

# THE LANGUAGE OF WORSHIP IS PRAYER

YEAR: TRANSFORM / FOCUS: I AM GROWING  
SERIES: GOD IS WORTHY - I AM A WORSHIPER

## BIG TRUTH: THE LANGUAGE OF WORSHIP IS PRAYER

*Daniel 2:17-23; Ephesians 1:16-17; Matthew 6; Romans 11:36*

## BIBLE VERSE: 1 THESSALONIANS 5:17

*"Pray without ceasing."*

## BIG IDEAS

- Prayer is like breathing for God's children.
- Prayer is intentionally choosing to align our hearts and thoughts with God.
- Prayer is the overflow of dependence upon God.

## BIBLE PASSAGE: NEHEMIAH 1:4-11

## TRANSFORM - I AM GROWING

The Transform Year is an exploration of what it means to become a "new creation" in Jesus. (2 Corinthians 5:17) In order for this to happen, we must first find our identity in Him. Many of us live in a consistent state of identity crises. We wrestle with questions like who am I, where do I belong, why do I exist? The answer to these questions is found in Jesus. Our prayer for this semester is that like the Apostle Paul we would be able to say, "I have been crucified with Christ, it is no longer I who live, but Christ who lives in me." (Galatians 2:20).

## SERIES AIMS



### Every student should know that...

- God is worthy, He alone deserves our worship and glory.
- Our worship never stops, it only changes directions.



### Every student should feel...

- Wonder and awe for the God who is worthy.
- Overwhelmed by God's gift of the Holy Spirit and His family to help you worship rightly.



### Every student should strive to...

- Start using the ACTS model of daily prayer.
- Sacrificially surrender something in worship to God.
- Use the workouts with your small group as a means to point one another to worship.



### Every student should ask God to...

- Give you a hunger for right worship.
- Give you a desire to be sacrificial in your worship.
- Give you a love for your church family.

## GUIDES AND WORKOUTS

The Guide provides a commentary page on each week's Bible verse and on each Big Idea that unpacks the Big Truth. Each week also includes a Student Workout as a resource to help the student pursue spiritual disciplines on their own. Additionally, each week has a Family Workout that helps equip parents and guardians to have spiritual conversations with their student.



Property of Tri-Cities Baptist Church  
171 Promise Land Dr. Gray, TN 37615

THE LANGUAGE OF WORSHIP  
IS PRAYER**BIBLE VERSE: 1 THESSALONIANS 5:17***"Pray without ceasing."***Praying without ceasing is a mental attitude.***"Pray without ceasing."*

- Throughout Scripture, we find the command to pray continuously. The act of praying without ceasing involves our mental attitudes. In order to pray without ceasing, we have to take our thoughts captive, submit them to God, and discipline ourselves to turn to God first before anyone or anything else.
- When Paul writes to the church at Thessalonica, he tells them to pray without ceasing. He doesn't mean that all a Christian does is kneel in prayer, or even speak, mentally, or audibly, organized prayers with beginnings and endings. He means that our minds are tuned to God and He is always the center of our thoughts.

**Praying without ceasing is fellowship with God.***"Pray without ceasing."*

- When we pray without ceasing, we reveal that we have a relationship with God. To have a mindset of prayerfulness means we are actively pursuing God. Because prayer is the way we communicate with God, our relationship with Him matters. When our fellowship with God is unhindered by our confessed sin, our prayer life can be continuous.
- Praying without ceasing shows that we do fellowship with God. When we pray without ceasing, we commune with God all throughout our day. We interact with Him intimately and we seek Him continually.

**Praying without ceasing is an awareness of God's presence.***"Pray without ceasing."*

- When we pray continuously, we reveal an awareness of God's presence. God does not change, which means He does not move away from us. If we ever feel distant from God, it is not because God has changed or distanced Himself from us. When we pray without ceasing, we live knowing that God is always near us.
- Being aware of God's presence means that we are pursuing God and desire to live in His presence. It also means that we are aware that He is our only true hope and helper. When we pray without ceasing, we turn to God first for all situations and concerns we might have.

THE LANGUAGE OF WORSHIP  
IS PRAYER**BIG IDEA #1: PRAYER IS LIKE BREATHING FOR GOD'S CHILDREN.<sup>1</sup>****[ THIS ]**

Prayer is a form of worship. Prayer is the way we communicate with God. Our prayers should communicate the awe and wonder we feel toward God. It is by prayer that we grow in our relationship with God. Prayer is vital to a growing relationship with God and it should be something we do always. Prayer should be like breathing to us because it is that connected to our relationship with God. It is necessary to our personal walk because without prayer, we are not communicating with God. Prayer is a way for us to sit before God, sharing our hearts with Him as an act of worship.

**[ THEREFORE ]**

**How can you grow in your prayer life or continue to pursue a healthier prayer life?**

James 5:13 tells us that we should pray no matter our circumstances. James writes that when we are happy, we should pray praises to God. Proverbs 15:8 shows us that God is pleased by the righteous man's prayer. God desires that we pray and when we do, we worship Him. We can grow in our prayer life when we pray no matter our circumstances and pray in every season of life. This helps us establish the discipline of praying.

**[ THIS ]**

In Nehemiah 1:4-11, we see an important truth revealed about prayer and God's people. When Nehemiah learns of the fate of the church in Jerusalem, his first response is prayer. Nehemiah modeled a life in which prayer is a continuous action. Prayer was as natural and common to Nehemiah as breathing. When prayer is like breathing, we are connected to God and revealing a life of worship because we are trusting in Him for everything. When we turn to God first in prayer, we are showing that our relationship with Him is necessary and vital to our very lives.

**[ THEREFORE ]**

**Read 1 Thessalonians 5:17. Would you consider prayer to be a vital part of your life? Why or why not?**

1 Chronicles 16:11 tells us to seek the face of God always and to look to Him for our strength. Matthew 26:41 speaks to the necessity of prayer in overcoming temptation and not falling into sin. Ephesians 6:18 tells us just how often we should pray and for what. Prayer is vital to the believer because without it, we cannot communicate with God. Prayer is vital because it helps us overcome temptation and keeps us from sinning against God.

**What does praying without ceasing reveal about your faith?**

1 John 5:14 tells us that we have a confidence in God and that He will answer our prayers when we have trust and faith in Him. When we ask according to His will this reveals that faith and trust are present in our hearts. Matthew 7:7 continues this idea of trusting God's will and purposes and; therefore, seeking Him in prayer because we are seeking His will.

1. Nehemiah 1:4: Nehemiah's first response was prayer. Prayer is like breathing to God's children.

THE LANGUAGE OF WORSHIP  
IS PRAYER**BIG IDEA #2: PRAYER IS INTENTIONALLY CHOOSING TO ALIGN OUR HEARTS AND THOUGHTS WITH GOD.<sup>2</sup>****[ THIS ]**

When we pray continuously, we are choosing to align our hearts with God. We will not pray without ceasing without being changed. As Nehemiah prayed in Nehemiah 1:6-7, he confessed his sin and acknowledges the ways God's people have acted corruptly toward God. In order to pray without ceasing and to worship God through our prayers, we must confess our sin and repent. God is faithful to forgive us and our relationship with Him grows. Nehemiah modeled a heart that seeks to be in right standing with God, not just someone who goes to God whenever he or she has a problem or concern. Nehemiah sought God continually. He chose to intentionally be in right standing with God and to have his heart changed to be like God.

**[ THEREFORE ]**

**Read Nehemiah 1:6-7. What benefit in your relationship with God have you experienced from faithful confession and repentance?**

James 5:16 shows us that prayer involves our confession and repentance. James also ties our confession and repentance to the effectiveness of our prayers, not that God answering our prayers hinges on us, but our prayers are effective when we are in a right relationship with Him. Psalm 66:18 shows us that confession and repentance are necessary for the effectiveness and fruitfulness of our prayers.

**[ THIS ]**

Nehemiah also modeled aligning his heart and thoughts with God's. In Nehemiah 1:8-9, he recalls God's Word and seeks to align his own heart with God's commands. When we seek to align our hearts and thoughts with God's, we will worship Him. Our prayers will be in line with God's Word and His will. When we pray, we are intentionally choosing to set aside our own desires and purposes for God's. We are choosing to align our lives with God's will and His plan. We are also seeking to be transformed by Him.

**[ THEREFORE ]**

**How have you been intentional in aligning your heart to God's?**

James 4:3 tells us that it is possible to pray with the wrong motive. When we pray with the purpose of aligning to God's will, our prayers are effective. Matthew 6:7 shows us that we should not pray with empty, meaningless phrases, but instead, we should intentionally pray to hear from God and to align with Him.

**What hinders you from praying intentionally to align your heart with God's?**

Romans 8:26-27 teaches us that the Holy Spirit serves as our helper when we do not know what to pray. Often, we will not know what to pray and when we intentionally seek God, His Spirit will guide us. Matthew 6:5 shows us that our intentionality in aligning with God's heart can be hindered when our focus is on how others are viewing our prayers. We must pray with the right motive and heart for God.

2. Nehemiah 1:6-7: Nehemiah prayed to God on God's terms, not his own.

THE LANGUAGE OF WORSHIP  
IS PRAYER**BIG IDEA #3: PRAYER IS THE OVERFLOW OF DEPENDENCE UPON GOD.<sup>3</sup>****[ THIS ]**

When we pray without ceasing, we reveal a dependence upon God. Nehemiah modeled this type of dependence in Nehemiah 1:10-11 when he petitions God to help His people. Nehemiah depended upon God for everything. When we look to God for all things, we pray without ceasing! Because prayer is the way we talk to God, when we face any situation or circumstance, we talk to God about it. Praying without ceasing reveals a heart that is totally dependent upon God for all things. In our human relationships, we talk regularly to those people on whom we depend and feel connected. It is even more so true of our relationship with God. When we are so connected to Him and dependent upon Him, we will seek Him always.

**[ THEREFORE ]****How does your prayer life reveal a dependence upon God?**

Jeremiah 17:5-8 teaches us that trusting in God yields lasting fruit. Those who trust in God are like trees planted by water. When we trust God, we pray to Him regularly. He is the fountain from which we draw our trust and hope. John 15:4-5 teaches us that we should abide daily in Christ. When we abide daily in Him, we will depend upon Him and our prayer life will be continuous.

**How does a lack of prayer reveal a lack of dependence?**

John 6:63 shows us that our flesh gives us no help. When we are seeking the world and what it has to offer, we reveal that we do not depend upon God. A lack of prayer reveals we are not communing with God, because we are ignoring our need for Him and are trusting in our own abilities. Philippians 4:6 reveals that we can fail to pray when we hold onto our anxieties and cares instead of giving them to God and trusting Him with them.

**[ THIS ]**

We rely upon the people we trust and depend on. The same is true of our relationship with God. When we rely upon Him and trust Him, we depend on Him. The more we know Him, the more we trust Him. Nehemiah modeled this type of trust in God. Because his first response when he learned of trouble was to pray to God, he revealed that he trusted God to take care of the situation. When we depend on God, we will turn to Him always. He will become the first person we seek when trouble hits our lives. He will be the person we seek when we need advice or have concerns about others. Our prayer life will be robust and we will pray throughout the day as we commune with Him daily.

**[ THEREFORE ]****What hinders you from a total dependence on God?**

Isaiah 26:4 teaches us that God is dependable. He can be trusted always and with everything. When we do not believe that God is trustworthy, we will not depend on Him. Philippians 4:19 tells us that God will supply every need we have. Often we do not trust God to supply our needs, or we mistake wants for needs and see God as untrustworthy. 2 Corinthians 10:5 shows us that there is a battle in our hearts and minds to believe God and when we take our thoughts captive to Him, we can win this battle and totally depend on Him.

3. Nehemiah 1:10-11: Nehemiah turned to God for help. He depended entirely upon God.