

Adult Teachers
Sabbath School
Bible Study Guide
April | May | June 2026

GROWING IN A RELATIONSHIP WITH GOD



PRAYER WARRIORS

Lesson 6 Study Notes[ABSG-2-2026]

May 2-8

Disclaimer

These notes are prepared to support personal and group Bible study. While written with care and in harmony with Scripture, the Sabbath School Quarterly Guide, and the Spirit of Prophecy, they are not an official publication of the Sabbath School Department of the General Conference of Seventh-day Adventist Church. The Reader is encouraged to rely first on the Bible, together with the Sabbath School Quarterly Guide and the Spirit of Prophecy writings.

Lesson 6 [May 2-8]: Understanding the Memory Text

“I love the LORD, because He has heard my voice and my supplications. Because He has inclined His ear to me, therefore I will call upon Him as long as I live” (Psalm 116:1–2, NKJV).

- This study on Psalm 116:1–2 is about prayer—our personal connection with God.
- Just like any relationship grows through communication, our relationship with God grows through prayer.
- The memory text shows us why we pray and what prayer does in our lives.

“I love the LORD...”

- Prayer begins with love.
- We do not pray just out of duty.
- We pray because we love God.
- This love grows as we spend time with Him—just like with a close friend.
 - Daniel prayed faithfully.
 - Enoch walked with God daily.
 - Moses spoke with God often.
- Their strong prayer lives came from a real relationship with God, not just routine.

“...because He has heard my voice and my supplications.”

- God hears us.
- Every prayer—spoken or whispered—is heard by Him.
- This is powerful.
- The Creator of the universe listens to you personally.
- The lesson shows this clearly:
 - God heard Daniel in danger
 - God listened to Moses when he interceded
 - God responded to His people again and again
- Prayer is not empty words.
- It is a real conversation with a listening God.

“Because He has inclined His ear to me...”

- God does not just hear—He listens with care.
- To “incline His ear” means He leans in to listen.

- This shows how **personal** prayer is.
- **God** is **not distant**.
- He is **close**, **attentive**, and **interested** in every detail of your **life**.
- This is why we can bring **everything** to **Him**:
 - our **fears**
 - our **struggles**
 - our **joys**
 - our **needs**
- **Nothing** is too **small** or too **big** for **Him**.

“...therefore, I will call upon Him as long as I live.”

- Because **God** hears and **cares**, we **keep praying**.
- Prayer becomes a **way of life**, not just a **moment**.
- This connects to the lesson's main **message**:
 - **Daniel** prayed **consistently**, even under threat
 - **Enoch** lived in constant **communion** with God
 - **Moses** prayed **continually** and interceded for others
- Prayer is **not just for emergencies**.
- It is something we do **every day**, all our **lives**.

What This Means for You

- **Pray** because you **love God**. Let your **relationship** grow through daily **conversation**.
- Talk to **God** about **everything**. He listens to **every word** and **every thought**.
- Be **consistent**. Don't wait for **problems**—make **prayer** part of your **daily life**.
- Pray for **others**. Like **Moses**, your prayers can **bless** and **protect** those around you.
- Stay **close** to **God**. The more you **pray**, the **stronger** your relationship becomes.

This text reminds us that **God hears you**, **cares for you**, and **listens closely to you**. Because of that, you can **keep talking** to **Him every day**—for the **rest of your life**.

May 2: Sabbath Afternoon - Overview

Summary

- **Prayer** is **essential** for a strong relationship with **God**.
- Just like any **friendship**, **communication** keeps the relationship **alive**.
- If we stop **praying**, our connection with **God** becomes **weak**.
- Over **time**, we may slowly **drift away** from **Him**.
- **Prayer** is **not just a duty**—it is a **privilege**.
- It is how we **talk** to **God** as our **Friend**.
- The **Bible** shows us many **people** who prayed.
- Each one teaches us something about **how** to pray.
- Their prayers were **different**, but one thing was the **same**.
- They stayed **close** to **God** through **constant communication**.
- **Prayer** affects more than just our own **lives**.
- It also impacts the **lives** of **others** around us.
- A strong prayer life brings **strength**, **guidance**, and **peace**.
- It helps us **trust God** in every **situation**.
- **Prayer**, like **Bible study**, is a deep and important **topic**.
- We can **never fully exhaust** it.
- This **week**, we will learn from **Bible examples**.
- Their lives show us how **central** prayer is.
- We are **invited** to learn from them.
- Their experience can help us **grow** in our own prayer life.
- The **goal** is simple: To build a **closer**, **daily relationship** with **God** through **prayer**.

Main Points to Learn This Week

Sunday: We will learn from **Daniel's** faithful and consistent prayer life. He prayed **regularly**, even in **difficult times**.

Monday: We will understand the **posture of prayer**. Prayer is **talking to God** as a **Friend**, with a **humble heart**.

Tuesday: We will learn from **Enoch's** walk with **God**. A close relationship with **God** comes from **daily communion**.

Wednesday: We will see how **Moses** stayed close to **God**. His strength came from **constant communication** with **God**.

Thursday: We will learn about **intercessory prayer**. **Moses** prayed for **others**, showing **love** and **selflessness**.

This Lesson reminds us that **prayer** is **not just something we do**—it is how we **stay connected** to **God** and grow in a **personal relationship** with **Him**.

May 3: Sunday - Faithful Daniel

Read: Daniel 1:8, 17, 20; 2:20–23; 6:3–4, 10–11

Summary

- Daniel chose to be faithful to God.
- He decided early not to defile himself.
- God blessed Daniel with wisdom and understanding.
- This came because he stayed connected to God.
- Daniel depended on God in every situation.
- When the king gave a death decree, Daniel prayed.
- God revealed the dream to him.
- Daniel responded with praise and thanksgiving.
- He gave glory to God, not to himself.
- He knew that wisdom comes from God alone.
- Daniel remained faithful through many years.
- Kings changed, but his faith did not change.
- He worked with excellence and integrity.
- Others could find no fault in his life.
- His enemies tried to trap him.
- They targeted his prayer life.
- Daniel did not change his habits.
- He prayed as he always did.
- He prayed three times each day.
- He prayed openly and without fear.
- His prayers included thanksgiving and requests.
- He trusted God even when his life was at risk.
- Daniel shows what true faithfulness looks like.
- He stayed consistent in both easy and hard times.

Question: What can we learn from Daniel's prayer life?

Answer: We learn to be consistent, faithful, and unafraid to pray, even in difficult situations.

Reflection: Are you consistent in prayer, or only when it is convenient?

Takeaway: Faithfulness to God is shown through a steady and consistent prayer life, no matter the circumstances.

May 4: Monday - The Posture of Prayer

Read: Daniel 6:10; Luke 22:41; Acts 7:60; 9:40; 20:36; 1 Thessalonians 5:17

Summary

- Prayer is like **talking** to a **close friend**.
- It is **opening the heart** to **God** honestly and freely.
- We can share both **joy** and **pain** with **God**.
- **Nothing** is too **small** or too **big** for **Him**.
- Prayer keeps us **connected** to **God** each day.
- It shows that we **belong** to **Him**.
- When we pray, we **choose God** over the **enemy**.
- **Heaven** responds to our prayers.
- **Angels** are sent to **strengthen** and **protect** us.
- **God** surrounds us with His **care**.
- **Kneeling** in prayer shows **humility** and **surrender**.
- It expresses **respect** and **dependence** on **God**.
- Other prayer **positions** are also seen in the Bible.
- People prayed **standing**, **sitting**, or **lying down**.
- The **position** is **not** the main issue.
- The **condition of the heart** matters most.
- Still, **posture** can **affect** how we approach **God**.
- It can help us feel more **reverent** and **focused**.
- **Daniel**, **Jesus**, and others knelt in prayer.
- They showed **submission** and **trust** in **God**.
- Prayer should be **constant** and **daily**.
- It is **not limited** to one **time** or **place**.
- We can pray while **walking**, **working**, or **resting**.
- Our **hearts** can stay **connected** to **God** all day.
- Even when **answers delay**, **God** still hears.
- He answers in the **way** that is best for us.
- **Faith** trusts **God** even without immediate results.
- Prayer **deepens** our **relationship** with **Him**.

Question: Why is **posture** in prayer **important**?

Answer: It reflects our **attitude** toward **God** and can help express **humility**, **surrender**, and **reverence**, even though the **heart** matters most.

Reflection: Does your **posture** in prayer reflect a **humble** and **surrendered heart**?

Takeaway: Prayer is a **daily**, ongoing **connection** with **God**, and both our **attitude** and **posture** should reflect **trust**, **humility**, and **dependence** on **Him**.

May 5: Tuesday - Enoch Walked and Talked

Read: Genesis 5:22–24; Romans 12:12; Psalm 139:7–12; Lamentations 3:55–57

Summary

- **Enoch** walked with **God** for many years.
- His life was defined by his **relationship** with **God**.
- The Bible gives **few details** about him.
- But it highlights his **consistent faithfulness**.
- He lived in a time of **growing evil**.
- Yet he stayed **close** to **God**.
- **Enoch** prayed often and remained **steadfast**.
- His faith grew through **daily experience**.
- He worked and served others **faithfully**.
- At the same time, he spent **time alone** with **God**.
- **Solitude** helped him know **God** more deeply.
- Communion with **God** changed his character.
- He began to reflect **God's image** in his life.
- Even others could see something **different** in him.
- **Enoch** shows **balance** in the Christian life.
- He was **active**, yet deeply **connected** to **God**.
- **God** does **not** call us to **withdraw** from life.
- He calls us to stay **connected** while serving others.
- We can pray **anytime** and **anywhere**.
- **God** always **hears** us.
- Praying **out loud** can help us **focus**.
- It reminds us that **God** is **real** and **present**.
- It helps us stay **clear** and **intentional**.
- It keeps our thoughts from **wandering**.
- Like **Enoch**, we can **walk and talk** with **God** daily.
- We can share our **thoughts, struggles, and joys**.

Question: What does it mean to **walk with God** like **Enoch**?

Answer: It means to stay in **constant connection** with **God** through **prayer, trust, and daily dependence** on **Him**.

Reflection: Are you making time to both **serve** and spend **quiet moments** with **God**?

Takeaway: A **strong relationship** with **God** grows through **daily communion**, both in **active life** and in **quiet time** with **Him**.

May 6: Wednesday - Moses, Godly Leader

Read: Exo 33:15–23; 32:1–14, 31–34; Deut 9:20; Num 12:13; Matt 5:44; Col 3:13

Summary

- **Moses** had a **close relationship** with **God**.
- His **strength** came from **constant communication** with **Him**.
- He spoke with **God** often and **openly**.
- His prayers were **personal** and **direct**.
- **Moses** depended on **God** for **guidance**.
- He did **not** lead by his own **wisdom**.
- In Exodus 33, Moses asked **God** to go with them.
- He knew **God's presence** was **everything**.
- He desired to know **God** more **deeply**.
- He even asked to see **God's glory**.
- **Moses** often **interceded** for others.
- He stood **between God** and the people.
- When Israel sinned with the **golden calf**, Moses prayed.
- He pleaded for **God's mercy** on them.
- God was **ready to destroy** the people.
- But **Moses' prayer** made a **difference**.
- He chose **others** over **himself**.
- He refused **personal gain** at their expense.
- **Moses** also prayed for **Aaron**.
- Aaron had sinned, yet **Moses** interceded for him.
- He prayed for **Miriam** as well.
- She had spoken **against** him.
- **Moses** did **not seek revenge**.
- He chose **forgiveness** and **compassion**.
- He reflected **God's character** in his actions.
- He showed **grace** even when hurt.
- This reveals true **spiritual leadership**.
- It is rooted in **humility** and **love**.
- **God** calls us to do the **same**.
- We are to **forgive** and **pray** for others.
- Even those who **hurt us** need our prayers.
- This is **not natural**, but it is **Christlike**.

Question: What made **Moses** a **strong** and **godly leader**?

Answer: His **constant communication** with **God** and his **willingness** to **intercede**, **forgive**, and **depend fully** on **God**.

Reflection: Do you pray for those who have **wronged you**, or do you hold on to **hurt**?

Takeaway: True **leadership** and **spiritual strength** come from **staying close** to **God** and showing **His grace** to others.

May 7: Thursday - Moses Intercedes for a Nation

Read: Exo 32:31–32; 33:13; Deut 9:19, 25; 10:10; Luke 18:1–8

Summary

- **Moses** often prayed for the people.
- He stood before **God** on their behalf.
- In Exodus 32, **Moses** made a **bold request**.
- He asked **God** to **forgive** the people.
- He even offered himself in their place.
- This shows **deep love** and **sacrifice**.
- **Moses** prayed in **many situations**.
- He prayed when the people were **thirsty**.
- He prayed when they were **hungry**.
- He prayed when he felt **overwhelmed**.
- He also prayed when **God was ready to judge**.
- **God** listened to his prayers.
- **Moses** sometimes prayed **for many days**.
- He **fasted** and **humbled himself** before **God**.
- His prayers were **not casual or weak**.
- They were **earnest** and **persistent**.
- **Moses** knew **God's character**.
- He trusted **God's mercy** and **patience**.
- He reminded **God** of His **promises**.
- He held on to **God's covenant**.
- He remembered how **God** led in the past.
- This gave him **confidence** in prayer.
- **Moses** accepted **God's answers**.
- He trusted **God** even when the answer was **no**.
- His life shows the **power of intercession**.
- Prayer can **change situations**.
- **God** desires people who will **stand in the gap**.
- He works through **those who pray**.

Question: What can we learn from **Moses'** intercessory prayers?

Answer: We learn to pray with **love**, **persistence**, and **trust**, holding on to **God's promises** and accepting **His will**.

Reflection: Who needs your **prayers** today, and what is **holding you back**?

Takeaway: **Intercessory prayer** is **powerful**, and **God** calls us to **stand in the gap** for others with **faith**, **love**, and **persistence**.

May 8: Friday - Further Thought

Read: Steps to Christ, pp. 99–100 by Ellen G. White

Summary

- **Prayer** flows from a **loving relationship** with **God**.
- We talk to **Him** because we **love Him**.
- We can share **everything** with **God**.
- Our **joys, fears, and struggles** all matter to **Him**.
- **Nothing** is too **big** for **God** to handle.
- **Nothing** is too **small** for **Him** to notice.
- **God** cares deeply about **every detail** of our lives.
- He listens to **every sincere prayer**.
- He is **never tired** of hearing us.
- We can **never burden Him**.
- **Prayer** should become **natural** to us.
- Like a flower turns to the **sun**, we turn to **God**.
- **God** relates to each person **personally**.
- He treats each **life** as **important**.
- The **Bible** gives us examples of **strong prayer lives**.
- **Daniel, Enoch, and Moses** each walked closely with **God**.
- **Daniel** was **faithful** and consistent in prayer.
- He prayed **daily**, even under **pressure**.
- **Enoch** walked with **God** in daily life.
- He stayed **connected** while living actively.
- **Moses** prayed for others and led through prayer.
- He interceded with **love** and **boldness**.
- These examples are **not beyond us**.
- We are called to the **same kind** of relationship.
- We can grow in **prayer step by step**.
- **God** invites us into **close fellowship** with **Him**.

Question: What should **motivate** our prayer life?

Answer: **Love for God** should lead us to pray, sharing **every part** of our lives with **Him**.

Reflection: Do you see prayer as a **joy** or a **burden**, and why?

Takeaway: **Prayer** is a **loving, personal connection** with **God**, and we are invited to experience it **daily** just like the **faithful men** of the Bible.