

THE 28th.LIFE

THE SPARK

MODULE 4 — LEARNING TO PRAY

Growing Through Conversation with God

Module Overview

Prayer is one of the greatest gifts God has given His children.

It is far more than reciting words, completing a religious exercise, or asking God for things. Prayer is an ongoing conversation with our Heavenly Father—a relationship built on love, trust, honesty, and faith.

If you've ever wondered:

- *How do I pray?*
- *What should I say?*
- *Does God really hear me?*
- *Why do some prayers seem unanswered?*

You're not alone.

Even Jesus' disciples asked Him, "**Lord, teach us to pray.**" (Luke 11:1)

The good news is that prayer isn't about saying the perfect words. God isn't impressed by eloquent speeches or long prayers. He desires sincere hearts that seek Him.

Throughout this module, you'll discover that prayer is both a privilege and a practice. Like any meaningful relationship, it grows stronger through consistency and time.

Whether your prayers are filled with joy, questions, gratitude, or tears, God welcomes you into His presence.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

— Philippians 4:6

Learning Objectives

By the end of Module 4, you will:

- Understand what prayer is and why it matters.
- Learn biblical models of prayer.
- Develop a consistent daily prayer habit.
- Grow in listening as well as speaking to God.
- Experience prayer individually and with other believers.
- Gain confidence that God hears and responds according to His will.

LESSON 6 — WHY WE PRAY

Theme

Prayer is how we build and deepen our relationship with God.

Key Scriptures

- Matthew 6:5–13
- Philippians 4:6–7
- Hebrews 4:14–16
- Psalm 145:18
- Jeremiah 33:3

Big Idea

Prayer is not about convincing God to love us—it is responding to the God who already does.

Introduction

Think about your closest relationships.

How do they grow?

Through conversation.

The same is true in our relationship with God.

Prayer isn't simply asking for help during difficult times. It is learning to live every day in conversation with the One who created you.

God invites you to bring Him everything:

- Your joys.
- Your fears.
- Your gratitude.
- Your disappointments.
- Your hopes.
- Your questions.

Nothing is too small.

Nothing is too big.

Nothing surprises Him.

Why Does God Want Us to Pray?

Prayer doesn't inform God of something He doesn't know.

Instead, prayer transforms us.

Through prayer:

- We grow in trust.
- Our hearts become aligned with God's will.
- We receive peace.
- We become more aware of God's presence.
- We learn dependence instead of self-reliance.

Prayer changes us as much as it changes circumstances.

Prayer Is an Invitation

Because of Jesus, we don't approach God as strangers.

We come as beloved children.

Hebrews tells us to "**approach God's throne of grace with confidence.**"

God delights in hearing from His children.

Reflection

1. What has prayer meant in your life so far?
 2. What keeps you from praying consistently?
 3. How would your relationship with God change if prayer became a daily conversation?
 4. What concerns are you ready to bring to God today?
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Weekly Challenge

- Pray for five minutes every day.
 - Begin a prayer journal.
 - Thank God for three blessings each day.
 - Read Matthew 6:5–13.
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Prayer

Father,

Thank You for inviting me into Your presence. Help me see prayer as a relationship rather than a responsibility. Teach me to trust You with every part of my life and remind me that You are always listening.

In Jesus' name,

Amen.

Memory Verse

"Call to Me and I will answer you and tell you great and unsearchable things you do not know."

— Jeremiah 33:3

LESSON 7 — HOW TO PRAY

Theme

Jesus teaches us not only to pray, but how to pray.

Key Scriptures

- Matthew 6:9–13
 - Luke 11:1–4
 - Psalm 23
 - Psalm 51
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Big Idea

There is no perfect formula for prayer, but Jesus provides a pattern that helps us grow.

Introduction

When Jesus' disciples asked Him to teach them to pray, He gave them what we know as **The Lord's Prayer**.

This prayer is not merely words to repeat—it is a model for approaching God.

A Simple Pattern for Prayer

Praise

Begin by worshiping God.

Recognize His greatness, goodness, and faithfulness.

Surrender

Invite God's will to shape your life.

Ask Him to lead your decisions and align your heart with His purposes.

Provision

Bring your daily needs before God.

He cares about every area of your life.

Forgiveness

Confess your sins honestly.

Receive God's forgiveness and extend forgiveness to others.

Guidance

Ask God for wisdom, strength, and protection as you live for Him each day.

Different Ways to Pray

Prayer can include:

- Worship
- Thanksgiving
- Confession
- Intercession
- Listening
- Silence
- Scripture-based prayer
- Journaling your prayers

There is no single "right" style.

The important thing is a sincere heart.

Reflection

1. Which part of the Lord's Prayer speaks to you most?
 2. Which aspect of prayer comes naturally?
 3. Which is most difficult?
 4. How can you make prayer more personal?
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Weekly Challenge

Pray through the Lord's Prayer each day, pausing to personalize each section.

Prayer

Lord,

Teach me to pray as Jesus taught His disciples. Help me worship You, trust You, seek Your will, and bring every concern before You with confidence.

Amen.

Memory Verse

"Your Father knows what you need before you ask Him."

— Matthew 6:8

LESSON 8 — DEVELOPING A DAILY PRAYER HABIT

Theme

Consistency builds intimacy with God.

Key Scriptures

- Mark 1:35
 - Luke 5:16
 - Psalm 5:3
 - 1 Thessalonians 5:16–18
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Big Idea

Prayer becomes life-giving when it becomes part of your daily rhythm.

Introduction

Healthy habits shape healthy lives.

Jesus Himself regularly withdrew to spend time with His Father.

If the Son of God prioritized prayer, how much more should we?

Developing a prayer habit isn't about perfection.

It's about making space every day to be with God.

Practical Ways to Build the Habit

- Choose a consistent time.
- Find a quiet place.
- Remove distractions.
- Keep a prayer journal.
- Pray with Scripture.
- Start small and stay consistent.

Five faithful minutes every day are better than one hour once a month.

When Prayer Feels Difficult

There will be days when:

- You feel distracted.
- You feel tired.
- You don't know what to say.
- God seems silent.

Don't stop praying.

Faithfulness often matters more than feelings.

God is present even when you don't sense Him.

Reflection

1. What time of day works best for prayer?
 2. What distractions can you remove?
 3. What habit will help you stay consistent?
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Weekly Challenge

Pray for ten uninterrupted minutes each day this week.

Prayer

Father,

Help me build a daily habit of spending time with You. Give me the discipline to make prayer a priority and the joy of discovering Your presence each day.

Amen.

Memory Verse

"Very early in the morning...Jesus got up...went off to a solitary place, where He prayed."

— Mark 1:35

LESSON 9 — PRAYING WITH OTHERS

Theme

God designed prayer to strengthen both our relationship with Him and our relationships with one another.

Key Scriptures

- Matthew 18:19–20
- Acts 2:42
- James 5:13–16
- Romans 12:12

Big Idea

When believers pray together, they encourage one another, strengthen their faith, and unite around God's purposes.

Introduction

Although prayer is deeply personal, it was never meant to be entirely private.

Throughout Scripture, God's people gathered to pray.

The early Church devoted themselves to prayer.

Families prayed together.

Friends prayed together.

Churches prayed together.

Praying with others reminds us that we are part of God's family.

Why Pray Together?

Praying with others:

- Builds encouragement.
 - Strengthens unity.
 - Deepens friendships.
 - Helps carry one another's burdens.
 - Celebrates answered prayer together.
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Tips for Group Prayer

- Be honest.

- Listen respectfully.
 - Keep prayers conversational.
 - Pray from your heart.
 - Encourage others.
 - Maintain confidentiality when prayer requests are shared.
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Finding Prayer Community

Consider joining:

- A church prayer team.
- A small group.
- A Bible study.
- A family prayer time.
- A trusted prayer partner.

You don't need to pray alone.

God has given you a spiritual family.

Reflection

1. How comfortable are you praying with others?
 2. What concerns make group prayer feel intimidating?
 3. Who could become a prayer partner for you?
 4. How can praying together strengthen your faith?
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Weekly Challenge

- Pray with one other person this week.
 - Share one prayer request.
 - Pray for someone every day by name.
 - Thank God for your church and Christian community.
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Prayer

Father,

Thank You for placing me in Your family. Help me encourage others through prayer and give me the courage to pray with humility, faith, and love. Use our prayers to strengthen our community and draw us closer to You.

In Jesus' name,

Amen.

Memory Verse

"Devote yourselves to prayer, being watchful and thankful."

— Colossians 4:2

Module 4 Wrap-Up

Prayer is not a task to complete—it is a relationship to cultivate.

As you continue walking with Jesus, prayer will become one of the most powerful ways you experience God's presence, receive His guidance, and grow in your faith. Some prayers will be filled with joy, others with tears, and many with quiet trust. Through them all, God remains faithful, listening with love and responding with wisdom.

As your conversation with God deepens, you'll naturally want to hear His voice more clearly. One of the primary ways He speaks is through His Word.

In **Module 5**, you'll learn how to read, understand, and apply the Bible, discovering how Scripture shapes your mind, strengthens your faith, and guides your daily life.