

Session 5: Supplication

Session Guide

Teaching Notes

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7, NASB)

Supplication: Asking very _____.

When anxiety knocks on the door of your heart, let _____.

Personal Reflection Exercise

Pause: Take a moment to pray and reflect on what you've just learned.

Respond: Spend some time alone (we suggest at least 15 minutes) to work through the following questions at your own pace—either in your personal journal or through the Online Discipleship website.

(1) When you are feeling anxious, what is your typical response? How do you normally respond (physically, emotionally, relationally, spiritually) to stressful difficulties?

(2) Paul wrote, “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (Philippians 4:6-7). Take some time to identify what makes you anxious. Next to each thing, write a specific prayer request to God.

(3) In the teaching, Chip said, “Nothing becomes dynamic until it becomes specific.” What did he mean and how might this impact your prayer life?

(4) Read Luke 11:9-13 and answer the questions below:

9 “So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. 10 For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

11 “Which of you fathers, if your son asks for a fish, will give him a snake instead? 12 Or if he asks for an egg, will give him a scorpion? 13 If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!”

(a) Practically speaking, what could it look like for you to ask, seek, and knock?

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(b) In your opinion, why does Jesus talk about fathers and sons? What point about God is he trying to make?

(5) Read James 1:5-8 and answer the questions below:

5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. 6 But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. 7 That person should not expect to receive anything from the Lord. 8 Such a person is double-minded and unstable in all they do.

(a) Where is a specific area in your life where you need wisdom from God?

(b) How might a person become more convinced that God answers prayer?

(6) James 1:16-17 says, “Don’t be deceived, my dear brothers and sisters. Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.” For you personally, is it difficult to believe that God is good and he gives good gifts? Why or why not?

(7) How can you make the ACTS model of prayer become a regular habit in your life?

Is there anything else you’ve heard God say? Anything else you need to reflect on through writing?