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Who, What, When, Where, Why, How of the Christian Experience

LESSON # 25

CHRISTIANS BELIEVE IN PRAYER (Part 3)



OBJECTIVE: Building off of Chuck Smith's "Effective Prayer Life" this lesson explores various types and forms of prayer, providing insights into their definitions, biblical foundations, and practical implications for believers. The chapter begins by acknowledging the diversity of prayers and aims to help readers better understand prayer. It emphasizes that prayer is essentially a dialogue with God, involving both speaking to God and listening for His voice.

The lesson highlights that intercession involves coming between parties or acting as a mediator on behalf of others. It draws from biblical references in I Timothy 2:1 and Ephesians 6:18, and emphasizes the role of believers in representing God to others through prayer.

Petition is defined as asking for something. The chapter explores the concept of asking God for specific needs and desires, referring to passages like I John 5:14 and Philippians 4:6. It is noted as the



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There are many different kinds of prayer. We'll try and define some of them so we can understand prayer better. There are also a variety of forms for praying. Basically it is simply talking to God and listening for His voice.

I. INTERCESSION

A. Biblical background

1. I Timothy 2:1
2. Ephesians 6:18

B. Definition: To come between parties or act as mediator or advocate

C. We represent God to others having been with Him.

II. PETITION

A. Definition: To ask

B. I John 5:14

C. Philippians 4:6

D. Most common type of prayer



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III. IN SPIRIT

- A. I Corinthians 14:14
- B. Not men but rather to God's understanding (14:2)
- C. Personal edification (14:4)
- D. Romans 8:26-27 valuable resource

IV. PRAYING DIRECTLY FOR AND WITH OTHERS

In this kind of prayer we pray FOR other people. Other kinds of prayer do have a place

- a. Praise
- b. Intercession
- c. Petition - asking God for our own healing.

(V) FASTING/SOLITUDE

A. Fasting

- 1. Definition



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a. Not to be motivated by vanity or the desire for power

b. Demonstrates total dependence upon God for substance

2. Biblical references to fasting

a. Luke 4:2

b. Daniel 10:3

c. Esther 4:16 and Acts 9:9

d. Deut. 9:9 and I Kings 19:8

e. Lev. 23:27

f. Joel 2:15, II Chron. 20:1-4 and Ezra 8:21-23

g. Zac. 8:19 and Luke 18:12

3. The purpose of fasting

a. Matthew 6:16-18

b. Fasting reveals the things that control versus helping with the transformation process. Anger, bitterness, jealousy, strife, fear, etc.

c. I Cor. 6:12

d. Other values of fasting are increased effectiveness in intercessory prayer, guidance in decisions, increased concentration, revelations, etc. God rewards those who diligently see Him.

4. The practice of fasting



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- a. Start out slow, try a fruit fast or partial fast by skipping lunch, then on to a normal fast.
 - b. Drink plenty of water during fast
 - c. Don't be worried about your false hunger pains
 - d. Please don't just rush out into a prolonged fast, start small with one
- 5) Fast never changes God's mind, only yours.

B. Solitude

- 1. Definition
 - a. Settle yourself in solitude
- 2. Christ's example
 - a. Matthew 4:1-11
 - b. Luke 6:12
 - c. Matthew 14:13
 - d. Matthew 14:23
 - e. Mark 1:35
 - f. Mark 6:31



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- g. Luke 5:16
- h. Matthew 26:36-46
- i. We could keep going. Do you think Jesus held a high priority on the value of solitude?

3. The purpose of solitude

- a. James 3:1-12
- b. Solitude is intimately related to trust
- c. Solitude is also intimately related to compassion

3. Developing the discipline of solitude

- a. Take advantage of "little solitudes" daily
- b. Find a place in or around your house and make it your quiet place
- c. Discipline yourself so your words are few not full
- d. Three or four times a year you may want to spend a few hours in silence developing inner solitude
- e. You will feel a renewed sensitivity and compassing for others

Pray quietly this week. Try fasting a meal and pray for unsaved friends, family and co-workers.

