

Praying the Word: Learning to Pray Like Paul

ThemeVerse: "Pray in the Spirit in all occasions with all kinds of prayers and requests." — Ephesians 6:18

⇒ Course Introduction

I'm going to be completely honest with you: prayer is one of the greatest gifts God has given us, but it is still something I am actively learning how to navigate. **I can't tell you how many times I sit in absolute silence, staring at the ceiling, wondering if I am even doing it right.** I still catch myself questioning if I'm asking for the wrong things, or looking at my repetitive prayers and wondering why they don't look like the powerful ones we read in Scripture.

If you are currently sitting in that exact same space, I want you to know you aren't alone. I haven't perfectly figured this out yet.

That ongoing frustration is exactly what keeps drawing me back to the Apostle Paul. Throughout his letters, he gives us this remarkable, unfiltered window into his prayer life. He doesn't just teach theology—he models true intimacy with God. His prayers reveal what mattered most to his heart, what he desired for the people he loved, and ultimately what God is trying to cultivate in you and me today. I wanted to build this study so we could look at his words together, use them as a practical template, and figure out how to align our everyday faith with Scripture.

⇒ The 5-Step Inductive Engine

As we journey through this study together, let's not simply skim Paul's prayers. Let's learn from them, study them, and use them as a raw template to expand our own quiet time. Every single day, we will walk through these five simple steps to help us process the text:

1. **Read** – What exactly does Paul pray?
2. **Observe** – What stands out or surprises you in the text?
3. **Understand** – Why is he praying for this specific thing?
4. **Pray** – How can you use his words as a template for your life today?
5. **Live** – How does this actually change the way you walk with Christ tomorrow?

DAY 1: Foundations of Biblical Prayer

1. **Read:** Slowly read through the scripture selection in your Bible today.
2. **Observe:** Look closely at your own prayer habits. What triggers your prayers? Is it usually a sudden crisis, a checklist of physical needs, or a genuine desire to connect?
3. **Understand:** Let's look at the foundational mindset shift we are trying to navigate together:
 - Prayer is communion: It's easy to treat prayer like a celestial vending machine, but it's meant to be an ongoing conversation where we worship, confess, thank, listen, and align our hearts with His.
 - Prayer changes us first: God cares about your situation, but He cares about your soul more. Prayer is designed to transform our internal perspective before it alters our external circumstances.
 - Why pray Scripture? Because the Word gives us God's actual heart. When we pray Scripture, we can stop guessing what to say and start praying what God has already revealed.
4. **Pray:** Fill out the Day 1 template below.
5. **Live:** If someone listened to your prayers for the next 24 hours, what would they say matters most to you? Let's commit to catching ourselves today when we default to ordinary checklists.

Fill-in-the-Blank Prayer Template:

"Heavenly Father, I choose to begin today by focusing on Your character. You are completely _____ (insert an attribute of God: e.g., faithful / sovereign / good). Thank You for how You have previously provided for me in _____ (insert a past situation you are grateful for). Forgive me for where I have strayed, specifically in _____ (insert an area of confession). I place my day into Your hands, releasing control of _____ (insert a stressful situation) and choosing to trust Your perfect timing. Open my heart to hear Your voice throughout this 7-day study. Amen."

DAY 2: Prayer for Wisdom and Revelation

Scripture: Ephesians 1:15–23

1. **Read:** Slowly read the passage through twice.
2. **Observe:** Who is Paul praying for? What prompts his intense thanksgiving? Most importantly, what hard things is he not asking God to remove?
3. **Understand:** Let's break down Paul's core requests together:
 - Spirit of Wisdom & Revelation: Asking for the divine ability to see your life and choices through God's perspective, rather than relying solely on your own human logic.
 - Eyes of Your Heart Enlightened: This is your spiritual eyesight. It's an ongoing practice of moving past surface-level facts so we can see the deeper, eternal reality of what God is doing in your life.
 - Incomparably Great Power: The exact same resurrection power that raised Jesus from the dead is actively available to help you navigate your day today.
4. **Pray:** Convert these verses into a direct prayer using the framework below.
5. **Live:** Try pausing your requests for a moment today. Spend just five minutes strictly asking God to open your eyes to see Him right in the middle of your current circumstances.

Fill-in-the-Blank Prayer Template:

“Lord God, the glorious Father, I ask that You grant the Spirit of wisdom and revelation to _____ (myself / name of a loved one), so that _____ (I / they) may know You intimately. I pray that the eyes of _____ (my / their) heart may be fully enlightened today. Let _____ (me / them) truly understand the confident hope to which You have called us, the rich and glorious inheritance waiting in Your holy people, and the incomparably great power available to us who believe. Lift _____ (my / their) gaze above temporary problems to see Your ultimate authority. Amen.”