!
- c. Write down items to pray for that you care about and want to remember.
- d. Read prayers from others (such as ones from scripture, the Book of Common Prayer, or other liturgies).

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