

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

GROWING IN A RELATIONSHIP WITH GOD

PRACTICAL PRAYER

Lesson 7 Study Notes[ABSG-2-2026]

May 9-15

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 7 [May 9-15]: Understanding the Memory Text

“Trust in Him at all times, you people; pour out your heart before Him; God is a refuge for us” (Psalm 62:8, NKJV).

- This lesson is about **practical prayer**—how to pray **honestly**, **faithfully**, and **continually** in everyday life.
- Prayer is **not** meant to be a **performance** or **empty repetition**. It is a **real conversation** with **God**.
- The verse shows us the heart of **true prayer**: **trusting God** enough to open our hearts fully to **Him**.

“Trust in Him at all times...”

- **Prayer** begins with **trust**.
- We pray because we **believe God cares, listens**, and **knows** what is best for us.
- This trust is needed:
 - in **good times**
 - in **difficult times**
 - when prayers are answered **quickly**
 - and when answers seem **delayed**
- The lesson shows this through **Elijah**. After the great victory on **Mount Carmel**, Elijah became **discouraged** and **afraid**. Yet **God** still cared for him **tenderly** and provided what he needed.
- **Trust** means believing **God** is still **near** even when we do **not understand** what He is doing.

“...you people...”

- **Prayer** is for **everyone**.
- You do **not** need **special words**, **perfect language**, or a certain **status** before **God**.
- **Jesus** taught His disciples to pray **simply** and **sincerely**: “**Our Father in heaven...**”
- **God** invites **every person**—**young** or **old**, **strong** or **weak**—to come to **Him personally**.
- Prayer is **not only** for **pastors**, **prophets**, or **spiritual giants**. It is for **all God's children**.

“...pour out your heart before Him...”

- **God** wants **honesty** in prayer.
- To **pour out your heart** means to speak **openly** and **sincerely** with **God**:
 - your **fears**
 - your **struggles**
 - your **sins**
 - your **hopes**
 - your **gratitude**
- **Hannah** poured out her **sorrow** before **God**. **Daniel** **confessed** and **interceded**. **Jesus** Himself prayed with **deep emotion** in **Gethsemane**.
- **God** does **not want empty, rehearsed prayers**. He wants **real hearts**.
- This is why **Jesus** warned against prayers meant only to **impress others**.

“...God is a refuge for us.”

- A **refuge** is a place of **safety** and **protection**.
- Prayer brings us into **God's presence**, where we find:
 - **peace** in trouble
 - **strength** in weakness
 - **comfort** in sorrow
 - **guidance** in confusion
- The lesson reminds us that prayer does **not always change circumstances** immediately, but it **changes us** by bringing us **closer to God**.
- Even when answers **delay**, **God** remains our **safe place**.

What This Means for You

- **Pray honestly**. **God** already knows your heart, so speak **openly** with **Him**.
- **Trust God's timing**. His answers may be **different** from what you expect, but He **always knows** what is best.
- **Pray daily**. Do **not** wait for emergencies before talking to **God**.
- **Use Jesus' example**. Keep your prayers **simple, sincere**, and centered on **God's will**.
- **Praise and thank God** too. Prayer is **more than asking**—it is also **worship, confession**, and **gratitude**.
- This verse reminds us that prayer is **not complicated**. It is simply **trusting God** enough to bring **everything** to **Him**.
- And when we do, we discover that **God** truly is our **refuge**, our **safe place**, and our **closest Friend**.

May 9: Sabbath Afternoon - Overview

Summary

- Prayer is the **constant connection** between us and **God**.
- Just as branches need the **vine**, we need **Jesus** every day.
- A strong relationship with **God** cannot survive without **prayer**.
- If we stop praying, we slowly **drift away** from **Him**.
- Prayer is **more than asking** for things.
- It is opening our hearts to **God** as to a **Friend**.
- Some people pray only in **emergencies**.
- Others pray daily and stay **close** to **God** through constant communion.
- **God** invites us to **trust Him** at all times.
- We can pour out every **burden, fear, joy, and struggle** before **Him**.
- Prayer **changes lives**.
- It brings **peace, strength, guidance, and comfort**.
- **God** hears **every sincere prayer**.
- He always answers in His **perfect way** and in His **perfect time**.
- Sometimes His answers are **different** from what we expect.
- But **God** always **knows what is best** for us.
- The Bible gives many examples of **praying people**.
- Their experiences teach us **practical lessons** about prayer.
- This week, we will learn how to **strengthen** our prayer lives.
- We will discover how prayer helps us grow **closer** to **God** every day.
- The goal of prayer is **not just receiving answers**.
- The goal is a **deeper relationship** with **God Himself**.

Main Points to Learn This Week

Sunday: We will learn from **Elijah's prayers** during a time of **fear** and **discouragement**. **God** cares for us even when we feel **weak** and **tired**.

Monday: We will understand why some prayers seem **unanswered**. **God** asks us to trust His **timing**, His **wisdom**, and His **will**.

Tuesday: We will study how **Jesus** taught His disciples to pray. Prayer should be **sincere, simple**, and centered on **God**.

Wednesday: We will learn how to include **praise, confession, requests, and thanksgiving** in prayer. Balanced prayer draws us closer to **God**.

Thursday: We will explore important questions about **prayer** and **faith**. Prayer helps us depend fully on **God** and listen to His voice.

Let's study this week's lesson and learn how to build a **stronger, deeper**, and more **practical prayer life** with **God**.

May 10: Sunday – Elijah - Praying in Crisis

Read: 1 Kings 19:1–18; Isaiah 55:8–9

Summary

- **Elijah** lived during a very **wicked time** in Israel.
- **God** answered **Elijah's prayer** powerfully on **Mount Carmel**.
- **Fire** came down from heaven and showed that the **Lord** is the true God.
- After this victory, **Jezebel** threatened to kill **Elijah**.
- **Elijah** became **afraid, discouraged, and emotionally exhausted**.
- He ran into the **wilderness** and asked **God** to let him die.
- This story teaches that even **faithful believers** can become **discouraged**.
- **Elijah** had just experienced a great **spiritual victory**, yet **fear** weakened his faith.
- He felt **lonely** and thought his work had **failed**.
- But **God** did **not reject** or **condemn** him in his weakness.
- **God** cared for **Elijah** with **tenderness** and **patience**.
- He gave him **food, water, rest, and renewed strength**.
- Later, **God** spoke to **Elijah** through a **still small voice**.
- **God** was **not** in the **wind, earthquake, or fire**.
- This showed **Elijah** that **God** does **not always work** in dramatic ways.
- Sometimes He works **quietly** in the heart.
- **God** understands our **fears** and **struggles**.
- His ways are **higher** and **wiser** than ours.
- Even when we do **not understand** His answers, we can **trust His care**.
- **God** remains **close** to His children during difficult moments.

Question: What lesson can we learn from **Elijah's** discouragement?

Answer: Even faithful people can become **discouraged**, but **God** patiently cares for them and gives them **strength** again.

Reflection: When you feel **weak** or **discouraged**, do you still **trust God's care** and **guidance**?

Takeaway: **God** patiently **strengthens** and **restores** those who continue to **trust Him** in difficult times.

May 11: Monday - When Prayers Seem Unanswered

Read: Matthew 7:7; 1 John 5:14; Psalm 62:8

Summary

- Sometimes we **pray** for something for a **very long time**.
- It may even seem that **God** is **silent**.
- Yet **God** still **hears every sincere prayer**.
- **Hannah** is an **example** of **faithful prayer**.
- She prayed **earnestly** for a **child**.
- At first, it seemed her prayers were **unanswered**.
- But **Hannah** continued **trusting God**.
- In His **perfect time**, **God answered** her prayer.
- **Waiting** can **strengthen** our **faith**.
- It teaches us to **depend more fully** on **God**.
- Prayer is **not only** about **receiving answers**.
- It is also about building a **closer relationship** with **Him**.
- The **Bible** teaches us to **trust God** at **all times**.
- We should **pour out our hearts** before **Him honestly**.
- **God** knows what is **best**, even when we do **not understand** His **timing**.
- Sometimes unanswered prayers may lead us to **examine our lives**.
- We should seek **God's will** instead of our own **desires**.
- We should check our **motives** and **attitudes**.
- We should **confess** known **sin** and **forgive others**.
- We should continue **abiding** in **God** and His **Word**.
- **Faith, humility**, and **perseverance** are **important** in prayer.
- **God** always sees the **bigger picture**.
- Sometimes His answer is **"wait."**
- Sometimes His answer is **"no."**
- Sometimes His answer is simply, **"My grace is sufficient for you."**
- Our **picture of God** affects how we **respond** during difficult times.
- If we think **God** is **distant** or **uncaring**, our faith may **weaken**.
- But the **Bible** shows that **God** is **loving, wise**, and **deeply interested** in our lives.
- Even **delayed answers** are part of His **loving care**.

Question: Why does **God** sometimes **delay** answering our **prayers**?

Answer: **God** may **delay** answers to **strengthen our faith**, **teach us trust**, or **guide us** according to His **wiser plan** and **perfect timing**.

Reflection: When **God's answers** seem **delayed**, do you still **trust** His **wisdom** and **love**?

Takeaway: **God** **always hears sincere prayers**, and His answers come in the **best way** and at the **right time**.

May 12: Tuesday - Jesus Teaches Us How to Pray

Read: Luke 11:1–4; Matthew 6:5–15

Summary

- In **Jesus'** time, many prayers were **long** and made to **impress people**.
- Religious leaders often used **difficult words** and prayed for **attention**.
- **Jesus warned** against this kind of prayer.
- He taught that prayer should be **sincere** and from the **heart**.
- The disciples noticed that prayer was **very important** in **Jesus'** life.
- **Jesus** often **separated Himself** to pray.
- He prayed **early** in the morning and spent **much time** with His Father.
- The disciples saw that His prayers were **different**.
- So they asked Him, **“Lord, teach us to pray.”**
- **Jesus** taught that prayer should be **simple** and **meaningful**.
- We do **not** need **fancy words** for **God** to hear us.
- **God** wants **honest communication** from the **heart**.
- **Jesus** began the prayer with **“Our Father.”**
- This reminds us that **God** is **personal**, **loving**, and **close** to us.
- **“Hallowed be Your name”** teaches **reverence** and **respect** for **God**.
- **“Your kingdom come”** shows our desire for **Christ's return** and **God's rule** in our lives.
- **“Your will be done”** teaches **surrender** and **trust** in **God's wisdom**.
- **Jesus** also taught us to **ask** for **daily bread**.
- **God** cares about both our **physical** and **spiritual needs**.
- We should ask for **forgiveness** and **forgive others**.
- We should pray for **protection** from **temptation** and **evil**.
- The prayer ends by giving **all glory and power** to **God** alone.
- Prayer keeps us **connected** to **God** every day.
- **Jesus** showed that prayer is **not a performance** but a **relationship**.
- The more we pray **sincerely**, the **closer** we grow to **God**.

Question: What kind of prayer did **Jesus** teach His disciples?

Answer: **Jesus** taught them to pray **simply**, **sincerely**, and **humbly** from the **heart**.

Reflection: Are your prayers **honest conversations** with **God**, or are they only **routine words**?

Takeaway: True prayer is **simple**, **sincere**, and centered on **trusting God** and **staying close** to **Him**.

May 13: Wednesday - Praise, Confession, Requests, Thanksgiving

Read: Daniel 9:4–19; Psalm 100; Philippians 4:6

Summary

- Prayer is **more than bringing requests** to **God**.
- **Jesus** taught that prayer should include **many important parts**.
- **Daniel's prayer** shows a **balanced** and **meaningful prayer life**.
- **Praise** is an important part of prayer.
- We **praise God** for **who He is** and what He has done.
- **God** is our **Creator, Savior, Redeemer, Shepherd, and Comforter**.
- Praise helps us **focus** on **God's goodness** and **greatness**.
- It fills the **heart** with **reverence** and **trust**.
- **Confession** is also **necessary** in prayer.
- The **closer** we come to **God**, the more we see our **sins** and **weaknesses**.
- We should **honestly confess** our wrongs and ask for **forgiveness**.
- **God** desires to **cleanse** and **transform** our characters.
- We must also be **willing** to **forgive others**.
- Prayer should also include **personal requests**.
- **God** invites us to bring our **burdens** and **needs** to **Him**.
- We can pray about **family, health, work, studies, finances, and struggles**.
- We should pray **specifically** and ask for **God's will** to be done.
- We should also pray for **other people** who need help and encouragement.
- **Thanksgiving** is another **important part** of prayer.
- **God** blesses us every day in both **big** and **small** ways.
- Too often we forget to **thank Him** for His **mercies** and **care**.
- A **thankful heart** strengthens **faith** and brings **joy**.
- Prayer helps us stay **close** to **God**.
- It opens our hearts to **His leading** and **changes our lives**.
- True prayer is **honest, humble, and full of trust** in **God**.

Question: What are the **main parts** of a **balanced prayer life**?

Answer: A balanced prayer life includes **praise, confession, requests, and thanksgiving**.

Reflection: Do your prayers include **praise** and **thanksgiving**, or only **requests**?

Takeaway: Prayer becomes **deeper** and more **meaningful** when we **praise God, confess our sins, trust Him** with our needs, and **thank Him** for His blessings.

May 14: Thursday - Other Questions About Prayer

Read: Romans 8:26–27; Hebrews 11:6; Matthew 6:6

Summary

- **God** already knows our **needs** before we pray.
- Yet prayer is still **very important**.
- Prayer does **not** bring **God** down to us.
- Instead, prayer **lifts us** closer to **Him**.
- Prayer helps us **pause** and remember that **God** is in **control**.
- Prayer also reminds us of our **dependence** on **God**.
- **Pride** and **self-sufficiency** can weaken our prayer life.
- When life is going well, we may feel that we do **not need God**.
- But **every person** needs **Him** every day.
- Even holy **angels** worship and depend on **God** continually.
- **Faith** is an important part of prayer.
- We must **believe** that **God** hears and answers **sincere prayers**.
- Sometimes answers are **delayed** for our spiritual growth.
- Waiting teaches **patience**, **trust**, and **deeper faith**.
- **God** answers according to His **will** and **wisdom**.
- Prayer should be both **personal** and **shared**.
- Private prayer helps build a **close relationship** with **God**.
- Family prayer **strengthens** the home.
- Group and church prayer bring believers together in **faith**.
- All these forms of prayer are **valuable** and **necessary**.
- Prayer is **not only talking** to **God**.
- We must also **listen** to **Him**.
- **God** speaks most clearly through His **Word**.
- This is why prayer and **Bible study** should go together.
- We should **not** depend only on **feelings** or personal thoughts.
- The **Bible** helps us understand **God's voice** safely and clearly.

Question: Why is prayer **important** if **God** already knows our **needs**?

Answer: Prayer helps us **depend on God**, grow in **faith**, and build a **closer relationship** with **Him**.

Reflection: Do you spend time **quietly listening** to **God** through His **Word** as well as speaking to **Him** in prayer?

Takeaway: Prayer draws us **closer to God** and teaches us to **trust Him completely** in every part of life.

May 15: Friday - Further Thought

Read: Steps to Christ, pp. 93–104

Summary

- **Prayer** helps us grow **closer to Jesus**.
- The more we **think** and **talk** about **Christ**, the **stronger** our relationship with **Him** becomes.
- Focusing **too much on self** can **weaken** our spiritual life.
- **God** invites us to come to **Him** with **humility** and **trust**.
- We do **not** need to **understand everything** before praying.
- When we depend on our **fears** and **doubts**, **confusion increases**.
- But when we come to **God** in **faith**, He gives **light** and **guidance**.
- **Praise** is also an **important part** of prayer.
- Heaven is filled with **worship**, **thanksgiving**, and **songs of praise**.
- When we **thank** and **praise God**, our hearts are drawn **closer to heaven**.
- **Gratitude** strengthens **faith** and brings **joy to the soul**.
- The **Bible** contains many examples of **faithful prayer**.
- Different Bible characters prayed during **fear**, **sorrow**, **repentance**, and **crisis**.
- Their experiences teach us that **God** listens to **sincere prayers**.
- We can always find **encouragement** and **guidance** in their stories.
- Prayer and **fasting** can work together.
- Fasting helps **remove distractions** and deepens our **focus on God**.
- It reminds us of our need for **spiritual strength** and **dependence on Him**.
- **Spiritual growth** should remain our **goal** every day.
- **Jesus** is our **perfect example** in prayer and devotion.
- He is the **Author** and **Finisher** of our **faith**.
- As we keep our eyes on **Him**, He continues **shaping our lives**.

Question: Why is it **important** to keep our focus on **Jesus** in our prayer life?

Answer: Because **Jesus** is our **perfect example**, and staying focused on **Him** strengthens our **faith** and **relationship with God**.

Reflection: What **changes** can you make to **strengthen** your personal prayer life?

Takeaway: A strong prayer life grows through **humility**, **faith**, **praise**, and **daily focus on Jesus**.