



Prayer Gives My Life Balance*

By Kay Meyer

“Can you pray for my son and his family? He stopped attending church when he went away to college. Today he has two young sons, but they never attend church.”

“My daughter was raised in the LCMS, but recently became a member of a cult. It breaks my heart to know she is involved with this group that believes Jesus is just a man and you cannot pray to him. Can you help?”

Opening prayer: Pray silently for this study and for someone you know who needs prayer.

Begin with P.R.A.Y.er

The most frequent issue that people contact our ministry about is a young adult who has stopped attending church or has gotten involved in a non-Christian religion. When they ask for help, I encourage them to begin with prayer.

One way to pray is to use the acronym P.R.A.Y. P stands for Praise. Praise God for who He is and what He has done for us. R stands for Remember. Remember you are a sinner and need a Savior, and what Jesus Christ has done for you. He suffered and died for your sins and was raised to life on the third day. A is for Ask. Ask for anything you need. Y is for Yield. Yield to God’s will.

There is really no specific way that we have to pray. Stephen’s was short and quick: “Lord, Jesus, receive my spirit” (Acts 7:59–60).

Prayer Keeps Life in Balance

Read and discuss Bible verses about praising the Lord:

Exodus 15:2 _____

Psalms 66:8–9 _____

Matthew 11:25 _____

Luke 19:37–38 _____

Compare these verses with those above:

1 Chronicles 16:8–9 _____

1 Corinthians 11:24 _____

Philippians 4:6–8 _____

1 Thessalonians 5:16–18 _____

What do praise and thanksgiving have to do with prayer? What is the difference between praise and thanksgiving? _____

How does prayer keep your life in balance? _____

God answers prayer with “yes,” “no,” and “wait.” Describe a time when God answered your prayer with “no” or “wait.” Why is that more difficult for us to accept? _____

Share with your small group a time when the Lord answered “yes.” _____

Format and Frequency

Jeff’s aunt and her friends had prayed for Jeff for over twenty years when he came to faith in Christ. It was only after he became a Christian that he learned about his aunt’s prayers. She is now with the Lord, but Jeff knows God worked through her prayers for his salvation. He is thankful that she cared enough to pray for him and his family.

The Bible shares three formats for prayer. One is small group prayer, which Jeff’s aunt used, although I’m sure she also prayed individually and asked her congregation to keep her sister and family in prayer. Another type of prayer is praying individually or privately. A third is praying corporately with the church.

*BALANCE BIBLE STUDY Christ Filled Living, Chapter Two, by Kay Meyer, #LWML20441

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Prayer Bible study continued

Identify the frequency and/or format in the following verses:

Matthew 6:6–7 _____

Matthew 18:19–20 _____

Acts 12:5,11–16 _____

Luke 22:44 _____

2 Corinthians 12:8 _____

Colossians 1:9–10 _____

Ephesians 6:18 _____

Matthew 7:7–8 _____

How would you describe earnest prayer? _____

What's the difference between asking, seeking, and knocking on God's door in prayer? _____

Why should we be specific in our prayer requests? _____

What happened when the church prayed? _____

Was this a miracle? Can God still perform miracles today? _____

Prayer keeps life in balance, so pray for your loved ones and friends who have either fallen away from the faith or who are not Christians. And ask other Christians to pray for them too.

Optional prayer: Consider how you might pray for one person you know who is unchurched, unsaved, or who has stopped attending church. Write down the name and remember him or her in prayer for the next two weeks.

Closing Prayer: Lord Jesus, thank You for listening to my prayers and giving me direction and guidance every day. Thank You for suffering for my sins and giving me eternal life as a free gift. Help me grow in my prayer life and always trust You. In Your name. Amen.

Closing Hymn: Sing or say together "I Am Trusting Thee, Lord Jesus" (*LSB* #729; *LW* #408; *TLH* #428).