

The Prayer Room

Intro Qs:

- What is prayer?
- Where do you pray and why?

How should we pray?

Read Matthew 6:5-13

- We should pray with doors closed, not to “show-off” in front of others.
- Our Father is in a secret place. What does this mean?
 - It means you can't find Him when you have distractions around you, noise or even distracting thoughts. He is in a secret place you need to go to.
- Our prayer should not be vain repetitions. Your prayer should be what you want to tell God, your troubles, your grief, your joy, your thankfulness. Pray for things YOU want God to help you with, not the standard prayer that everyone else does just because it sounds good.
- Pray in fear of the Lord.
- Why do we say the Our Father's prayer every time we pray? What makes it so special?
 - Recognises that God is our Father in heaven.
 - Your kingdom come = praying for the second coming. We want to go to heaven asap! 😊
 - Honouring His authority and praying for God's will “Your will be done on Earth as it is in heaven”
 - Daily bread = represents what is necessary for survival. Is it just food **or is it also Jesus Christ?**
 - Give us THIS day. Not tomorrow or in 10 years time. Just today. Because “Do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble”
 - Only give us what is necessary for survival and no more. It is wrong to constantly be unsatisfied with what you have and to chase after materialistic things.
 - God will forgive us if we forgive others.
 - Do not lead us into temptation = praying to God to keep sin away from us.
 - Honouring God's authority once again. “For yours is the kingdom, and the power and the glory forever Amen” – Similar to Thoktateegom?
- Theodore of Mopsuestia
 - *This is the reason why our Lord also, who was man by sight and by nature, and who put in practice this mode of life and good works, showed great zeal for prayer; and because He was busy in day-time with teaching the things that were necessary, He devoted the hours of His night to the work of prayer. He used to go to lonely places in order **to teach that it is necessary for the one who prays to be free from every care, so that he might extend the sight of his soul towards God and contemplate Him, and not be drawn to any other thing.** He chose His times and places so that He might attract us and save us from all the disquietude by which the soul is disturbed and agitated, and sometimes involuntarily distracted from the subject it has in mind.*

Why is prayer important to our Spiritual life?

- Prayer is not only about asking God for things or thanking Him. We pray to God because we need to know Him. He is our purpose in life, our main aim, our goal. We HAVE to know Him and talk to Him.
- Prayer allows us to reflect on ourselves, it reminds us of who God is. It allows us to think about our struggles, our temptations and our sins. It allows us to reflect on who we are as Christians and as people, which will help us advance in our spiritual life.

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- Prayer allows us to repent and say sorry. Repentance is crucial for confession and the forgiveness of our sins. We confess to God but also discuss with Him our temptations and our difficulties.
- Prayer allows us to show our appreciation to God and tell Him how much we need Him and how much we rely on Him. Allows us to thank Him.
- Prayer opens up our hearts and minds to God. If done correctly, it allows us to feel His presence because we've opened up a channel for conversation. It's hard to get answers when you're not talking to Him.

When should we pray?

- Every day
- The Agpia provides us with a guide to prayer that we can also follow. It helps you pray and will advance your prayer so that you benefit even more out of it.
- The most important thing is to do it frequently, not when we feel like it and not when we're "not tired", or going through trouble or too busy. Prayer should be that one thing you never stop doing no matter what. Because it's always going to come back to God and He is our number 1 goal. We need Him more than anything.
- Theodore of Mopsuestia
 - *As we are pleased at all times to meet, and to deal and converse with, a person whom we love most, and as we do not care to meet or to speak to people whom we do not love, so those who possess God in their mind and are very anxious to do the things that please Him want to make use of frequent prayers, because they believe that they work and converse with Him when they pray. **He, therefore, who despises Divine things and cares for other things is not anxious to pray.** This is the reason why the blessed Paul orders us to **pray always so that by the frequency of prayer we should implant in us the love of God and the zeal for the things that please Him.***

Design your own prayer area within your own room or another room in *your* house.

Get them to design their prayer area in relation to their current bedroom. And then present it to the class, explaining their design. Will need paper and pens.