

Part 7. Prayer

Lesson 6: Prayer with Balance

Lesson Summary

Prayer is communion with the triune God, rooted in Scripture's pattern: **to the Father, through the Son, by the Spirit** (Matt. 6:9; John 14:6; Rom. 8:26). We pray to the Father as the One who hears and answers (1 John 5:14). We come in Jesus' name, trusting His mediating work and authority (John 16:23). We rely on the Spirit, who intercedes when we are weak and aligns our prayers with God's will (Rom. 8:26; John 16:13). Scripture also shows believers addressing Jesus (Acts 7:59; 2 Cor. 12:8) and seeking the Spirit's filling (Eph. 5:18). Thus, while the model is to pray to the Father, personal intimacy with Christ and the Spirit is biblical. Jesus is our Friend (John 15:13–15), Intercessor (Heb. 7:25), and ever-present Companion (Matt. 28:20; Eph. 3:17). Balanced prayer keeps reverence and intimacy together: honoring the Father, accessing through the Son, and depending on the Spirit.

Key Takeaways

- **Biblical pattern:** Pray to the Father, through the Son, in the Spirit (Matt. 6:9; John 14:6; Rom. 8:26).
- **Father:** Hears and answers prayer (1 John 5:14).
- **Son:** Our Mediator and Advocate, giving access to the Father (John 16:23; Heb. 7:25).
- **Spirit:** Helps, guides, and intercedes when we are weak (Rom. 8:26; John 16:13).
- **Direct prayer:** Scripture shows believers addressing Jesus and seeking the Spirit's filling (Acts 7:59; Eph. 5:18).
- **Friendship with Jesus:** Rooted in His sacrificial love and our obedience (John 15:13–15).
- **Christ's presence:** Though in Heaven, He is with us through the Spirit (Matt. 28:20; Eph. 3:17).
- **Balanced prayer:** Combines reverence, boldness, and intimacy (Heb. 4:16).

Questions & Answers

1. **Q:** What is the primary biblical pattern of prayer?
A: To the Father, through the Son, by the Spirit (Matt. 6:9; John 14:6; Rom. 8:26).
2. **Q:** Why do we pray in Jesus' name?
A: Because He is our Mediator and High Priest, granting us access to the Father (John 16:23; Heb. 7:25).
3. **Q:** How does the Holy Spirit help in prayer?
A: He intercedes when we don't know what to pray and aligns us with God's will (Rom. 8:26).
4. **Q:** Can believers pray directly to Jesus or the Spirit?
A: Yes—Scripture shows prayers to Jesus (Acts 7:59) and calls to be filled with the Spirit (Eph. 5:18).
5. **Q:** What does it mean that Jesus is our Friend?
A: He laid down His life for us and calls us to obey Him in love (John 15:13–15).
6. **Q:** How is Jesus present with us now?
A: Through the Spirit, He dwells in our hearts by faith (Eph. 3:17; Matt. 28:20).

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7. **Q:** What balance should mark our prayers?

A: Reverence for God's holiness with intimacy and boldness in Christ (Heb. 4:16).

"Balanced prayer honors the Father, comes through the Son, and depends on the Spirit—holding reverence and intimacy together in fellowship with the triune God."