

BUT WHEN YOU PRAY, GO INTO YOUR ROOM, CLOSE THE DOOR AND
PRAY TO YOUR FATHER, WHO IS UNSEEN. THEN YOUR FATHER, WHO
SEES WHAT IS DONE IN SECRET, WILL REWARD YOU.
MATTHEW 6:6 (NIV)

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DEVELOPING
A LIFESTYLE
OF PRAYER

STUDY GUIDE

TAYLOR CHAPMAN

Prayer

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Prayer: Developing a Lifestyle of Prayer Study Guide

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DEVELOPING
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Seven Chapters | Fundamental Basics for Your Journey with Christ | A Lifestyle of Prayer

INTRODUCTION

This *Prayer Study Guide* coordinates with the book *Prayer: Developing a Lifestyle of Prayer*, which was written to show you the fundamental basics of prayer and to encourage you to grow in your journey with Christ through establishing a lifestyle of prayer.

We will discuss many different attributes of the lifestyle of prayer and answer questions like:

- “Why should I pray?”
- “How often should I pray?”
- “Is there a right or wrong way to pray?”
- “How can I grow closer to God through prayer?”

My ultimate goal is to inspire you to be a person of prayer.

We are going to dive into this challenge together, chapter by chapter.

- We are going to READ the chapter and then answer some thought-provoking questions,
- Go over a Bible verse and your task is to MEMORIZE it, and
- Then, complete the LIFE APPLICATION section.

Prayer is simply you talking to God and giving Him the opportunity to speak back. Prayer is a two-way conversation in which sometimes you speak, and other times you wait for an answer. Through prayer, you can access heaven in your life.

Prayer will change your life! I know . . .

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CHAPTER ONE | WHY SHOULD I PRAY?



READ | CHAPTER 1

Find the four reasons why you should pray, and summarize your thoughts below.

1. Prayer is one way you have to access heaven.

Summarize concept...

2. Prayer allows you to know God more intimately.

Summarize concept...

3. Prayer gives you the ability to have access to a better understanding of situations.

Summarize concept...

4. Prayer gives you the heart of Jesus.

Summarize concept...

5. What are the missing words that show how prayer is important for a Christian lifestyle?

- a. Prayer _____ God's _____ so that He is able to work on your behalf.
- b. Prayer _____ the channels of God's _____.
- c. Prayer is how God _____ the things He wants to see happen in your _____.

Thought...

To be a Christian without prayer is no more possible than to be alive without breathing.

– Martin Luther King, Jr.



MEMORIZE | JAMES 5:16

Look it up, write it down, and then memorize the verse.

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CHAPTER TWO | HOW DO I PRAY?



READ | CHAPTER 2

Find the six aspects that will set up your prayer life for success, and summarize your thoughts.

1. Set a specific time to pray.

Summarize concept...

2. Find your inner room.

Summarize concept...

3. Develop a prayer journal and use it.

Summarize concept...

4. Come prepared.

Summarize concept...

5. Pray consistently.

Summarize concept...

6. Trust God.

Summarize concept...

Thought...

Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depth of our hearts.

– Mother Teresa

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CHAPTER THREE | WHAT DO I PRAY?



READ | CHAPTER 3

Fill in the blanks for the six guidelines for “what” to pray as you connect with God.

1. Confession of Personal Sin

- a. Ask God to _____ your _____ and _____.
- b. Carefully _____ your speech.
- c. Ask God to thoroughly _____ your relationships.
- d. Confess any sins of omission and make a _____ commitment to obey His voice.
- e. Resolve to fully _____ of any known sins of _____, word, or deed.
- f. Forgive _____.
- g. Confession of the _____ of Jesus.

2. Personal Prayer List

- a. Top Priorities (write three):

- b. Prayer List (write three specific requests):

- c. Bible Proclamation (write Galatians 5:22-23 as an example):

3. Bible Meditation

Think about the following verse and summarize what it means to you: "In Christ I am a new creation; old things have passed away and all things have become new." 2 Corinthians 5:17

4. Specific Prayers

Name one "Lost and Backslidden" person to pray for: _____

Name one "Pastors and/or Leader" to pray for: _____

5. Praise and Thanksgiving

Name a song that praises God:

Thought...

Any prayer too small to be turned into a prayer is too small to be made into a burden.

– Corrie ten Boom



MEMORIZE | PHILIPPIANS 4:6–7

Look it up, write it down, and then memorize the verses.

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CHAPTER FOUR | THE PURPOSE OF PRAYER



READ | CHAPTER 4

Prayer is what allows you to have access to God through the following four purposes. Read the chapter and fill in the blanks. Confirm that your responses are accurate by reviewing the pages.

1. Prayer is an Act of Dedication

- You are giving the _____ and _____ of every _____ to God.
- Releasing your will to God is an act of showing your _____ to Him.
- When you are a person of prayer it does not matter what you are going through, you have the _____ and _____ that you are not going through it alone.
- If you are not a person of prayer, you have cut your _____ to heaven.

2. Prayer is an Act of Communication

- Prayer is this _____ between you and God.
- As your relationship with God grows, that two-way _____ will be more available.
- Prayer, in reality, is your _____; a direct line to _____ to help meet your need at the time of prayer.
- You have the _____ at any time to pray and have communication with your Creator and the Creator of the universe.

3. Prayer is an Act of Supplication

[Supplication: the action of asking or begging for something earnestly or humbly.]

- Supplication is trusting God to bring what is _____ to take care of you and your needs.
- Do not be _____ about anything, but in everything, by prayer and petition, with thanksgiving, present your _____ to God. And the _____ of God, which transcends all understanding, will guard your _____ and your _____ in Christ Jesus. (Philippians 4:6–7)

4. Prayer is an Act of Cooperation

- a. When you _____ with God in _____ and align yourself with what the Bible teaches, you position yourself to be _____ by God.
- b. You position yourself to be a _____ toward others.
- c. You position yourself to _____ in the favor of God.

Thought...

The function of prayer is not to influence God, but rather to change the nature of the one who prays.

– *Søren Kierkegaard*



MEMORIZE | PSALM 37:4

Look it up, write it down, and then memorize the verse.

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CHAPTER FIVE | A LIFESTYLE OF PRAYER



READ | CHAPTER 5

Prayer gives you the peace and strength to get through the hard times and allows you to put your focus on God. Glance back at Chapter Two | How Do I Pray? to review the following six aspects that will set up your prayer life for success.

1. Set a specific time to pray.
2. Find your inner room.
3. Develop a prayer journal and use it.
4. Come prepared.
5. Pray consistently.
6. Trust God.

PEOPLE WHO HAVE A LIFESTYLE OF PRAYER ARE INTENTIONAL ABOUT THEIR PRAYING. PRAYING EVERY DAY WILL CHANGE YOU. IT WILL CREATE A DESIRE IN YOU THAT WANTS TO PRAY MORE.

1. Explain the Law of Consistency, as described in John C. Maxwell's book *The 15 Invaluable Laws of Leadership*. If you have a personal experience with applying this law, also record it on the following lines.

2. How can your everyday life and the decisions you make be compared to heavy doors and hinges? Reread the illustration in the book and then summarize your thoughts below.

3. Summarize the author's supernatural experience with prayer.

4. If you have had a supernatural experience with prayer, describe it on the following lines.

5. Prayer without ceasing.

- a. Everywhere you go, you can be aware the _____ of God is there.
- b. If you are aware of the Holy Spirit's move, you are praying _____.
- c. Having a lifestyle of prayer will require a _____.
- d. A lifestyle of prayer requires a lifestyle of _____.

Thought...

We have to pray with our eyes on God, not on the difficulties.

– Oswald Chambers



MEMORIZE | MATTHEW 7:7-8

Look it up, write it down, and then memorize the verse.



Personal Prayer List

Write down a list of personal things you want to pray for.

PEOPLE WHO HAVE A LIFESTYLE OF PRAYER ARE INTENTIONAL ABOUT THEIR PRAYING. PRAYING EVERY DAY WILL CHANGE YOU. IT WILL CREATE A DESIRE IN YOU THAT WANTS TO PRAY MORE.

TOP PRIORITIES: (pick three to five)

Priority	Description of Prayer Need	Initial Date	Follow-Up Results

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CHAPTER SIX | PRAYER THAT GETS RESULTS



READ | CHAPTER 6

The following five conditions will help you get the prayer results you desire.

1. You must have an honest relationship with God.
 - a. Do I or have I _____ to confess what I have done wrong?
 - b. Am I presently _____ any of God's principles?
 - c. Do I really _____ God's will for my life?

2. You must have a forgiving attitude toward people.
 - a. Nothing kills prayer faster than _____.
 - b. When you hold a grudge or have bitterness in your heart toward people, you are living against what the _____ teaches.

3. You must be willing to share the blessings of God.
 - a. Oftentimes God will _____ you to be a _____ to others.
 - b. God is not interested in _____ your _____, but rather He is interested in _____ through you.

4. You must believe God answers when you pray.
 - a. Faith is believing God will do it, not He might or should, but _____ He will.
 - b. No matter what you are going through, your faith can _____ and be _____.

5. You must pray in Jesus' name.
 - a. The name of Jesus is like your _____.
 - b. Ask on His _____, in His name, and His account, with all its _____, is available to you.

6. Do you have a specific testimonial about a prayer that got results? If so, summarize below.

7. Is there anything in your lifestyle hindering your sensitivity to the Spirit of God?

Thought...

When I pray for another person, I am praying for God to open my eyes so that I can see that person as God does, and then enter into the stream of love that God already directs toward that person.

– Philip Yancey



MEMORIZE | I JOHN 5:14

Look it up, write it down, and then memorize the verse.



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3. Verse by Verse.

Verse-by-verse studies can teach the history, the meaning, and application to people today.

4. God's Promises

Research His promises. Google "God's Promises" and you'll be amazed at the entries. Write at least five of them on the following lines. Summarize the promise and list the reference. Think about writing promises on small cards to create a year's supply of promises.

Thoughts...

Whatever need or trouble you are in, there is always something to help you in your Bible.
and...

Heaven is full of answers to prayers for which no one ever bothered to ask.

– *Billy Graham*



MEMORIZE | JOHN 15:7

Look it up, write it down, and then memorize the verse.



Personal Prayer List

Write down a list of personal things you want to pray for.

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ABOUT THE AUTHOR

Taylor Chapman holds a Bachelor of Science degree from Oral Roberts University in Pastoral Christian Ministries and a Master of Theology from Louisiana Baptist University.

He has served in the local church training and equipping people to become leaders in the Body of Christ. With a call from God to teach people about the “deeper” things of God, he continually strives to bridge the gap between man and God.

Taylor is married to his partner in ministry, Adrienne. Today they minister together, teaching people how to have strength in their faith, business and personal life. Together, Taylor and Adrienne have two children, Abigail and Matthew.

If you would like to contact the author.

For request to visit, to purchase materials in bulk or needing prayer, please feel free to contact us.

Email: info@taylorchapman.org

Website: www.TaylorChapman.org

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