



LEARNING

TO PRAY

Teaching Helps

Daily Youth Lessons

Year B, Lessons 1-13

Tips for a Successful Youth Class

“With such an army of workers as our youth, rightly trained, might furnish, how soon the message of a crucified, risen, and soon-coming Savior might be carried to the whole world.”

Education, 271

Youth Sabbath School is one of the most important classes in the church. At this stage of life, young people are making life-shaping decisions for or against Jesus. Some are brought to church by parents and may not want to be there, while others are in different stages of maturity. A few sincerely want to follow Christ, while others may resist all forms of authority. But Jesus loves the youth of our church deeply. A well-led Youth Sabbath School can be a powerful tool to win souls for the kingdom.

Don'ts

- Read the lesson word-for-word in class and ignore the teaching helps.
- Do all the talking.
- Turn the class into a sermon.
- Say, “Ellen White says” without giving an exact quote and page reference.
- Skip prayer.
- Preach what you don't practice.
- Be disrespectful.
- Fear questions you can't answer — just admit it honestly.
- Dictate every detail of what they must do.
- Teach the exact same way each week.

Dos

- Use the teaching helps to guide your lesson.
- Listen carefully to what youth share.
- Reframe principles into open-ended questions they can answer.
- Share Ellen White's counsel with exact quotes and references.
- Pray with your class.
- Practice what you preach.
- Show respect at all times.
- Admit when you don't understand something.
- Teach principles that apply in many situations.
- Vary your teaching methods and involve the youth in leading.

Practical Setup

- Arrange chairs in a circle so everyone can see and participate (consider around a table).
- Have a white board for prayer requests.
- Give everyone a physical Bible (not phones) to reduce distractions.
- Have a small table available (if not around a large table) for Sneak Peek Activities.

Suggested Schedule

1. Icebreaker Question or Sneak Peek Activity

You can alternate with Sneak Peek Activity, do both, or only do one depending on what works best for your class. Below are thirteen suggested icebreaker questions. The Sneak Peek Activities are included with the weekly lesson.

1. What's something small that made you smile recently?
2. If you could spend a whole day doing anything you wanted, what would you do?
3. What's a favorite place you've ever been and why?
4. If you could instantly become good at something, what would it be?
5. If you had to pick only one book of the Bible to save, which would you choose?
6. Who do you look up to most and why?
7. If you could design your dream hangout spot what would it look like?
8. What's the best meal you've had recently?
9. If your personality were a weather forecast, what would it be?
10. What's one thing you wish adults understood better about teens today?
11. What Bible story has stuck with you most, and why?
12. If you had to describe your week with one word, what would it be?
13. What's something you're looking forward to soon?

2. Hymn of the Quarter: Sweet Hour of Prayer (SDA Hymnal #478)

If you have a youth that plays an instrument, ask them to accompany. Alternatively, find a youtube video with the words. Sing the same hymn every week to memorize by end of the quarter.

3. Prayer

Write prayer requests and praises on a whiteboard. Use different prayer formats:

- Divide into small groups and pray over everything.
- Go around and let each person pray for one request or praise.
- Write requests on slips of paper, draw them randomly, and assign them for prayer that day and during the week.
- Choose one or two students to pray for all requests.

4. Mission Focus

Share a mission story from Adventist Frontier Missions, Jesus for Asia, Gospel Outreach International, etc. Whenever possible, invite a live missionary to speak.


5. Lesson Study

The teaching helps provide more material than one class can cover. Decide ahead of time which days to focus on and which to briefly summarize.

Use a mix of straightforward Bible questions (easy for everyone, including shy students) and discussion questions (which encourage deeper thought and sharing).

Vary your teaching methods:

- Use PowerPoint slides with pictures and questions.
- Divide the class into small groups to study 1–2 days of the lesson and present their summary.
- Go around the circle and ask questions student by student.

Please note: This quarter there are many quotes taken from Ellen White's book, "Prayer." It is available at the following website:
 <https://egwwritings.org/book/b87>

"I will contend with him that contends with you and I will save your children." Isaiah 49:25

Week 1: Praying Like Jesus

Memory Verse: Luke 11:1

Study: *Prayer* Chapter 15

Sneak Peek Activity: *Prayer Journal*

Materials Needed: Blank journals, stickers, markers, glue, construction paper, etc.

- Step 1: Allow students to decorate one journal per student as their prayer journal.
- Step 2: Explain that this quarter is on prayer. Jesus prayed every day, and these journals will help them do the same.

Review and Main Point:

- This entire quarter is devoted to learning about prayer.
- This week you studied the prayer life of the ultimate prayer warrior: Jesus Christ.
- We will only be able to touch a few highlights of a subject that is far beyond the scope of a simple 30 minute Sabbath school lesson.
- **Main point:** Jesus is our example in prayer. We should study His prayers and seek to emulate them.

Sunday: The Ultimate Prayer Warrior (Luke 11:1-4)

- What did the disciples discover Jesus doing one day? Luke 11:1
- As the disciples watched Jesus pray, what great desire welled up inside of them? Luke 11:1
- What was Jesus' response? Luke 11:2-4
- **Discussion:** Have you tried to teach someone who didn't want to learn? Tell us about that experience?
- **Discussion:** Is it possible to teach someone uninterested in learning? Why then, was it so important that Jesus waited until the disciples asked Him how to pray?

Notes:

Monday: The Timing of Prayer (Isaiah 50:4-5)

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- What time of day did Jesus often pray? Isaiah 50:4; Mark 1:35
- Was it only in the morning that Jesus spent time with God? Luke 6:12
- Did Jesus pray to God during the day as well? John 8:28-29
- **Discussion:** What is a practical way that you can set aside time in the morning and evening to pray to God? How can you pray to Him throughout the day as well? Share your ideas with the class.

Notes:

Tuesday: The “How” of Jesus’ Prayers (Hebrews 5:7-11)

- What were Jesus’ prayers like? Luke 22:44; Hebrews 5:7
- Did the disciples ever offer up a prayer with “loud cries and tears”? Matthew 8:25
- Why were the disciples so passionate in this prayer?
- **Discussion:** Have you ever offered a passionate prayer in a crisis? Share it with the class.
- **Discussion:** Why was it that it took a storm to make the disciples pray a passionate prayer while *every one* of Jesus’ prayers was fervent?

Notes:

Wednesday: The Content of Jesus' Prayers (John 17)

- Who did Jesus pray for? Luke 22:32; John 17:9, 20
- What did Jesus pray for others? John 17:5, 15, 22-24
- What did Jesus pray for Himself? Mark 14:36
- **Discussion:** Skim through Jesus' prayer in John 17, what sections can it be divided into? Is there a progression of the prayer? What is the main theme of the prayer? Is there anything we can do to answer Christ's prayer?

Notes:

Thursday: Why Jesus Prayed (Hebrews 5:1-4, 4:14-16)

- Did God know what Jesus needed before He prayed? Matthew 6:8
- If God already knew what He needed, why did Jesus pray? John 16:23-24; Matthew 21:22; Mark 11:24
- God gives gifts to those who ask.
- God knew what Jesus needed, but just like us, He only gave Him what He asked for.
- What did Jesus depend on God His Father for? John 5:19, 30; 14:10
- **Discussion:** What kind of dependence are we to have on God? Philippians 2:5
 - If every young person you know had that kind of dependence on God, how would YOUR life be different?

Notes:

Read the following paragraph to the class: “It was not on the cross only that Christ sacrificed Himself for humanity. As He ‘went about doing good’ (Acts 10:38), every day’s experience was an outpouring of His life. In one way only could such a life be sustained. Jesus lived in dependence upon God and communion with Him. To the secret place of the Most High, under the shadow of the Almighty, men now and then repair; they abide for a season, and the result is manifest in noble deeds; then their faith fails, the communion is interrupted, and the lifework marred. But the life of Jesus was a life of constant trust, sustained by continual communion; and His service for heaven and earth was without failure or faltering” (*Prayer*, 172).

- This paragraph gives two ways Jesus sacrificed Himself for humanity: name them.
- How could Jesus “sustain” His continual sacrifice for humanity?
- How often do we commune with God?
- How long should we stay connected with God?
- When we are connected with God, what is the result?
- What interrupts our communion with God?
- **Discussion:** Jesus prayed to stay alive. It was as necessary for Him as breathing. One wrong act, and man could not be saved. What would change in your life if you had the prayer life of Jesus? How would your church be different if everyone had the prayer life of Jesus? Is it impossible to have? Revelation 14:12.

Notes:

Summary & Appeal:

- Jesus' disciples discovered Jesus praying and realized that His prayer life was the source of His power. They begged Jesus to teach them to pray, and He did.
- Jesus prayed in the early mornings and late evenings. He also kept in constant communion with God during the day.
- Jesus' prayers were passionate as He realized His life and the life of the world depended on His prayers.
- Jesus knew that God knew what He needed before He even prayed. However, He also knew that unless He asked, God would not bestow a blessing upon Him.
- Jesus' prayers were His lifeline. Praying was as necessary to Jesus as breathing.
- **Appeal:** Do you earnestly desire to learn to pray like Jesus? If not, will you start praying that God will give you that desire?

Notes:

Weekly Schedule

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

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Unless otherwise noted, all Scripture quotations are from the NKJV.