

Prayer Exercise #8 — Feb 21-27

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If you have not heard all of the messages in this series, Teach Us to Pray, it's a good idea to catch up. Highly recommended that you listen to these messages:

- Watching Jesus Pray
- Gethsemane
- Prayers from the Cross
- Praying Through the Ups & Downs
- Kingdom Come

You can Listen or Download the MP3s from our website or you can pick up a CD in the Resource Center.
www.TheChurchofJoy.org

- **Spend some time in the morning and evening with Father.**
Include Scripture reading.

Bible Lessons:

- **Complete the three Bible Lessons for this week.**

This week's Bible Lessons contain a few of the prayers contained in Scripture. In these prayers, the Holy Spirit gives us a glimpse into important times that our forefathers had with God. These are holy insights into very personal moments.

- Pay particular attention to how these prayers relate to The Lord's Prayer.
- Remember, prayer is done in the context of our lives. Prayer is not just spiritual duty or religious activity. It is relating to our Heavenly Father in our daily tasks, needs, relationships and decisions. The believer's chief concern is to be how this all relates in bringing honor to Father's name, accomplishing Father's will and building for Father's Kingdom.

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Bible Lesson #16: Samson's Father Prays

In Judges 13, we read of the encounter between the Angel of the Lord and the soon to be parents of Samson. This interaction is in response to the Lord's promise to this family.

Read: Judges 13:1-24

Judges 13:1-7

The Angel of the Lord appears to Manoah's barren wife. He promises her a son and instructs her on what to do concerning the child. The Angel of the Lord is God appearing in a visible way to Manoah and his wife. This encounter changes their life and the nation of Israel. She immediately shares the good news with her husband.

- See any parallels with the story of Jesus' birth? _____

Judges 13:8

Write out Manoah's prayer: _____

- *This would be a wise prayer for every parent.*

How does this prayer relate to The Lord's Prayer? _____

Notice the Lord's mercy and patience as He brings the instructions two different times. Is it OK to ask for clarity and further insight?

You can read all of The Samson Story in Judges 13-16.

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Bible Lesson #17: Habakkuk's Prayer Song

Habakkuk, the Prophet, prays this prayer song to the Lord. It's a prayer of praise, thanksgiving, submission, commitment and faith.

Read: Habakkuk 3:1-19

How does this prayer relate to The Lord's Prayer? _____

Habakkuk 3:17-18

Tough times are prophesied for God's people. What are the difficulties that will be faced? (vs 17)_____

What is Habakkuk's commitment? (vs 18) _____

How is it possible to rejoice in the LORD when you are suffering? (see Romans 5:1-5)_____

Why is Habakkuk so confident while facing calamity? (vs 19)

Pray your own prayer to the LORD and allow it to be shaped by the words of Habakkuk's prayer.

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Bible Lesson #18: Hannah's Prayer

In 1 Samuel 1, we find that Hannah is childless. She is very sorrowful and tormented about being barren. She goes to the LORD in prayer. Much of what she prays is not recorded, because much of her praying is without words. Her prayer is deeply emotional, shaped by sorrow, pain, bitterness and anguish of soul. God answers her prayer and the Prophet Samuel is born.

Read: 1 Samuel 1:1-28 & 1 Samuel 2:1-11

What are some of the words used to describe how Hannah was feeling about her plight? _____

What should we learn to do with our tears and sorrows? (Psalm 126) _____

1 Samuel 2:1-11 shows how Hannah's tears were turned to praise and joy.

Note:

- At first glance, it seems that Hannah makes a deal with God and God obliges her. I don't think this is what is taking place in this passage. Nor is it healthy for us to have this mindset toward God. Rather, look at it like this. Hannah is being drawn into the will of God by the Spirit. Much of the anguish she feels is God's will and desire bearing down upon her. It is God's plan for Samuel to be born. Hannah responds to God's stirring and partners with Him in prayer and the bringing forth of one of the greatest Prophets of history. Hannah probably did not know all of this when she went to God in prayer. It is not important that we know how things will turn out. However, it is important that we learn to respond to the Spirit of God and trust the results to Him.

May we find refuge in the LORD by pouring our hearts, emotions and desires out to Him.

Read Psalm 62 (pay close attention to vs 5-8)

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