Metro Men’s World Ministry

## Sabbath School Notes: January 12-18

Discipleship and Prayer

Prayer is….

Opening of the heart to God. See SC 93

Key in the hand of faith. SC 94

Breath of the soul. GW 254

Life of the soul. ED 258

1. **Have a regular place to pray.**

MB 84

SC 98

**Closet Prayer:** “But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.” Matthew 6:6

**Secret Prayer**: If we prayed more in secret, we should be able to pray more intelligently in public. GW 425

**Morning Prayer:** “My voice shalt thou hear in the morning, O LORD; in the morning will I direct *my prayer* unto thee, and will look up.” Psalm 5:3

**Morning Prayer:** “And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.” Mark 1:35

**Evening Prayer:** “And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.” Matthew 14:2

**Anytime Prayer:** “And it came to pass, as he was alone praying, his disciples were with him: and he asked them, saying, Whom say the people that I am?” Luke 9:18

**Public Prayer:** The prayers offered in public should be short and to the point. God does not require us to make the season of worship tedious by lengthy petitions. . . .A few minutes is long enough for any ordinary public petition.--Gospel Workers, p. 175. (1915) {Ev 146.2}

**Public Prayer**: Learn to pray short, and right to the point, asking for just what you need. Learn to pray aloud where only God can hear you. Do not offer make-believe prayers, but earnest, feeling petitions, expressing the hunger of the soul for the Bread of Life. If we prayed more in secret, we should be able to pray more intelligently in public. These doubtful, hesitating prayers would cease. And when engaged with our brethren in public worship, we could add to the interest of the meeting; for we should bring with us some of the atmosphere of heaven, and our worship would be a reality, and not a mere form. Those about us can soon tell whether we are in the habit of praying or not. If the soul is not drawn out in prayer in the closet, and while engaged in the business of the day, the lack will be manifest in the prayer-meeting. The public prayers will be dry and formal, consisting of repetitions and customary phrases, and they will bring darkness rather than light into the meeting. {GW92 425.3}

1. **Have a regular time to pray.**

Daniel prayers three times per day: “Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.” Daniel 6:10

“Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.” Psalm 55:17

“You should have regular hours for rising, for praying, and for eating.” 5T 181

“Ministers should devote time to reading, to study, to meditation and prayer. They should store the mind with useful knowledge, committing to memory portions of Scripture, tracing out the fulfillment of the prophecies, and learning the lessons which Christ gave to His disciples. Take a book with you to read when traveling on the cars or waiting in the depot. Employ every spare moment in doing something. In this way an effectual door will be closed against a thousand temptations.” 4T 412

“During the struggle at Augsburg, Luther did not pass a day without devoting three hours at least to prayer, and they were hours selected from those the most favorable to study.” GC 210

1. **Take time to persevere in prayer**

Wait upon the Lord: “But they that wait upon the LORD shall renew [their] strength; they shall mount up with wings as eagles; they shall run, and not be weary; [and] they shall walk, and not faint.” Isaiah 40:31

Be still: “Be still, and know that I [am] God: I will be exalted among the heathen, I will be exalted in the earth.” Psalm 46:10

“Many, even in their seasons of devotion, fail of receiving the blessing of real communion with God. They are in too great haste. With hurried steps they press through the circle of Christ's loving presence, pausing perhaps a moment within the sacred precincts, but not waiting for counsel. They have no time to remain with the divine Teacher. With their burdens they return to their work. These workers can never attain the highest success until they learn the secret of strength. They must give themselves time to think, to pray, to wait upon God for a renewal of physical, mental, and spiritual power. They need the uplifting influence of His Spirit. Receiving this, they will be quickened by fresh life. The wearied frame and tired brain will be refreshed, the burdened heart will be lightened.” ED 260

1. **Seek a submissive heart for prayer**

Everyone must now search the Bible for himself upon his knees before God, with the humble, teachable heart of a child, if he would know what the Lord requires of him. 5T 214

The prayer that does not succeed in modulating our wishes, in changing our passionate desire into complete surrender, is not true prayer. Pray till prayer makes you forget your own wishes and leaves or merges it with God’s will.

God has given us prayer, not as a means to obtain the good things of earth, but as a means whereby we learn to do without them; not as a means to escape evil, but as a means whereby we become strong to meet it.

1. **Be reverent in prayer.**

**‘**O come, let us worship and bow down: let us kneel before the LORD our maker.” Psalm 95:6

If the mind wanders, bring it back. MYP 115

1. **Combine prayer with the study of God’s Word, Faith, and Gratitude**

**Faith and Thanksgiving:** “My soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee with joyful lips:” Psalm 63:5

**Psalm of praise**: “A Psalm of praise. Make a joyful noise unto the LORD, all ye lands. Serve the LORD with gladness: come before his presence with singing. Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.” Psalm 100

**Believe:** “Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.” Mark 11:24

**Believe:** “But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.”James 1:6

**Believe:** “Jesus answered and said unto them, Verily I say unto you, If ye have faith, and doubt not, ye shall not only do this *which is done* to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea; it shall be done. And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.” Matthew 21:21, 22

**Prayer and Faith:** Prayer and faith are closely allied, and they need to be studied together. In the prayer of faith there is a divine science; it is a science that everyone who would make his lifework a success must understand. Christ says, "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them." Mark 11:24. He makes it plain that our asking must be according to God's will; we must ask for the things that He has promised, and whatever we receive must be used in doing His will. The conditions met, the promise is unequivocal. Ed 257

**Gratitude:** “By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of [our] lips giving thanks to his name.” Hebrews 13:15

**Prayer and Study:** We should study the Scriptures, even upon our knees, with earnestness and sincerity. The love of Jesus in the heart will create a love for the searching of his word. {RH, February 16, 1892 par. 18}

**Prayer and Study:** We want to come with our Bibles on our knees before God and ask for wisdom from God to comprehend the treasures of truth. --Ms 11, 1893, p. 3. ("Search the Scriptures," March 28, 1893.) {8MR 279.4}

1. **Pray aloud to God.**

“Learn to pray aloud where only God can hear you. . . . Daniel. . . did not pray in his heart, but with his voice, aloud, with his window open.” OHC 130, 357, See Daniel 6:10

“Cultivate the habit of talking with God.” MH 51- 511

Learn to pray aloud where only God can hear you. GW 425

1. **Expression deepens impression.**

“It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance. While words express thoughts, it is also true that thoughts follow words. If we would give more expression to our faith, . . . . we should have more faith and greater joy.” MH 251-252

“As you confess before men and women your confidence in the Lord, additional strength is imparted to you. Determine to praise Him. With firm determination comes increased will power; and soon you will find that you cannot help praising Him.” 3 SDABC 1143

Our words react upon us. DA 323

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