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THE BEST SOLUTION TO MY PROBLEMS AND CONCERNS



Every human being faces worries and problems! These may involve family, our job, health, social status or our personal and spiritual life.

An ill child is on his death bed and his mother is in despair. Her husband is an alcoholic, meanwhile her children suffer from a lack of food, clothing, and are in need of a stable shelter. They long for a change.

What can we do when we have problems with our health, work, family, or personal well-being? Maybe you feel remorse for your failures or perhaps you feel frustrated, lonely, and discouraged not knowing whom you can open your heart to.

Prayer is the best remedy. It can be compared to a direct telephone call to God. Psalm 34:6.

1. How can prayer be defined?

- "Prayer is a necessity; for it is the life of the soul."

- "Prayer is the opening of the heart to God as to a friend."

- "Prayer is the key in the hand of faith to unlock heavens storehouse where are treasured the boundless resources of omnipotence." Ellen G. White, *Steps to Christ*, p. 94.

- It is a spiritual vitamin.

2. What means of communication did God provide after the fall?

Our friend Jesus wants to help us and **speaks to us though His Word**. We should study it daily. (John 15:15) (Acts 17:11). – We speak with Him through prayer. (Daniel 9:20).

WHEN, WHERE AND HOW SHOULD WE PRAY?

3. What did the disciples ask Jesus to do? Luke 11:1. _____

4. What are the different types of prayers?

a) **Public**. one person prays and the congregation listens with reverence. (This prayer should be short).

b) **Family**. every morning and every evening, the family should read the Word of God and pray.

c) **Before meals**. We should thank the Lord for the food He provides us and ask Him to bless it.

d) **In private**. Matthew 6:6. "...It is secret communion with God that sustains the soul life." Ellen G. White, *Education* p. 254.

5. When can we pray?

a) We can pray **when we are traveling or working**. We can pray in silence. (1 Corinthians 14:15).

b) **In moments of danger or need**. (Jonah 2:1).

c) Ideally we should pray three times a day (Daniel 6:10). We should **constantly be in a spirit of prayer**. (1 Thessalonians 5:17).

6. What should we avoid when we pray? Matthew 6:7, 8. _____

Pray in a concise, simple manner. The Lord's prayer is a wonderful example of what a prayer should be like.

7. Whom should we pray for?

a) **For the sick; for individuals**. (James 5:13-16).

b) **For the messengers of God and the progress of the Gospel**. (Acts 12:5; Habakkuk 3:2).

c) **For the outpouring of the Holy Spirit**. (Luke 11:13).

Model prayer: 1. Address the Father: Our Father 2. Thank Him: Thank you for...
3. Ask: for our needs, for others, for the forgiveness of sins 4. In the name of Jesus.
d) Conclude: "Amen," which means "So be it. "

FOR GOD TO LISTEN, WHAT SHOULD OUR ATTITUDE BE?

8. What are we to manifest? Matthew 6:5. Sincerity, no trace _____

9. How should we ask? James 1: 6, 7. _____

Faith is compared to a seed that must be sowed, watered and taken care of. It should be fed by the daily study of God's Word. (Romans 10:17).

10. We have to be humble. What parable shows us this? Luke 18: 9-14.

11. What is the best position for reverent prayer? Romans 14:11. _____

You can also pray standing, but always bowing your head, closing your eyes and clasping your hands.

12. What must we always have? Matthew 6:25. A _____ spirit.

This is shown in the parable of the two debtors. (Matthew 18:23-35).

13. What must we remember to say when we ask God for something? Matthew 26:39.

God knows our needs. (Romans 8:26). We should let the Lord mold us, as a potter molds clay with his hands. (Jeremiah 18:6). God can give an answer. If He does not, WAIT. He knows what is good for us.

14. Let us be persevering. Who was an example of perseverance in Luke 18:1-7?

15. What should we respect in order to be heard by God? 1 John 3: 22. (Proverbs 28: 9).

16. In whose name should we pray? Why? John 16: 23, 24. _____

Sin separated us from God. It is only through the grace of Christ that we can expect our prayers to reach God's throne.

RELIEF AND JOY IN PRAYER. PROVERBS 15:8, 9.

17. When we feel overcome by problems, whom can we call on for help? Matthew 11:28.

18. What does God urge us to do? Romans 12:11, 12. To be _____.

Let us use God's "telephone", the key in the hand of faith, the "vitamin" of the soul:

-To praise Him, to thank Him, to confess our sins to Him, to tell Him our worries, and to keep in daily, personal contact with Him.

- Cultivate the habit of praying in your family and teach your children how to pray.

- This is the only way we can live in happiness and in peace, feeling certain that our most difficult problems will be dealt with and that He sustains us.

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My decision: I want to pray every day, for prayer is the life of the soul and the means of communication with God. Yes No
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