



# *Online Class Workbook*

**CHURCH OF THE ROCK**

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# *Explanatory Notes*

## **DISCOVERY CLASS VIDEOS**

This workbook has been created as a supplementary resource to the 6-part video class produced by Church of the Rock. **The videos can be accessed for free at:**

<http://www.churchoftherock.ca/discovery-online>.

We would also welcome your questions and comments! Simply send us an email to [discovery@churchoftherock.ca](mailto:discovery@churchoftherock.ca) and someone from our Discovery ministry team will reply.

## **SCRIPTURE QUOTATIONS**

In this workbook we have included direct quotations from the Bible as part of the teaching. Each verse quoted also includes the “reference” as to where exactly it is found, which can be interpreted as follows:

Ex. “John 3:16” = book of John chapter 3: verse 16

After each reference there is an abbreviation in parentheses to note which translation we are quoting directly from. Here is a key to understanding these abbreviations along with their appropriate copyright permissions.

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# Lesson 3 – “Help Me, God!” & Other Prayers

## WHAT IS PRAYER?

1. Intimate \_\_\_\_\_ with God

*“Let us then approach God’s throne of grace with \_\_\_\_\_,  
so that we may receive mercy and find grace to help us in our time of need.”  
(Hebrews 4:16 NIV)*

[Confidence: “a relation of trust or intimacy” (Webster)]

*“Now you are my friends since I have told you \_\_\_\_\_ the  
Father told me.” (John 15:15 NLT)*

2. Two way \_\_\_\_\_ both speaking & listening.

*“Be \_\_\_\_\_ and know that I am God.” (Psalm 46:10 NIV)*

## TYPES OF PRAYER

### 1. Confession

*“If we confess our sins he is faithful and just and will \_\_\_\_\_  
us our sins and \_\_\_\_\_ us from all unrighteousness.” (1 John 1:9 NIV)*

*“As far as the east is from the west, so far has He removed our  
\_\_\_\_\_ from us” (Psalm 103:12 NIV)*

*“Forgetting what is \_\_\_\_\_ and straining toward what is  
\_\_\_\_\_, I press on toward the goal to win the prize for which  
God has called me heavenward in Christ Jesus.” (Philippians 3:13b–14 NIV)*

### 2. Worship

➤ \_\_\_\_\_ of our love for God

- Adoration
- Praise Him for \_\_\_\_\_ He is (His attributes)

### Some Attributes of God

- \_\_\_\_\_ love

*“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” (John 3:16 NIV)*

- Forgiveness

*“If we confess our sins, he is faithful and just and will \_\_\_\_\_ us our sins and purify us from all unrighteousness.” (1 John 1:9 NIV)*

### 3. Thanksgiving

For what He:

- Has done
- Is doing
- Will do

*“Thanks be to God for his indescribable \_\_\_\_\_!”  
(2 Corinthians 9:15 NIV)*

### 4. Petitions

- \_\_\_\_\_ requests that we offer to God.

*“Do not be anxious about \_\_\_\_\_, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”  
(Philippians 4:6 NIV)*

### 5. Intercession

- A deep prayer that is the result of God placing a specific \_\_\_\_\_ upon an individual for someone else.

- Not \_\_\_\_\_ to a specific group

*“I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people.” (1 Timothy 2:1 NIV)*

## ESSENTIAL ELEMENTS OF PRAYER

- **Faith**

*“But when you ask, you must believe and not \_\_\_\_\_, because the one who doubts is like a wave of the sea, blown and tossed by the wind.” (James 1:6 NIV)*

*“Faith comes by hearing, and hearing by the \_\_\_\_\_ of God.” (Romans 10:17 NKJV)*

*“Truly I tell you, anyone who will not receive the kingdom of God like a \_\_\_\_\_ will never enter it.” (Mark 10:15 NIV)*

- **Fervency (intensity)**

*“The effective, fervent prayer of a \_\_\_\_\_ man avails [accomplishes] much.” (James 5:16 NKJV)*

*“\_\_\_\_\_ and it will be given to you; \_\_\_\_\_ and you will find; \_\_\_\_\_ and the door will be opened to you.” (Matthew 7:7 NIV)*

- Keep on asking
- Keep on seeking
- Keep on knocking

- **Focus**

On the \_\_\_\_\_—NOT the problem.

*“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about \_\_\_\_\_ things.” (Philippians 4:8 NIV)*

### **Problem:**

Broke, no moolah, tapped out!

### **Promises:**

*“And my God shall supply \_\_\_\_\_ your need according to His riches in glory by Christ Jesus.” (Philippians 4:19 NKJV)*

*“Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the Lord Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much \_\_\_\_\_ that there will not be room enough to store it.” (Malachi 3:10 NIV)*

*“This is the \_\_\_\_\_ we have in approaching God: that if we ask anything according to his \_\_\_\_\_, he hears us.” (1 John 5:14 NIV)*

**EG** *“The Lord is not slow in keeping his promise, as some understand slowness. Instead, he is patient with you, not wanting anyone to perish, but everyone to come to repentance.” (2 Peter 3:9 NIV)*

# *JUST DO IT!*

# APPLY IT

Prayer is our lifeline to God. We need to form the habit of starting each day with prayer and then praying throughout the day.

1. Circle key words & phrases in the following scriptures.

*“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.” (Matthew 7:7 NIV)*

*“Call to me and I will answer you and tell you great and unsearchable things you do not know.” (Jeremiah 33:3 NIV)*

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” (Philippians 4:6 NIV)*

*“Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.” (Mark 10:15 NIV)*



Using this verse, complete the verse study form below.

*“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.” (1 John 5:14–15 NIV)*

1. Verse reference \_\_\_\_\_

2. List 2 key words & define them.

Key Word \_\_\_\_\_

Definition \_\_\_\_\_

\_\_\_\_\_

Key Word \_\_\_\_\_

Definition \_\_\_\_\_

\_\_\_\_\_

3. What does the verse say?(Rewrite in your own words)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. How can you apply the truth of this verse to your life?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_