



# Does Prayer Change Anything?

## ***What kinds of prayers do you pray?***

Do you seek to change yourself or influence God? Do you pray for yourself or for others? Do you compliment and honor God with prayers of adoration or thanksgiving? Try to vary your prayers for a week, sometimes praying for yourself, sometimes praying for others, sometimes just adoring God. Do you notice a difference?

## ***Some Prayers in the Bible***

Numbers 11:1–2 Moses asks God to end the fires

Numbers 21:6–9 Moses petitions God for a cure for snakebites

1 Samuel 1:3–20 Hannah prays for a son

2 Samuel 7:18–29 David asks God's blessing

Psalms 106:19–23 Moses deflects God's wrath

Jonah 3:6–10 The people of Nineveh repent

Matthew 6:9–14 The Lord's Prayer

Mark 14:32–42 Jesus pours his heart out to God

Luke 1:44–56 Mary honors God

## **PRAYER**

Prayer is powerful stuff. When we pray, things change. Sometimes we change, becoming more aware of ourselves, the world around us, or God's influence on our lives. Sometimes when we pray, God hears us and acts. There are different elements of prayer. Some prayers have many of these elements, some just one.

A: **Adoration.** We express our love for God.

C: **Confession.** We confess our sin and ask for forgiveness.

T: **Thanksgiving.** We thank God for the many blessings we have.

S: **Supplication.** We ask God to do something specifically for us.

I: **Intercession.** We ask God to act in another person's life.

**Write one of your favorite prayers.**