LORD
TEACH ME TO
PRAY
WORKBOOK

PRACTICING
A POWERFUL
PATTERN OF
PRAYER

KAY
ARTHUR

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About the Author

In the late 1960s, a missionary couple suffered medical problems and returned home to Chattanooga. Little did they know that God had a greater field of ministry than Mexico for them. Jack Arthur became station manager for a Christian radio station, and Kay Arthur started a Bible study for teenagers in their living room. By 1970, youth were meeting in a barn they had cleaned out and patched up themselves.

Soon adults were coming, too. It became obvious that an expanded ministry center was needed. That’s when Jack left his radio career and became President and leader of this flourishing new organization. Today, Precept Ministries International (www.precept.org) reaches around the world into 149 countries with studies in 69 languages ministering to children, teens, and adults.

Through the many ministries of Precept—including their daily radio and television program “Precepts for Life,” Kay Arthur has touched millions of lives. A well-known conference speaker and author of more than 100 books and Bible studies, she has a unique ability to reach people in an exciting, effective way—teaching them how to discover truth for themselves so truth changes their lives and equips them to be used to advance God’s kingdom.

Her authority comes from the Word of God, which she continues to study zealously; her compassion stems from a life that has been touched by deep tragedy as well as great triumph; and her practicality springs from an openness of character.

Amy Summers, a frequent contributor to adult Bible study and discipleship resources, wrote the leader guide. Amy lives with her family in Arden, North Carolina.
About This Study

This workbook study grows out of a fresh update of Kay’s popular book *Lord, Teach Me to Pray in 28 Days* (Harvest House). You will treasure getting to know Kay but, more importantly, developing or strengthening your relationship with our Heavenly Father through prayer and Bible study.

If you’re uncertain how to pray or wish you could “do better,” that’s OK! You’re in this study to learn how to pray, and you will! Thankfully, Jesus gave His disciples the perfect pattern for prayer, which we know as the Lord’s Prayer. Always drawing from His Word, Kay provides intensely practical insights to help you know how to pray, what to pray, and what to expect when you do pray.

You can do this study on your own, but you will benefit from the prayers and support of a small group that is committed to this monthlong journey together. Each group session offers a time to build relationships, discuss the home study just completed, view video teaching from Kay, make personal application, and engage in prayer as a group. Just as you will benefit from the group’s support, so can you help someone else develop a prayer life that is vital and powerful.

Each week, between sessions, you have the opportunity to unpack Bible truths through home study. Five days of readings and a “Weekender” feature will help you keep prayer as a daily discipline. Try to make it a priority to do all of the personal learning activities, which are designed to help you to make application to your life and be better able to study the Bible for yourself.

The more time you can commit, the more you will benefit. If possible, try to do home study at the same time and place as part of your daily quiet time. As you do, you will find your prayer life becoming more consistent, effective, and powerful as you communicate with and hear from Him in faith.

Features in your workbook include:

- An overview and goals for each week’s home study
- Five days of home study for each week, with Bible teaching, personal learning activities, and an “It’s Time to Pray” closure
- A “Weekender” feature that gives you two activities and an opportunity to journal what you have experienced other days
- Video listening guides to help you take notes on Kay’s video teachings (pp. 8-9, 34-35, 62-63, 90-91, and 114-115).

Each of the five group sessions is designed for approximately 1½ hours but can be adapted to meet the needs of your small group. Sessions may be held in either a church or a home setting. Be sensitive to using this study as an opportunity for outreach.

If you will be facilitating this study, you will find leader helps in the back of this book (pp. 116-125), as well as in the leader kit (available separately, ISBN 1-4158-3212-9).
Introduction | Before You Begin

Are you hurting, beloved? Is the pain running deep? And when I call you *beloved*, do you wonder if you really are loved by anyone, even God? Or maybe right now it’s not pain you are facing but doubt, confusion, or stress. Perhaps you’re so pressured, so burdened, and so weighed down that you wonder how you are going to make it.

The news is bad,

the situation difficult,

the crisis overwhelming,

the insecurity debilitating,

the decision-making process scary.

In any given day you can find yourself concerned about any or all of the following: yourself, your husband (having one, not having one), children (wishing, wanting, having, wishing you didn’t), your friends, your finances. The future. The past. The present.

What are you going to do?

How are you going to make it?

Where are you going to turn?

Your answer is found in the Word of God and in prayer, in casting all your cares on Him because He cares for you. That is what this study is all about, beloved: learning to pray God’s way, according to His Word. It is about learning how to talk to God about anything and everything. Or to put it in words that resonate with our spirit, prayer is about communion with God.

I am so excited about what we are going to learn and the incredible difference it will make in your life and in your relationship with the sovereign ruler of the universe. In just four short weeks we are going to learn God’s basic precepts on prayer—principles that will give you a biblical understanding of prayer.

Well over a half million people have done the study *Lord, Teach Me to Pray in 28 Days* because it works. Likewise, what you learn in this study, dear child of God, will be yours to put into practice for a lifetime, just as Jesus intended when He taught His own disciples how to pray.
Day 2 | His Mosaic of Exquisite Design

As you titled each index sentence in the Lord’s Prayer did you wonder, “But where is intercession on behalf of others? I did not see it in the Lord’s Prayer, and surely God wants us to pray for others!”

You are so right. I asked our Father the same question, and He showed me where it was. I got so excited! Maybe you’ve already seen it, but in case you haven’t, let me show you how to find it. It’s the rich fruit of observation.

Read through the Lord’s Prayer again.

• Mark every singular personal pronoun: I, me, my, mine.
• Mark the plural personal pronouns: we, our, us.
• From memory write the general topic of each sentence beneath each index sentence. It will be good review.

“Pray, then, in this way:
‘Our Father who is in heaven, Hallowed be Your name.

_________________________________________________________

Your kingdom come.

_________________________________________________________

Your will be done, On earth as it is in heaven.

_________________________________________________________

Give us this day our daily bread.

_________________________________________________________

And forgive us our debts, as we also have forgiven our debtors.

_________________________________________________________

And do not lead us into temptation, but deliver us from evil.

_________________________________________________________
For Yours is the kingdom and the power and the glory forever. Amen’” (Matt. 6:9-13).

What singular personal pronouns did you circle or color?

List the plural personal pronouns you circled or colored.

What does this tell you about intercession?

The “us,” “our,” and “we” all let us know that prayer is not just about me. It includes others. When you pray “this way,” the way Jesus taught us to pray, you are praying for yourself as well as for the body of Jesus Christ and the lost who have yet to hear and respond to the Great Shepherd (see John 10).

Therefore, each index sentence is meant to stimulate not only petition for yourself but also intercession for the body of Jesus Christ. We can appear before the throne of God on behalf of others. What a calling! What a ministry!

Even as I write this I have asked my husband, one of my sons, and my daughter-in-love (law), our staff, and our leaders to pray for me and this work God has called me to do. I feel so unworthy and inadequate as I realize I have so much to learn about the practice of prayer.

One of the delights of archaeologists is uncovering ancient mosaics, the handy work of artisans of the past. That’s what I want us to do today, beloved—only the mosaic of intercession that we will uncover together will be one of exquisite design laid out by the master of artisans, God Himself. And wonder of wonders, you will find yourself there, right in His mosaic!

The first precious stone of truth is uncovered when we discover that the word “prayed” in Genesis 20:17 can also be translated intercede. It is the Hebrew word palal, which means “to intervene, interpose, pray.” At least a dozen Hebrew words exist for pray and prayer. However, the most common word for prayer clearly is tikkîlû and the related verb, palal. Both the verb and the noun most frequently refer to intercessory prayer.

The first appearance of this word in Genesis 20:1-17 is in the context of one man, Abraham, interceding before God on behalf of Abimelech, a man who unknowingly took Abraham’s wife, Sarah, to his tent, not realizing she was Abraham’s wife. The result of Abraham’s intercession was healing for Abimelech and Abimelech’s wife whom God had struck with barrenness.
Read the story sometime as there is much more to it, but for now I simply want you to see that the components connected with the first use of *plal* are sin, intercession, and healing. Healing because of the intercession!

The second precious stone is in Exodus, where God instructed Aaron and his sons as to what they were to wear when they appeared in God’s presence.

Read Exodus 28:1-6,9-12,15-22,29-30 in your Bible. As you read, look at these drawings from the *New Inductive Study Bible* so you have a visual aid of what is being described.

Draw a red heart over every reference to heart. I do this in my Bible because the heart is so important to God and is so often referred to. I don’t want to miss what God wants me to know.

Stop and think about the why of it all. What is the picture God gave to the priests and the people? Can you see any parallel to intercession? Where?

Did you know that Isaiah 53 is one the clearest Old Testament prophecies about the Messiah, the Christ? Look at what Isaiah told us prophetically about Jesus in Isaiah 53:12. Note what He did and for whom He intercedes. Write it out, of course.
Let’s uncover more. Read Isaiah 59:15-16. Note the situation and then what astonishes the Lord.

Did the situation sound similar to today? To our culture? What was needed?

What did He bring and how?

Let’s move to the New Testament and behold the beauty of our Father’s mosaic of intercession. The New Testament word for intercession is huperentugchán. It is quite a word, isn’t it? It comes from two words: from hupér which means “for or on behalf of” and entugchán, which means “to turn to, appeal, to intercede for or in the behalf of someone, to plead for someone.”

Look at what God tells us about Jesus Christ. Read Hebrews 4:14 and write what this verse tells you about Him.

As priests served under the Law, the Old Covenant, so we have a great high priest under the New Covenant—our Lord Jesus Christ. He is the priest who can sympathize with our weaknesses yet who is without sin (see Heb. 2:14-18; 4:15), One who has appeared in the presence of God for us (9:24). Hallelujah!

What is His ministry? Write Hebrews 7:25 below. It’s beautiful.
Are you asking, “Is this where I fit in?” Yes, beloved, because Jesus continuously intercedes for you before the Father. But there is even more!

**Read Revelation 1:5-6 in your Bible. What do you see in these verses that places you in this beautiful mosaic of intercession?**

_______________________________________________________________

_______________________________________________________________

_______________________________________________________________

**Now add Revelation 5:9-10 to your reading on intercession. From where did those who have been made a kingdom and priests to our God come?**

_______________________________________________________________

_______________________________________________________________

_______________________________________________________________

How do you think they came to this status? Do you think it had to do with the intercessory prayers of another child of God, another priest of God who took their calling seriously and interceded for your salvation? Who, and I am speaking figuratively now, interceded for you when you, like Abimelech, needed healing?

Beloved, do you see your high calling? Your ministry is to intercede in prayer for others who, though they are in a variety of situations, all need the touch of God in their lives. We’ll see this as we continue looking at what Jesus taught about prayer.

As I share all this do you want to say, “But, Kay, sometimes I feel so inadequate, so filled with my weaknesses that I don’t know how to pray. Sometimes all I can do is groan”? Could the groaning be the Spirit of God within you?

**Read Romans 8:26-27. Put a cloud around every reference to the Spirit and underline every reference to “our,” “we,” and “us.” Put a triangle over every reference to God. Watch the pronouns carefully, and match them with the right noun.**

26 “In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words;

27 and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to the will of God.”
Faithful one, list what you learn about each one whom you marked. Let me get you started.

<table>
<thead>
<tr>
<th>Us</th>
<th>The Spirit</th>
<th>God</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. we are weak</td>
<td>1. helps our weakness</td>
<td>1.</td>
</tr>
</tbody>
</table>

Awesome, isn’t it! Jesus Christ intercedes from heaven for you. The Holy Spirit intercedes in you. You in turn, as a priest unto God, have the privilege of praying for and interceding for others—the lost and the saved.

You can do kingdom work all around the world on your knees in your closet alone or gathered with the congregation of fellow believers, members of the church, the body of Jesus Christ of which He is the head.

Can you really comprehend all that God does with your prayers, precious one? Do you realize how important they are to Him? To His kingdom?

**IT’S TIME TO PRAY**

Why don’t you sit quietly before the Lord and ask Him to lay a specific person on your heart and mind. Ask God how to pray for this person, to lead you in prayer on her behalf.

If you don’t know where to begin, try “walking” her through prayer by using the pattern of the Lord’s Prayer. Begin by either thanking God for ________________’s salvation or by praying for it so ________________ can truly pray, “Our Father.”

Next pray that she would hallow His name, give Him her total allegiance, and so forth. Have a blessed time interceding, dear one.