



### Scriptures

- **Proverbs 20:27**

<sup>27</sup> The spirit of man is the candle of God,

- **Psalm 35:10**

<sup>10</sup> All my bones will say, "LORD, who is like You,

- **Genesis 4:25-26**

<sup>25</sup> Adam had relations with his wife again; and she gave birth to a son, and named him Seth, for, *she said*, "God has appointed me another offspring in place of Abel, for Cain killed him." <sup>26</sup> To Seth, to him also a son was born; and he called his name Enosh. Then *men* began to call upon the name of the LORD.

- **Psalm 51:1-2**

<sup>1</sup>Be gracious to me, O God, according to Your loving-kindness;  
According to the greatness of Your compassion blot out my transgressions.

<sup>2</sup>Wash me thoroughly from my iniquity  
and cleanse me from my sin.

### Other Scriptures

- Matthew 7:7
- I John 5:14
- James 4:8
- I Cor. 1:21
- Psalm 42:7
- John 15:9; 17:3
- Acts 13:22
- I Samuel 13:14
- Rev. 22:16; 3:7; 19:7-9
- I Kings 3:5-14
- Psalm 23:6
- Exodus 33:18-23
- Hebrews 4:16

### Main Points

- Studying the prayers of Biblical heroes teaches us how to pray Biblically.



- The Hebrew word for prayer is “*tefilah*”.
  - Putting oneself in a proper alignment or posture before a holy God; Walking with Him in such a way that He can bless us.
  - Orthodox Jews at the Western Wall often sway when praying, which represents the flame of a candle and is based on scripture. (Prov. 20:27)
  - This is an attempt to be in a proper posture, signifying that the Spirit is alive.
- The first mention of prayer in the Bible is found in Genesis chapter 4.
- We want to pray prayers that move God’s heart. We can go deeper in our prayer and our walk with God will deepen.
- There are some prayers that move the heart of God more than others.
  - David was considered a man after God’s own heart—God deeply loved him.
  - Solomon was rewarded for asking for the greater things of life—not just riches.
- We can ask God for His grace and favor on our lives!
- God has a good will towards you!
- God’s disposition toward us is good!
- If we want to have freedom in our prayer life, we have to be confident in who God is.
- Our prayer life is a confession of who we believe God is. Our walk will not rise above our confession.
- Every letter that Paul wrote began with “Grace to you.” and “Peace to you.”
- God’s anger for your sin has already been taken out on His son Jesus. Now you can be confident in God’s love for you!
- There is often a block in our lives from believing that God really loves us.
  - Confidence in the love of God for us is the source of satisfaction in life.
  - Relationship with God begins with the confidence of God’s love for you.
- God loves you specifically and uniquely. He died to marry you.
- Wash me *thoroughly* from my iniquity and cleanse me from my sin.

### Discussion Questions

1. Is experiencing a deeper walk with God a hunger in your life? If not, what is standing in the way of this? Is it something you can talk with God about? That is the first step in seeking the life with God that is available to you. Dip into the pool of His love for you! Confess your fears, anxieties, and perhaps even lack of emotion to Him. Allow Him to peel away any callouses of life and touch you as never before. Write a line or two about it here.
2. Specifically pray and ask God for His grace and favor in your life, accepting that He is looking at you with favor and good will. Does this change you in any way? Thank Him that He has already poured out His anger for your sin on Jesus, and that you walk freely.
3. What things block you from believing that God really loves you? Begin to pray Psalm 51: 1-2 to God for your own life each day. Live knowing that you are loved deeply by Him.