

# Champions/Women of Destiny

## LESSON 12



# The Ingredients of Prayer

**Read: Ephesians 1:15-23; 3:14-21**

*God, I've been going to Church for the past two months faithfully. Now, when are you going to answer my prayers?*

*Lord, I know we will make a great couple. He so fine and you told me you will give me the desires of my heart!*

*God, if you get me out of this mess I promise you I will be committed in my faith.*

*Please, God, don't let her be pregnant. If she's not pregnant I won't have sex with her anymore.*

*God, hook me up. I thought I was your boy. Everybody is rolling hard and I shouldn't be on the bus.*

*God, how can you be blessing her like that when she has not been as faithful as I am. That just doesn't seem fair.*

*Lord, please let my mom live. I won't ask you for anything else but please let my mom live.*

*God, help me to not give in to my flesh today. I want to represent you today in all that I do. Fill me with your Spirit so that I can obey you today and be a blessing to others.*



Aren't you glad that God doesn't meet our needs on the basis of how well we communicate them in prayer? Have you ever prayed in general terms for a need when you should have prayed specifically? Of course, all of us pray improperly from time to time. Many of us are guilty of needless repetition in our prayers. Most of us have prayed selfishly for things we would like, too. But even when we don't pray the way we should, God knows our specific needs and what's best for us.

## THE INGREDIENTS OF PRAYER

A good way to keep from being selfish in our praying is to focus our prayers on others. God delights in our spirit of love and concern for others. In this final lesson for 1<sup>st</sup> Year CWOD, we will look at the Apostle Paul's prayers.

In Acts 20:17-38 Paul illustrated his love and concern for the people in the port town of Miletus. While saying goodbye to several Ephesian friends, Paul prayed and encouraged them to live godly lives for the Lord.

Paul's prayers contain important ingredients of praying according to God's will. Although some of his prayer requests may be different than ours, Paul realized the value of praying for his daily physical and spiritual needs. He also knew how to pray for specific needs. Carefully read Paul's two prayers. Then study his specific requests (listed below), and you'll begin to understand how your prayer requests can be similar to his.

Paul's First Prayer	Ephesians 1:15-23
<p><b>Paul prayed other Christians would have:</b></p> <ol style="list-style-type: none"> <li><i>1. The spirit of wisdom and revelation in the knowledge of God (v.17)</i></li> <li><i>2. The hope of His calling (v.18)</i></li> <li><i>3. The riches of the glory of God's inheritance in the saints (v.18)</i></li> <li><i>4. The exceeding greatness of God's power to those who believe (v.19)</i></li> </ol>	<p><b>You can pray your Christian friends will have:</b></p> <ol style="list-style-type: none"> <li><i>1. Understanding of what God is like and what He has done for them.</i></li> <li><i>2. Assurance of salvation and of spending eternity with Christ.</i></li> <li><i>3. Confidence that they're special to God and valuable to Him.</i></li> <li><i>4. The strength God gives to overcome temptation and serve Him.</i></li> </ol>

Paul's Second Prayer	Ephesians 3:14-21
<p><b>Paul also prayed:</b></p> <ol style="list-style-type: none"> <li><i>1. Christians should be strengthened with might by God's Spirit in them (v.16)</i></li> <li><i>2. Christ may dwell in your hearts by faith (v.17)</i></li> <li><i>3. Christians might know the love of Christ, which passes all knowledge (v.18)</i></li> <li><i>4. Christians might be filled with all the fullness of God (v.19)</i></li> </ol>	<p><b>You can pray that:</b></p> <ol style="list-style-type: none"> <li><i>1. The Holy Spirit would strengthen us to glorify God in all we do.</i></li> <li><i>2. Christ would feel at home in our lives as we trust Him more and live for Him.</i></li> <li><i>3. We may understand the depth of God's love toward us.</i></li> <li><i>4. We would experience the greatness of God and be more devoted to Him daily.</i></li> </ol>

Paul knew just as well as we do that God doesn't give us everything we ask for in prayer. That's because many of our desires are selfish. (Remember the "Living Out this Lesson" in Lesson

11?) But God knows what's best for us and promises to meet those needs (Phil. 4:19). We need to learn, therefore, how to pray according to God's will. As we study and meditate on God's Word, His will becomes clearer. We are better able, then, to pray according to His will, and the Holy Spirit intercedes for us according to God's will (Romans 8:26-27).



Paul's prayers for strength to meet his daily physical and spiritual needs were effective because they were prayed according to God's **will** (*A few lessons back we talked about the meaning of God's will*), and Paul was able to pray in God's will because of his commitment to knowing God better.

You see, Paul desired to know Christ, and the power of His resurrection, and the fellowship of His sufferings... (Phil.3:10). The fact that he was willing to **sacrifice** anything to improve his relationship with Jesus Christ is reflected in his words: ***"I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things."*** –Phil. 3:8

Don't get lost in the complexity of scriptures wording. The idea is that Paul said his life was **only worth living if it is lived for Jesus** – that's it, that's all!

**How much are you committed to knowing God?** *Boyfriends, girlfriends, sports, video games, music, cars, TV, jobs, and other interests* are not necessarily wrong in themselves. But we can be so attracted to these things that they become **obstacles or idols**, causing us to **stumble** in our relationship with God (**some of you can say Amen!**).

Listen, the summer is coming and school is about to end. **Are you trying to know God better? Are you willing to sacrifice any of these or other interests if they interfere with your relationship with God?** We're calling you out!

**Identify** those areas of your life that may keep you from knowing God wholeheartedly. **Determine** in your heart that you won't allow them to take God's place in your life (Daniel 1:8a). If they already have, **confess** them to God. He **will forgive** you and **bring you back** into fellowship with Himself (1 John 1:9).

**It has been good studying with you. We hope you & your mentor have benefitted.**

**If you are interested in the second year of CWOD, please let your mentor know. We will send out information to the Mentors about how to register again.**

**We will get started the end of September getting more real and deeper in the Word.**

# Living Out This Lesson

Take a moment and consider how you pray. Do you pray generally for those who are sick or specifically for the doctors to have wisdom as they operate on the person you're praying for? Analyze the topics below. List a specific prayer request beside each topic.

Family

---

Friends

---

Leisure

---

Church

---

School

---

World

---

Job

---

Country

---

Personal

---

Ministry or Neighborhood

---

Use this sheet as your own and set aside time each day to pray for these requests. When God answers them, check them off and add a new request.

**Now watch this Supplemental Video about your lesson:**

[https://www.youtube.com/watch?v=6\\_C36nGhvt4](https://www.youtube.com/watch?v=6_C36nGhvt4)

# Champion/Women of Destiny

## Lesson 12 Quiz



Click here if you are taking your quiz online, then send the email you receive to your mentor to grade and discuss: <https://forms.gle/gpk14BaDTcPHuGjn7>

Student name \_\_\_\_\_

1. How would you rate your prayer life from 1 to 5 (1 being low)?
2. Fill in the blanks. "Paul realized the value of praying for his daily \_\_\_\_\_ and \_\_\_\_\_ needs. He also knew how to pray for \_\_\_\_\_ needs.
3. What verse specifically mentioned in the lesson tells us God supplies all of our needs? Write it here then find it in your Bible and read it to your mentor.
4. Multiple Choice. According to the lesson, why was Paul able to pray in God's will?  
(A) He said his prayers over and over again.  
(B) He recited memorized prayers.  
(C) He was committed to knowing God.  
(D) He read the book, How To Be a Millionaire: Unlocking the Secrets of Prayer.
5. True/False. Prayer isn't important because God will meet our needs anyhow – no matter how we pray. (Explain your answer)
6. What is a good way to keep from being selfish in your prayers?  
(a) Memorize your prayers  
(b) Focus your prayers on others.  
(c) Kneel every time you pray.  
(d) Spend a long time in prayer.
7. True/False. The Apostle Paul showed concern for others in his prayer at the port town of Miletus.
8. List at least two important qualities of Paul's prayers.
  - 
  -
9. True/False. Paul prayed that his fellow believers would "eat no meat on the Sabbath."
10. True/False. Praying "for all those who are sick" is an example of praying specifically.