

# Airplane Mode Study Guide

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## Series Overview

Using the Lord’s Prayer as an example, we will encourage one another to create a sacred space to go deep with God (*Mat 6:1-13*).

## Using This Guide

You may choose to use this guide:

- for personal study and reflection
- as a discussion guide with any group of people interested in prayer

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*based on Grace Church sermon series*

# 1-Finding Time and Space for Prayer

## Icebreaker: Reflect on a Quote

As a group, discuss your reaction to the following quote.

*If you pray to seek God's face, you'll know His hand,  
but if you're looking for His hand, you may miss His face.*  
--Daniel Henderson

## Questions for Study or Discussion

- In what way do our motivations affect our prayers (**Mat 6:5-6**)? Make a list of unworthy and worthy motivations for prayer.

| Unworthy Motivations | Worthy Motivations |
|----------------------|--------------------|
|                      |                    |

- What can we do to put ourselves in a position to hear from God (**Luke 5:16**)? Make a list of places where you can be alone with God.
- In what way could fasting from media or food clear a space for prayer and hearing God (**Jas 4:8**)?

## Dig a Little Deeper: Withdraw to Pray

Consider the following passages:

- **Luke 5:16**, Jesus prayed when He went into the wilderness to be alone.
- **Luke 6:12**, Jesus prayed all night before He chose the 12.
- **Luke 9:28-29**, Jesus climbed the mountain to pray when the Transfiguration occurred.
- **Luke 11:1**, Just before He gave His disciples a lesson on how to pray, He had been praying Himself.

### Application Exercise

Each day, this coming week, TAP into prayer:

|   |          |  |
|---|----------|--|
| T | Time     | Pick a time to pray when you are at your best, not overly tired or distracted. |
| A | Attitude | Approach prayer with an attitude of reverence and eagerness.                   |
| P | Place    | Find a place that is free from distractions.                                   |

## 2-Acknowledging God in Prayer

### Icebreaker: Because He is God

Make a list of things you do or don't do because God is God and you are not. (*Think about how you spend your time, how you make decisions, what you say, how you use your money, and how you treat others.*)

### Questions for Study or Discussion

- How does Jesus begin His model prayer ([Mat 6:9-10](#))? Based on His example, make a list of ways to begin a prayer.
  
- What can you do to adjust your heart to serve God rather than your flesh ([Josh 24:23](#) and [Psa 119:36](#))?
  
- Discuss the postures you have had while praying. Which of the following have you experienced?
  - Bowing down and kneeling ([Dan 6:10](#) and [Luke 22:41](#))
  - Falling on your face ([Mat 26:39](#))
  - Standing ([Mark 11:25](#))
  - Other?

What is more important than the posture?

- In what way does daily prayer acknowledge God ([1Chr 29:11](#))?

# Dig a Little Deeper: Ways to Acknowledge Him

Consider these ways to acknowledge God.

|  |  |
|--|--|
| Pray by singing a song to God.             | <i>Psa 149:1-4</i>                                       |
| As you pray, tell Him how wonderful He is. | <i>Psa 100:4-5</i><br><i>Psa 103</i><br><i>2Cor 9:15</i> |
| Pray Scriptures back to Him.               | <i>Psa 119:76</i>  |

## Application Exercise

During each day in the coming week, acknowledge God when you pray. Try one or more of the ways from the above table.

## 3-Help Me! in Prayer

### Icebreaker: When I Need Him

Discuss times when you have needed God most.

### Questions for Study or Discussion

- When do you hesitate to pray? Under what circumstances are you most likely to cry out to God in prayer (*Php 4:6-7*)?
- What is one reason that God may not give you what you request (*Jas 4:3*)?
- What does it take for you to pray according to God's will (*1John 5:14-15* and *Psa 143:10*)?
- Give examples of needs in your life that have drawn you closer to God (*Psa 18:1-6*).

## Dig a Little Deeper: According to His Will

Here are examples of prayers according to His will:

| <b>Pray for:</b>                                  |  |
|---|--|
| Fellowship with Him                               | <i><b>Psa 119:132</b></i> , look upon me                 |
| His mercy   | <i><b>Psa 119:132</b></i> , be merciful to me            |
| His direction                                     | <i><b>Psa 119:133</b></i> , order my steps in Your Word  |
| Victory over sin                                  | <i><b>Psa 119:133</b></i> , don't let sin control me     |
| Deliverance from evil people                      | <i><b>Psa 119:134</b></i> , protect me from evil people  |
| God's glory to shine on you and reflect to others | <i><b>Psa 119:135</b></i> , make Your face shine upon me |
| Growth in learning and applying His Word          | <i><b>Psa 119:135</b></i> , teach me Your Word           |

### Application Exercise

Pick one or more of the examples above to pray according to His will each day in the coming week.

## 4-Spiritual Warfare in Prayer

### Icebreaker: What Blocks Your Prayers?

Make a list of the things that sometimes block your prayers.



### Questions for Study or Discussion

- You are badly mistaken if you think you will never be tempted. The key to resisting temptation is to turn immediately to God and ask Him to help you make the right decision (**Mat 6:13**). What can help you remember to turn to Him immediately (**Psa 119:11**)?
- We sometimes allow the devil to convince us that we are so unworthy that God will not hear our prayers. What can we do to overcome that lie (**Isa 1:15-16** and **Psa 66:18**)?
- Why should we come boldly to God when we are in a time of need (**Heb 4:15-16**)?
- In what way is listening to God the key to spiritual warfare in prayer (**Psa 46:10**)?



## Dig a Little Deeper: Lies and Truths

| LIES   | TRUTHS   |
|--|--|
| God should fix my problems.                      | <ul style="list-style-type: none"> <li>● God uses problems to grow me (<a href="#">Job 23:10</a>).</li> <li>● God has an eternal purpose for my problems (<a href="#">Rom 5:3-4</a> and <a href="#">Jas 1:2-4</a>).</li> </ul>                       |
| I'm not worth anything.                          | <ul style="list-style-type: none"> <li>● To God, my soul is priceless (<a href="#">John 3:16</a> and <a href="#">Rom 5:6-8</a>).</li> <li>● If I am His child, He treasures me (<a href="#">Rom 8:1-17</a> and <a href="#">1Pet 2:9</a>).</li> </ul> |
| God can't forgive what I've done.                | <ul style="list-style-type: none"> <li>● The blood of Christ covers all my sins (<a href="#">1John 1:7</a>).</li> <li>● God's grace is greater than my sin (<a href="#">Rom 3:24-25</a>).</li> </ul>   |
| I'm fine without daily prayer and Bible reading. | It is impossible to be the person God wants me to be unless I cultivate a relationship with Him in prayer and His Word ( <a href="#">Psa 119:11</a> and <a href="#">Jas 4:6</a> ).   |

### Application Exercise

- Make a list of all the things that interfere with your prayers.
- For each one, identify an action that could minimize, or completely eliminate, the interference.