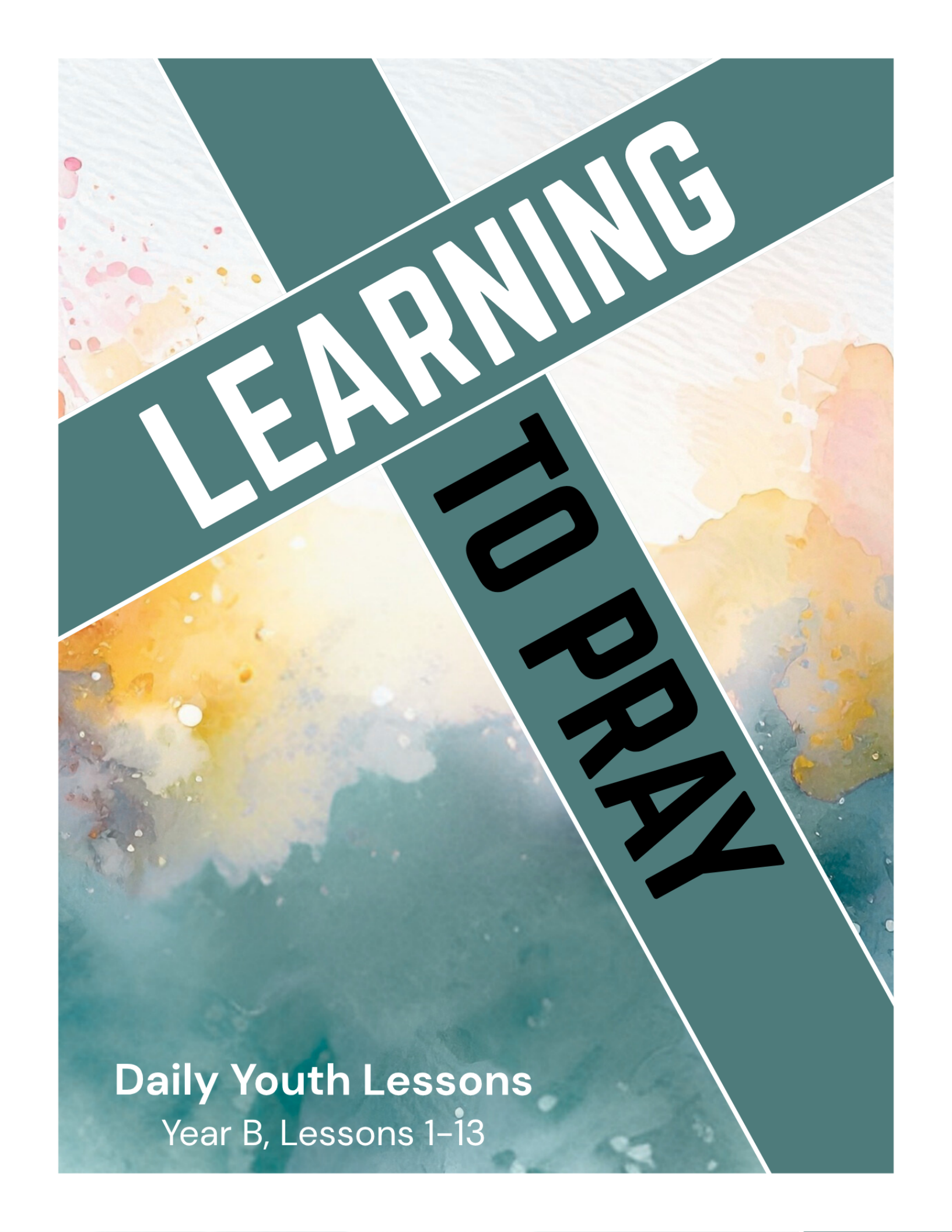




LEARNING

TO PRAY

Daily Youth Lessons
Year B, Lessons 1–13

Weekly Schedule

1. 01/03/2026: Praying Like Jesus (pp. 4-7)
2. 01/10/2026: The Model Prayer (pp. 8-11)
3. 01/17/2026: God's Friend on His Knees (pp. 12-15)
4. 01/24/2026: The Interceding Leader (pp. 16-19)
5. 01/31/2026: Crises on Water (pp. 20-23)
6. 02/07/2026: Prayer and Song (pp. 24-27)
7. 02/14/2026: Solomon: Prayer and Apostasy (pp. 28-31)
8. 02/21/2026: Three Kings in Prayer (pp. 32-35)
9. 02/28/2026: Judgment and Deliverance (pp. 36-39)
10. 03/07/2026: Praying through Perplexity (pp. 40-43)
11. 03/14/2026: Prayers for Restoration (pp. 44-47)
12. 03/21/2026: Counterfeit Prayers (pp. 48-51)
13. 03/28/2026: Prayer at History's End (pp. 52-55)

Further Study

Ellen White's book *Prayer* is a wonderful companion to these lessons. You can access it online for free here: <https://egwwritings.org/book/b87> If you read about two and a half chapters per week, you'll finish the entire book in one quarter (13 weeks).



Memory Verses

1. Luke 11:1: “Lord, teach us to pray.”
2. Matthew 6:9-13: “In this manner, therefore, pray: Our Father in heaven, hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.”
3. James 2:23: “And the Scripture was fulfilled which says, ‘Abraham believed God, and it was accounted to him for righteousness.’ And he was called the friend of God.”
4. Psalm 34:17-18: “The righteous cry out, and the LORD hears, and delivers them out of all their troubles. The LORD is near to those who have a broken heart, and saves such as have a contrite spirit.”
5. Psalm 50:15: “Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me.”
6. Psalm 55:17: “Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice.”
7. Ecclesiastes 12:1: “Remember now your Creator in the days of your youth, before the difficult days come, and the years draw near when you say, ‘I have no pleasure in them.’”
8. 2 Chronicles 7:14: “If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.”
9. James 5:17-18: “Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain; and it did not rain on the land for three years and six months. And he prayed again, and the heaven gave rain, and the earth produced its fruit.”
10. Job 23:3-6: “Oh, that I knew where I might find Him, that I might come to His seat! I would present my case before Him, and fill my mouth with arguments. I would know the words which He would answer me, and understand what He would say to me. Would He contend with me in His great power? No! But He would take note of me.”
11. Isaiah 54:6: “But we are all like an unclean thing, and all our righteousnesses are like filthy rags; we all fade as a leaf, and our iniquities, like the wind, have taken us away.”
12. James 4:3: “You ask and do not receive, because you ask amiss, that you may spend it on your pleasures.”
13. 1 Corinthians 13:12: “For now we see in a mirror, dimly, but then face to face. Now I know in part, but then I shall know just as I also am known.”

Week 1

Praying Like Jesus



Memory Verse

"Lord, teach us to pray."

Luke 11:1

Sunday: The Ultimate Prayer Warrior

5

Scripture to read: Luke 11:1-4

It is safe to say that no human being in history prayed as often or as earnestly as the Savior of mankind—Jesus Christ, the eternal Son of the eternal God.

Finding Him in His secret retreat early one morning, the disciples watched in silent awe as Jesus poured out His heart to His Heavenly Father. As the disciples watched Jesus pray, what great desire welled up inside of them? **Read Luke 11:1.**

The disciples realized that Jesus's prayer life was the source of His power. They wanted to learn to pray like Jesus and earnestly asked Him to teach them.

Do you think it would have been possible for Jesus to teach the disciples to pray if they hadn't really wanted to learn? Of course not! Psalm 25:9 reminds us that "the humble He guides in justice, and the humble He teaches His way."

"The only way any of us can gain a blessing is if we want to learn to pray."

But the disciples desired to learn, and Jesus fulfilled their desire. They learned to pray, which unlocked the secret to Heaven's power. **Read Matthew 18:18-19.**

This quarter, we will be studying about prayer. But the only way any of us can gain any blessing is if we want to learn to pray. Only then can Jesus teach us to pray as He taught His disciples.

Main Point

Jesus will teach us to pray if we desire to learn.

Action

Write down your current prayer habits. Ask yourself this question: How might God want to grow my current prayer life?

Monday: The Timing of Prayer

Scripture to read: Isaiah 50:4

Usually, when something is a priority, we devote the most time or our best time to it. Based on that assessment, if someone was watching you, what would they think was important to you? What was Jesus' priority and how can we tell? **Read Mark 1:35; Luke 6:12.**

Prayer was Jesus' priority! It was more important than sleep (Luke 6:12) and food (Luke 4:1-2).

Because prayer was Jesus' top priority, it was the first thing and last thing He did every day. He devoted His best hours to prayer. He taught His disciples to "Seek first the kingdom of God" (Matthew 6:33).

Jesus did not content Himself with just two appointments with His Father. Throughout the day, His heart was continually lifted up to God in prayer. One way was through song. While still a child, Jesus learned to pray through song while He worked. "He held communion with heaven in song; and as His companions complained of weariness from labor, they were cheered by the sweet melody from His lips" (*Desire of Ages*, 73).

Just as Jesus did, we should set aside time every morning and evening for private prayer. And throughout the day, as we work, play, and study, we can keep our hearts uplifted to God through prayer and song.

Main Point:

Jesus prayed every morning and evening.

Action

Set an alarm on your phone, watch, or alarm clock to remind you to pray to God in the morning and in the evening.

Tuesday: The “How” of Jesus’ Prayers

6

Scripture to read: Hebrews 5:7-9

Have you ever wanted something so badly you begged, pleaded, and cried for it? Sometimes we see this in children who think they need candy at the grocery store. They can be quite dramatic about their perceived “wants!”

How did Jesus pray? Was it a tired sentence or two as He faded off to sleep? Oh no! Paul describes it as “vehement cries” and “tears” (Hebrews 5:7). Jesus was passionate in His prayers. He knew just how much He needed God’s power.

What about us? When we pray to God alone, do we agonize with God? Many years ago, Ellen White wrote a special letter to young people describing what passionate prayer looks like.

“Go to your closet,” she wrote. “And there alone plead with God: ‘Create in me a clean heart, O God; and renew a right spirit within me’ (Psalm 51:10). Be in earnest, be sincere. Fervent prayer availeth much. Jacoblike, wrestle in prayer. Agonize. Jesus, in the garden, sweat great drops of blood; you must make an effort” (*1 Testimonies*, 158).

What was the result of Jesus’ prayers? Paul tells us that “Jesus was heard because of His Godly fear” (Hebrews 5:7). Those hours of suffering taught Him obedience to God. He was perfected and became the author of eternal salvation to “all who obey Him.”

Main Point

Jesus was passionate in His prayers.

Action

Find a quiet place and make an effort to plead with God for a “clean heart” and a “right spirit.”

Wednesday: The Content of Jesus’ Prayers

Scripture to read: John 17

Jesus was passionate, but His prayers were also succinct. He warned his disciples to avoid “vain repetitions as the heathen do. For they think that they will be heard for their many words” (Matthew 6:5-8). God already knows what we need. We don’t have to use fancy, flowery language to tell Him. We can be succinct and to the point.



The longest recorded prayer of Jesus is in John 17. He prayed this prayer just before His Gethsemane experience. Carefully read it through. What sections can it be divided into? Is there a progression of the prayer? Hint: chronological? What is the main theme of the prayer?

What were some of the things Jesus prayed about? He prayed that His disciples’ faith would not fail (Luke 22:32). He prayed for future believers (John 17:20). And He prayed for God’s will to be done rather than His own (Mark 14:36).

It only takes a few minutes to read aloud, but notice the passion and power packed into those 26 verses. And that is how we can learn to pray—passionately but succinctly, saying only what we mean and not using flowery words to “flatter God” into giving us what we want.

Main Point

Jesus’ prayers were succinct and to the point.

Action

Write down a list of prayer requests. Think through why you are praying for each request. During your next prayer time, pray through your list.

Thursday: Why Jesus Prayed

7

Scripture to read: Hebrews 5:1-4, 4:14-16

Jesus was and is God. He has all the power in earth and heaven. Not only that, but Jesus' Father was also God. God the Father knew what Jesus needed. Together, God and Jesus had carefully planned out His life before the foundation of the world (Psalm 40:7-8, Revelation 13:8).

Jesus voluntarily laid aside His power and took upon Him a human body (Hebrews 10:5). Just like us, He experienced fatigue, thirst, and hunger. He did not do one miracle to benefit Himself, and He did not do one miracle for others outside of His Father's will.

Jesus prayed because as a man, he took on our

"weakness" (Hebrews 5:2). As a man, he was "tempted in all points" that we are tempted (Hebrews 4:15). He overcame temptation the only way we can overcome temptation: on our knees.

"Jesus depended on His Father's direction for every act of His life."

Jesus depended on His Father's direction for every act of His life. He depended on His Father not only for what He did, but also for what He saw, heard, and spoke! (John 5:19, 30; 8:28; 14:10)

Paul says to "let this mind be in you" that was in Christ Jesus (Philippians 2:5). We are to have the same dependence on God that Jesus did. And that is why we must pray!

Main Point

Jesus prayed because as a man, He was dependent on His Father's power to obey His Father's will.

Action

During your next prayer time, ask God to help you see, hear, and speak like Jesus.

Friday: What Prayer Did for Jesus

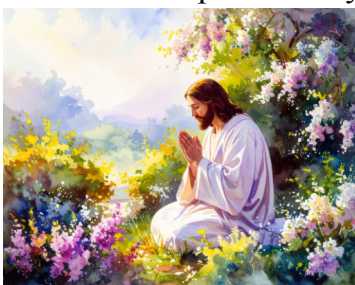
Scripture to read: Philippians 4:6; 1 Thessalonians 5:17

Jesus depended on prayer for every decision of life. When faced with the temptations in the wilderness, it was prayer that gave Jesus the "mercy and grace" to overcome Satan (Hebrews 4:15-16). It was prayer that gave Him the wisdom to know how to deal with the unruly rabble and worldly, ambitious disciples (John 6:15; Matthew 14:22-23). Jesus even depended on prayer to decide who would be His disciples (Luke 6:12-13).

At the end of His life, it was prayer alone that gave Jesus the strength to endure the agony of Gethsemane (Mark 14:32-42). It was prayer that gave Jesus the grace to forgive His enemies (Luke

23:34). His final words were a prayer commending His Spirit to God (Luke 23:46).

Prayer was the lifeline that connected Jesus to power. Prayer was to Jesus as breath is to us. He was entirely dependent on it.



Can we be any less dependent on prayer and expect to live a righteous life? Paul understood the absolute necessity of prayer. He commanded the Thessalonians to "pray without ceasing!" (1 Thessalonians 5:17)

Constant prayer requires discipline, effort, and determination. It's radical—an entire surrender of our thoughts, plans and feelings; nothing less is sufficient.

Main Point

Jesus lived a life of constant prayer.

Action

Try maintaining prayerful thoughts for just one hour—it's difficult! Now memorize a few lines from a hymn and keep them running through your mind for that same hour. It's much easier!



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