

## Armor of God Bible Study Series

### Lesson 10 – “Above All Pray”

**Lesson Summary:** Prayer is what empowers God's Armor as we put each piece on.

**Time:** With a group of about 15 4th-6th graders, this Bible study on prayer lesson took about 1 hour. Actual teaching time took about 20 minutes and we allowed 30-40 minutes for prayer stations. Some parts can be deleted if you don't have that much time.

**Preparation:** Set up four prayer stations with materials as called for in each. Bible study on prayer printables are included for you to copy.

**Focal Scriptures:** Ephesians 6:18-19a

*"With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints, **19** and pray"*

This Bible study on prayer wraps up our series on the Armor of God. Prayer is not only how we put on God's Armor, it is what empowers it! During this series of lessons we have also been focusing on prayer because that's where the battle is fought. Prayer brings what God can do. The armor is God's and on loan to us through His power...it is empowered by Him! Oh...and let's remember, we may be in the battle, but the war has already been won!

We assume everyone knows how to pray, but in our world today religion and traditions can make it seem complicated. Simply put, Christian prayer is possible because of Jesus; we can communicate - talk with God! But prayer goes way beyond communication...it encompasses communion with the One and Only God!

We speak of "prayer life" because prayer is to be a constant part of our daily lives. Think about the times that most of us do pray - at church, during our quiet times, before meals, before bed, in times of crisis. Bible study on prayer can help us to hewn our skills as a soldier of Christ.

1 Thessalonians 5:17 tells us to pray continually (NIV), without ceasing (KJV and NAS), at all times (Message).

## 5 Basics of How to Pray

The Bible is full of Scriptures on prayer commanding us to pray, and also telling us where to pray, how to pray, when to pray, who should pray, and for whom we should pray.

### 1 - Where to Pray:

Of course, we can pray anywhere & anytime, but Jesus tells us where our attitude of prayer should always be:

Matthew 6:6: *"But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."*

### 2- How to Pray

In Matthew 6:9-15 Jesus tells us how to pray when He gives us the pattern for prayer in what is now referred to as the Lord's prayer.

*"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.' For if you forgive men when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive men their sins, your Father will not forgive your sins."*

This model for a thriving prayer life consists of

- praise,
- submission to His Will,
- petition for daily needs,
- request for forgiveness and protection.

Max Lucado includes a "pocket version" in his book - Before Amen. It gives us a simple way to remember Jesus' example.

*Father,  
You are good.  
I need help. Heal me & forgive me.  
They need help.  
Thank You.  
In Jesus' name,  
Amen*

The Bible also instructs us to pray "in the Spirit". We are praying to the Father, through the Holy Spirit within us, made possible by the authority of Jesus.

Ephesians 6:18 reminds us to also pray in the Spirit - *"Pray at all times **in the Spirit** with every prayer and request, and stay alert in this with all perseverance and intercession for all the saints."*

### **3 - When to Pray**

1 Thessalonians says: *"pray continually;"*

Ephesians 6:18 says: *"And pray in the Spirit on **all** occasions with all kinds of prayers and requests. With this in mind, be alert and **always** keep on praying for all the saints."*

### **4 - Who Should Pray**

Matthew 6:6 says: *"But when you pray" ... not **if** you pray.* As believers it is the breath of our spiritual life to spend time in prayer with our Heavenly Father.

Again...in our focal verse for this Bible study on prayer - Ephesians 6:18, Paul emphasizes the importance of prayer.

### **5 - For Whom We Should Pray**

- **The saints** - Ephesians 6:18 - *"keep on praying for all the saints." (believers in Christ)*
- **Our enemies** - Matthew 5:44 - *"But I tell you: Love your enemies and pray for those who persecute you,"*
- **Everyone** including leaders - 1 Timothy 2:1-2 - *"I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone - for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness."*

## **Bible Study on Prayer" Stations**

The following creative prayer stations may be used to allow time to apply what they have learned. Students may choose different stations and rotate or these may be used as a continuation of the Bible study on prayer lesson as a group.

### **#1 How to pray:**

Doodling can actually help us stay on task as we pray. Use this [Doodle Prayer](#) page along with colored pencils or markers to help students think about the "how-to" of prayer. They will review the basic aspects of the Bible study on prayer that deal with basic parts of prayer that can be included. You may also include a [whisper phone](#) to remind them that prayer is a two-way conversation with God. When they whisper their prayers into the phone it will remind them that God is listening when they pray and He is also wanting them to listen as He speaks to their heart.

### **#2 When you Pray: Praying Through Your Daily Routine**

For this creative prayer station, have a clock with movable hands or a paper clock. Have students move the hour hands as they pretend to go through a regular day. Move the hands to when they wake up and spend a few minutes praising God for Who He is and what He has done. Move the clock hands to what time they shower or bath and take time to confess and ask God for forgiveness. The following can be written or printed out for this station as a guide.

1. When you first wake up - Praise our Creator
2. When you shower or bathe - Ask for cleansing of your soul; confess, repent & receive forgiveness
3. When you eat - Give thanks not only for the food, but for your family, home, life, etc.
4. When you go to work or school - Pray for those with whom you come into contact
5. When you go to bed - Take time to think over your day thanking God again for His presence and "presents/gifts"! Also, pray for others the Holy Spirit brings to your mind as you are still and begin to rest.

### **#3 Who should pray**

As a follower of Jesus we are to pray! Although God could do everything with out us, He chooses to include us in His work and prayer is an essential part of that. In this station for Bible study on prayer, provide a copy of the "Knots Prayer" and an 8 inch piece of yarn for each student. Leave directions for them to pray the prayer realizing who they are in Christ and to tie a knot each time the prayer uses the word "not". Tell them to remember these "knots" they can pray when they think they are "not" enough.

### **#4 For Whom do we pray: Five Finger Prayer**

Have materials for students to trace one of their hands onto a piece of paper. Print out the following five-finger prayer and have them write names of people for each finger category and take time to prayer for them.

How to Pray the Five-Finger Prayer:

1. Your thumb is nearest to you. So begin your prayers by praying for those closest to you. They are the easiest to remember. To pray for our loved ones is, as C.S. Lewis once said, a "sweet duty".
2. The next finger is the pointing finger. Pray for those who teach, instruct and heal. This includes teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction. Keep them in your prayers.
3. The next finger is the tallest finger. It reminds us of our leaders. Pray for the president, leaders in business and industry, and administrators. These people shape our nation and guide public opinion. They need God's guidance!
4. The fourth finger is our ring finger. Surprising to many is the fact that this is our weakest finger; as any piano teacher will testify. It should remind us to pray for those who are weak, in trouble or in pain. They need your prayers day and night. You cannot pray too much for them.
5. And lastly comes our little finger; the smallest finger of all. Which is where we should place ourselves in relation to God and others. As the Bible says, "the least shall be the greatest among you." Your pinky should remind you to pray for yourself. By the time you have prayed for the other four groups, your own needs will be put into proper perspective and you will be able to pray for yourself more effectively.

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