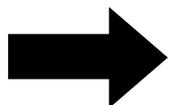


**DEVOTED: To Prayer: Prayer is the believers lifeline to God. This study guide seeks to help you develop a healthy prayer life where you can see God as a Father and go to Him in confidence.**

1. Who do you love getting a phone call from? Why?
2. This week in our DEVOTED series we looked at prayer. What did you learn about prayer from the message this week?
3. Have you ever tried to make prayer a regular habit in your life? For many, it's the lack of solitude that is the biggest hindrance in cultivating a healthy prayer life. For others, a consistent prayer life can't be found because of too many distractions. Which do you find more difficult - finding solitude, or taking away distractions? What can you do to find more solitude in your life? How can you eliminate distractions?
4. Theologian A.W. Tozer wrote, "What you believe about God, is the most important thing about you." What characteristics of God help you to approach Him with your prayers?
5. It is because of Jesus that we have access to God through prayer. **Read Hebrews 4:14-16** What attitude are we able to have when we come to God? What does these verses say we will receive from God as we approach Him?



6. **Read Romans 8:26-27.** What does the Holy Spirit do to help us when it comes to praying?
  
7. **Read Luke 11:11-13.** God is our Heavenly Father. What are some traits of good and Godly fathers? (*Think unconditional love, wanting the best for their kids, etc.*) How does seeing God as a Father help you when you go to Him in prayer?
  
8. **Read 1 Thessalonians 5:16-18.** How would embracing this kind of attitude enable you to “pray continually?” Have you ever tried to “pray continually?” What kinds of things get in the way of you keeping an attitude of prayer throughout your day?
  
9. Do you have people in your life that are praying for you daily? Who do you pray for on a daily basis? How would it help you to know someone is going to God on your behalf? How hard would it be to find someone like that?
  
10. What are you going to do tomorrow to make prayer a priority?

PRAYER TIME: Pray that the noise of distraction and fear of solitude is eliminated from your life. Ask God to help you know Him as you pray.

**UPCOMING: DEVOTED SEMINAR** coming up on Sunday, November 22 from 3-7pm. The author of the **DEVOTED** book, Arron Chambers, will be here and conducting this seminar.

## Praying the Psalms

- 1 **The Psalms teach us to pray through imitation and response.** Real prayer is always an answer to God's revelation. The Psalms are both prayer and revelations about God — the perfect ideal soil for learning prayer.
- 2 **The Psalms take us deep into our own hearts 1,000 times faster than we would ever go if left to ourselves.** Religious/moral people tend to want to deny the rawness and reality of their own feelings, especially the darkness of them. The secular world has almost made an idol of emotional self-expression. But the Psalmists neither “stuff” their feelings nor “ventilate” them. They pray them — they take them into the presence of God until they change or understand them.
- 3 **Most importantly, the Psalms force us to deal with God as he is, not as we wish he was.** “Left to ourselves, we will pray to some god who speaks what we like hearing, or to the part of God we manage to understand. But what is critical is that we speak to the God who speaks to us, and to everything he speaks to us ... the Psalms train us in that conversation” (from Eugene Peterson's Answering God).

### Suggestions

- 1 **Try to understand a Psalm before praying it.** A commentary is particularly helpful to understand the context of the Psalm. What was the Psalmist going through when he wrote this particular Psalm? The Psalms also point to Christ. Where might this psalm fit into his life? (see example below).
- 2 **Linger over a Psalm.** Is there a particular verse that is particularly relevant to your life right now? Chew on it. Read it aloud over and over, with a different emphasis on each word. Why is this word chosen or important here? What difference would this make in my life if I believed this with all my heart? If I applied this to my life? Pray for yourself and others from it.
- 3 **Use the Psalms to praise God** for different aspects of his character.

### *Psalm 131*

*My heart is not proud, O LORD,  
my eyes are not haughty;  
I do not concern myself with great matters  
or things too wonderful for me.  
But I have stilled and quieted my soul;  
like a weaned child with its mother,  
like a weaned child is my soul within me.  
O Israel, put your hope in the LORD  
both now and forevermore.*

### **Commentary #1: New Bible Commentary, 21st edition, p 575.**

In Psalm 130 the exhortation to hope arose from what is true of the Lord; in 131:3 it arises from what the psalmist has found to be personally true. He has taken a lowly place (1) his inner being (2) is at rest — like a child grown past the instinctive demands and fretfulness of infancy and now content, as a toddler, simply to be with mother. What kind of an original journey out of self-confident pride into humility and rest first prompted this beautiful psalm? We do not know, but its call to hope in the Lord links it with 130 and makes it the testimony of a sinner forgiven: humbled by the mercy of God, at peace within because at peace above.

### **Commentary #2: Notes on the Psalms, G Campbell Morgan, p 260.**

This is a brief psalm, but it very full of beauty, as it sets forth the contentment of a restless soul in the will of God. It follows the last as an advance of experience, and as a sequence. Its peculiar note is not that of a natural contentment, but of a satisfaction won in spite of all contrary tendencies. The thought of weaning is the dominant one. That for which a child craves it at last becomes content without. So the soul of the singer, which once was ambitious and restlessly attempted to walk in ways for which it was not fitted, is with him in quietness and contentment. The secret of victory over feverish ambition is divulged in the psalmist's appeal to Israel to hope in the Lord. That, interpreted in the light of the previous psalm, means that in the gracious sense of his forgiving love is the secret of a content which puts an end to all false ambition. Redemption truly apprehended, is more than forgiveness. It is restoration to the quiet peace of being in harmony with all the forces of nature, because governed by the will of God.

adapted from: [http://www.redeemer.com/learn/resources\\_by\\_topic/prayer/prayer\\_and\\_fasting/praying\\_the\\_psalms/](http://www.redeemer.com/learn/resources_by_topic/prayer/prayer_and_fasting/praying_the_psalms/)