

Program: SS Panel 2026 2 Q

Quarterly title: Growing in a Relationship With God

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Lesson Title: #07 Practical Prayer

Day Title: Thursday - Other Questions About Prayer

For Lesson Dates: May 9-15, 2026

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Note: This color and font = quarterly text

Note: This color and font = John Dinzey notes

First and Last Name 2026 Q2 L# Title of your days lesson

John Dinzey 2026.Q2.L01. Other Questions About Prayer

]]> Emphasize this

Question:

>[=] Story:

REF:>>

READ

NIL: Not in Lesson

Lesson 7

*May 9–15

Practical Prayer

SABBATH AFTERNOON

Read for This Week's Study: 1 Kings 19:1–18; Matt. 6:5–8; Luke 11:2–4. Matt. 6:5–15; Dan. 9:4–19; Rom. 8:26, 27.

Memory Text: “Trust in Him at all times, you people; pour out your heart before Him; God is a refuge for us” (*Psalm 62:8, NKJV*).

THURSDAY

May 14

Other Questions About Prayer

Why pray when God already knows? Why should we pray when God is all-knowing? **Ellen G. White explains it like this: “Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. Prayer does not bring God down to us, but brings us up to Him.”**—*Steps to Christ*, p. 93.

but brings us up to Him.

Heb 4:15 For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.

Heb 4:16 Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

]]> Notice the invitation that King David gives to the LORD

Psa 139:23 Search me, O God, and know my heart: try me, and know my thoughts:

Psa 139:24 And see if there be any wicked way in me, and lead me in the way everlasting.

*****READ*****

Indeed, God knows our desires and our needs, and He reads every intent of our hearts. Yet, praying is good for us. It invites us to stop amid the rush in our lives, to pause and acknowledge that God is sovereign over all, and to place ourselves at His feet. Avenues might also be opened for God to act when we invite Him to do so. **The Holy Spirit intercedes for us when we don’t know how to pray as we should (*Rom. 8:26, 27*).**

He is able to **succour**

Heb 2:18 For in that he himself hath suffered being tempted, he is able to **succour** them that are tempted.

Why pray when all is well? Self-sufficiency and pride (see Lesson 3) can be one of the greatest barriers to a strong prayer life. If we'd only realize how much we need God, we'd come to Him much more! If perfect angels adore and worship Him, why should we, as sinful humans, think we're in less need? What do Matthew 5:6 and Isaiah 44:3 say about this truth?

Matthew 5:6 Blessed *are* those who hunger and thirst for righteousness, for they shall be filled.

Isaiah 44:3 For I will pour water on him who is thirsty, And floods on the dry ground; I will pour My Spirit on your descendants, And My blessing on your offspring;

As the deer pants for the water brooks

Psalms 42:1 As the deer [pants for the water brooks, So pants my soul for You, O God.

2 My soul thirsts for God, for the living God. When shall I come and appear before God?

*****READ*** the quote**

What is the role of faith in prayer? Read Hebrews 11:6 and ponder these words: "Prayer and faith are closely allied, and they need to be studied together. In the prayer of faith there is a divine science; it is a science that everyone who would make his lifework a success must understand. Christ says, 'What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.' Mark 11:24. He makes it plain that our asking must be according to God's will; we must ask for the things that He has promised, and whatever we receive must be used in doing His will. The conditions met, the promise is unequivocal. . . . We need look for no outward evidence of the blessing."—Ellen G. White, *Education*, pp. 257, 258.

without faith it is impossible

Heb 11:6 But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.

when ye pray, believe

Mrk 11:24 Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

Mrk 11:25 And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.

With whom should I pray? We should pray most of all privately (just God and you), as prayer and Bible study are the lifeblood of your relationship with God. Set aside time to search your heart as you talk and listen to God (Matt. 6:6). We should also pray with our families or in small groups (Acts 12:12), for where two or three are gathered, God is there (Matt. 18:20). Finally, we should pray with our church communities (James 5:13–16). All three types of prayer are important.

enter into thy closet

Mat 6:5 And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward.

Mat 6:6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

prayest, enter into thy closet

]]> Notice that Jesus emphasizes the importance of praying privately just you and God.

Pray with family and small groups

Act 12:12 And when he had considered the thing, he came to the house of Mary the mother of John, whose surname was Mark; where many were gathered together praying.

Mat 18:19 Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven.

Mat 18:20 For where two or three are gathered together in my name, there am I in the midst of them.

Jas 5:13 Is any among you afflicted? let him pray. Is any merry? let him sing psalms.

Jas 5:14 Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:

Jas 5:15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

Jas 5:16 **Confess your faults one to another, and pray one for another, *that ye may be healed.*** The effectual fervent prayer of a righteous man availeth much.

READ

How should I listen? Prayer is more than just talking to God; we also need to allow Him to “prune” us and speak into our lives. The clearest and safest way to do this is to read the Bible and combine prayer and Bible study in your devotional time. Beware of emptying your mind or listening to your own thoughts rather than searching the Bible.

What do you find most challenging from the points above?

FRIDAY

May 15

READ

Further Thought: “If we thought and talked more of Jesus, and less of self, we should have far more of His presence.”—Ellen G. White, *Steps to Christ*, p. 102.

“If we take counsel with our doubts and fears, or try to solve everything that we cannot see clearly, before we have faith, perplexities will only increase and deepen. But if we come to God, feeling helpless and dependent, as we really are, and in humble, trusting faith make known our wants to Him whose knowledge is infinite, who sees everything in creation, and who governs everything by His will and word, **He can and will attend to our cry, and will let light shine into our hearts.**”—*Steps to Christ*, pp. 96, 97.

“The soul may ascend nearer heaven on the wings of praise. God is worshiped with song and music in the courts above, and as we express our gratitude we are approximating to the worship of the heavenly hosts. . . . Let us with reverent joy come before our Creator, with ‘thanksgiving, and the voice of melody.’ Isaiah 51:3.”—*Steps to Christ*. p. 104.

Discussion Questions:

1. Which concept in the quotes above inspires you the most? Which concept challenges you the most?
2. What other lessons can we learn from the prayer lives of others in the Bible? (See Ezra 10:1; 2 Kings 13:4; Jon. 4:2, 3; Hab. 3:1; 2 Kings 19:14–19; Jer. 32:16–25, Neh. 1:4–11, 1 Kings 8:22–54, to list just a few.)
3. What is the role of fasting alongside prayer?
4. Is there anything new that you would like to change or implement in your prayer life as a result of this week's lesson? Why not make the changes?

Summary: The Bible shares accounts of individuals who had vibrant, abiding prayer lives and others who didn't. As we search its pages, we'll always find someone we can relate to, regardless of the state of our relationship with God. We'll also find many, many promises that will encourage and guide us in our devotional lives. Spiritual growth should be our goal—our eyes on Jesus, the ultimate example in all things and the Author and Finisher of our faith.

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Additional Notes