

1 & 2 Thessalonians – Lesson 4 Workbook

Pray Continually

Workbook Activity

Honestly answer the following questions:

1. Who do you spend the most time talking to each day? _____
2. How much time do you think you spend talking to that person? _____
3. How well do you feel like you know that person? _____
4. How well do you think that person knows you? _____
5. Why do you think communication helps us understand people? _____

1 Thessalonians 1:2 _____

1 Thessalonians 3:10 _____

1 Thessalonians 5:17 _____

1 Thessalonians 5:25 _____

2 Thessalonians 1:11-12 _____

2 Thessalonians 3:1 _____

1. Based on these verses alone, why do we pray?

2. Based on these verses alone, how often should we pray?

3. Based on these verses alone, what do we pray for?

PRAY ALL THE TIME!

1. Do these words describe how often you pray? (always, night and day, continually, and constantly)? Explain. Cite an example or two.

2. How much time each day do you spend talking to God, honestly? _____

3. How could you change those habits and still have time for school, meals, and sleep? Is it possible to pray as Paul describes and not flunk your classes?

PRAY FOR OTHERS!

1. Do any of these verses mention praying for yourself? _____

2. If you're honest, how much time do you spend praying about your own needs/wants?

3. Why do you think it would be better not to pray for yourself but instead to focus on the needs of others?

Prayer Exercise

Use the space below to record your thoughts while participating in the prayer exercise.

(See also Matthew 6:9-13)

Homework

- Memorize 1 Thessalonians 5:17.
- Review verses from previous lessons: 1 Thessalonians 1:2-3; 3:13; and 4:1
- Find a quiet place and spend at least thirty minutes one day this week simply to pray to God.