



Week #1: Help!

- The way you _____ God _____ the way you _____ to God.
- One word we can pray first and always: _____.

*The Lord hears his people when they call to him for help.
He rescues them from all their troubles.*

Psalm 34:17 (NLT)

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people.

1 Timothy 2:1 (NIV)

As Jesus approached Jericho, a blind man was sitting by the roadside begging. When he heard the crowd going by, he asked what was happening. They told him, “Jesus of Nazareth is passing by.”

He called out, “Jesus, Son of David, have mercy on me!”

Those who led the way rebuked him and told him to be quiet, but he shouted all the more, “Son of David, have mercy on me!”

Jesus stopped and ordered the man to be brought to him. When he came near, Jesus asked him, “What do you want me to do for you?”

“Lord, I want to see,” he replied.

Jesus said to him, “Receive your sight; your faith has healed you.” Immediately he received his sight and followed Jesus, praising God. When all the people saw it, they also praised God.

Luke 18:35–43 (NIV)

Prayers of Petition:

- Praying _____ for the _____ in _____ life.
- “_____ me _____ with _____...”

“My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine.”

Matthew 26:39b (NLT)

Prayers of Intercession:

- Praying for the _____ of _____.
- “_____ _____ with _____...”

Carry each other's burdens, and in this way you will fulfill the law of Christ. If anyone thinks they are something when they are not, they deceive themselves.

Galatians 6:2–3 (NIV)

Discussion questions:

1. What is one way you need God's help in your life right now?
2. What would it look like to pray a prayer of petition this week?
3. What would it look like to pray prayers of intercession this week?
4. Is it easier to pray for others or to ask others to pray for you in this season? How do you want to grow in these areas?

Recommended resources:

[Help, Thanks, Wow: The Three Essential Prayers](#), by Anne Lamott
[Prayer: Experiencing Awe and Intimacy with God](#), by Timothy Keller
[How to Pray: A Simple Guide for Normal People](#), by Pete Greig

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- One word we can pray first and always: Help.

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Prayers of Petition:

- Praying specifically for the needs in your life.
- “Help me specifically with this...”

“My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine.”

Matthew 26:39b (NLT)

Prayers of Intercession:

- Praying for the needs of others.
- “Help them with this...”

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