



## Outward Prayer

Week 4 – Prayer – 3/22/2026

### Outward Prayer – Bringing requests to God

In the Bible there are several different words used to describe praying.

supplication: prayer that involves earnest and humble requests to God

- petition: making a request to God
- intercession: prayer on behalf of another

Praying for ourselves and others

**Lord's Prayer** — “*Lord, teach us to pray*”

Matthew 6:9–13 and Luke 11:2–4

adoration *[space to write]*

confession *[space to write]*

supplication *[space to write]*

### Biblical examples of Supplication — both personal and intercession

Healing and Health	James 5:14-16; 3 John 1:2; Jeremiah 17:14
Provision and Needs	Matthew 6:11; Matthew 7:7-11; Philippians 4:19; Psalm 145:15-16
Mercy	Hebrews 4:16; Psalm 30:10; Psalm 51:1; Psalm 57:1; Psalm 123:3
Wisdom and Discernment	James 1:5; Ephesians 1:17; Colossians 1:9
Peace in anxiety	Philippians 4:6-7; 1 Peter 5:7; John 14:27
Strength and endurance	Ephesians 3:16; Colossians 1:11; Isaiah 40:31
Protection from evil	Matthew 6:13; 2 Thessalonians 3:3; Psalm 91:1-2
To spread the gospel	Colossians 4:3; 2 Thessalonians 3:1; Matthew 9:38
Government and authorities	1 Timothy 2:1-2; Romans 13:1; Proverbs 21:1
Boldness in sharing	Acts 4:29; Ephesians 6:19-20
Unity	John 17:20-21; Romans 15:5-6
Enemies	Matthew 5:44; Luke 6:27-28

## Pauline Prayers

Paul had a way of praying that is different than many prayers you hear today.

Passage	Knowledge	Affection	Conduct	Glory of God
Colossians 1:9-12				
Ephesians 3:14-19				
2 Thessalonians 1:11-12				
Romans 15:5-6				
Ephesians 1:15-19				
Philippians 1:9-11				

In these prayers Paul often moved from

— knowledge —: knowledge of God, his character and attributes  
Colossians 1:9-10; John 17:3

— identity —: who we are in Christ  
2 Corinthians 5:17; 1 Peter 2:9

— transformation —: change, both inward and outward  
Romans 12:2; 2 Corinthians 3:18

— doxology —: expression of praise to God  
1 Timothy 1:7; Jude 1:24-25; Ephesians 3:20-21

## John 17 — The High Priestly Prayer

Jesus prayed for:

himself *[space to write]*

his close friends *[space to write]*

future believers *[space to write]*

How Jesus modeled prayer

When (circumstances) *[space to write]*

Where *[space to write]*

What he prayed *[space to write]*

### Practical Tips — how to pray more often

Pair with daily events (meal, exercise,  
commute, when sending email)  
Pick a location (closet, at red lights)  
Have a posture (kneel, bow, raise hands)  
Set recurring reminders or alarms  
Set a timer  
Add it to your calendar  
Join a group prayer meeting  
Have a list or cards of who to pray for

Sticky notes  
Pray as you read missionary newsletters  
Keep a prayer journal  
Adapt the Lord's Prayer  
ACTS: Adoration, Confession,  
Thanksgiving, Supplication  
Pray scripture (Psalms, Pauline prayers)  
Pray topically based on daily reading

Resources -

What are some **benefits** of outward prayer?

### **Growth Project**

- Try something new from the handout. Commit for one week.
- Share how it went during next class.