

Prayer Warriors



SABBATH—MAY 2

READ FOR THIS WEEK'S LESSON: Daniel 2:20–23; Daniel 6:10; Genesis 5:22–24; Exodus 33:15–23; Exodus 32:31, 32.

MEMORY VERSE: “I love the LORD, because he heard me when I called [prayed] to him. He listened [paid attention] carefully to me. When I need help, I will always pray to him, for as long as I live” (Psalm 116:1, 2, EASY).



For sure, our prayer life changes not only ourselves but other people's lives, too.

WHAT DO YOU THINK would happen if you hardly talked to your best friend or to your husband or wife? Very soon your relationship would be in trouble, right? In the same way, prayer is an important part of a strong relationship with God. Prayer is an important habit. If we don't pray often and always, we will wander away from the Lord sooner or later.

In the Bible, we learn about the lives of people who prayed. We can learn how their prayers changed their relationship with God for the better. Their stories teach us how to pray and what we may pray for. We can learn from their stories how prayers changed the lives of other people. For sure, our prayer life changes not only ourselves but other people's lives, too.

The topic of prayer is big. There is more to learn than we can study in the next two weeks. This week, we will learn some important lessons from people in the Bible who prayed. Their prayers will show us that prayer helps us to build a strong relationship with God. What else can we learn from the prayer lives of these people in the Bible?

DANIEL: LOYAL TO GOD (Daniel 2:20–23)

Daniel is one of the Bible’s mighty heroes. In Daniel 1, we read: “But Daniel decided that God did not want him to eat the king’s food and wine. He knew that it [eating the king’s food and wine] might be [was] against God’s rules. So he [Daniel] asked the king’s special officer that he might not have [for permission not] to eat the king’s food” (Daniel 1:8, EASY). God helped Daniel and his three friends because they chose to be loyal to Him (Daniel 1:17). Daniel was wise (Daniel 1:20; Daniel 2:14, 21, 23, 48). God’s Spirit was in Daniel (Daniel 4:9, 18; Daniel 5:14; Daniel 6:3). God loved Daniel very much (Daniel 9:23; Daniel 10:11). These things show us that Daniel had a strong connection with God.

In Daniel 2, King Nebuchadnezzar orders the captain of his soldiers to kill all the wise men in Babylon. Daniel prays for God’s mercy (Daniel 2:18). Daniel asks God to show him the secret of the king’s dream. When God shows Daniel the dream, Daniel prays right away and thanks God.

Why did Daniel pray? What can we learn from his prayer? Read Daniel 2:20–23 for the answers.

As the years passed, several different kings controlled the kingdom. Daniel continued to serve the kings. Daniel “was very good [skilled and talented] at his job. Daniel was so good that the king wanted to make him ruler [manager] over the whole kingdom” (Daniel 6:3, EASY). “Daniel was a man people could trust. He did not cheat the king, and he worked very hard” (Daniel 6:4, ERV). Many people were jealous of Daniel because he had the king’s favor (Daniel 6:5–9). But Daniel stayed loyal to God. He didn’t stop praying. He was not afraid of these evil men.

What do Daniel 6:10, 11 tell us about Daniel?

During hard times, Daniel prayed. People wanted to use Daniel’s prayer life as an excuse to kill him. But Daniel didn’t stop praying. He prayed three times a day at his open window. Daniel thanked God and asked for His mercy.

How does Daniel’s story show you that we have no good reason not to pray?



Daniel asks God to show him the secret of the king’s dream.

GETTING DOWN ON OUR KNEES TO PRAY (Daniel 6:10)

When something goes wrong in our lives, most of us talk about it with a friend. When we have good news, we share it with someone. We can do the same thing with God. “Prayer is talking to God the same as we would talk to a friend.” —Ellen G. White, *Steps to Christ*, page 93, adapted.

Prayer keeps us connected to God. When we pray, we show the devil we belong to God. When we kneel to pray in the morning, our prayer is an announcement that we choose God this day. God sends angels to our side when we pray. God also gives us strength and protects us from Satan (Psalm 91).

When we kneel, we show that our hearts are empty of all pride. For sure, we can pray when we sit in a chair or lie in bed. But when we kneel, we show that we are ready to serve God with all our hearts. Our bodies and our words announce that God is in control of heaven and earth, and that we are His children.



God sends angels to our side when we pray.

Read Daniel 6:10; Luke 22:41; Acts 7:60; Acts 9:40; and Acts 20:36. What do these verses tell us about the people who knelt when they prayed?

In Bible times, people often stood when they prayed (2 Chronicles 20:5, 6, 13; 1 Samuel 1:26; Job 30:20; Luke 18:11, 13). The Bible also gives us examples of people who sat when they prayed (2 Samuel 7:18). Other people lay with their faces on the ground (1 Kings 1:47; Mark 14:35).

How do you pray? The Bible doesn't command us to pray standing up or on our knees. But what we do with our body when we pray is important. What we do shows the feelings that are in our hearts. Some people can't kneel. So, in the end, the thing that matters most is our hearts. Maybe you don't often kneel. But if you can, why not kneel the next time you pray? How does kneeling change your time with God?

The Bible invites us to “pray at all times” (1 Thesalonians 5:17, EASY). We must “be ready for anything” (Colossians 4:2, ERV) and “always continue to pray” (Romans 12:12, EASY). Today, as you stand, sit, lie, or walk when you pray, talk to God as your Friend. Start right now.

ENOCH WALKED AND TALKED (Genesis 5:22–24)**What do we know about Enoch from Genesis 5:22–24?**

The Bible doesn't tell us much about Enoch's life. But we do know that Enoch "lived to please God" for 300 years. Then Enoch disappeared because God took Enoch to heaven to be with Him. Wow! Enoch's life showed that God was more important to him than anything else on this earth.

For sure, Enoch prayed all the time just as the Bible tells us to do (Rom. 12:12). Every day, Enoch's faith and His relationship with God grew strong. The people on this earth became more and more evil. Enoch had a living connection with God. So, Enoch continued to serve God more and more.

"Enoch was busy serving God his whole life. Enoch always prayed. The more work that Enoch had, the more he prayed. . . . Enoch spent time with the people and taught them about God. His life was a living example. After Enoch helped people, he spent time alone with the Lord. Enoch wanted to know more about God. The more time Enoch spent with God, the more He started to look the same as God. . . . Even people who didn't respect God saw that Enoch looked the same as God. When they looked at Enoch, their hearts filled with wonder."—Ellen G. White, *Patriarchs and Prophets*, pages 86, 87, adapted.

God doesn't ask us to separate ourselves from everyone and live alone in a cave. Then we won't be any use to anyone, right? But we can follow Enoch's example. We can stay busy helping people. We can learn what the people around us need. But we must let Jesus live in our hearts. We must pray to God every day. When we live and pray with Jesus, God can show His love in us to other people.

We can pray anytime, anywhere. God can see and hear us wherever we are (Psalm 139:7–12). God always hears the cries of our hearts (read Lamentations 3:55–57). We can pray in our hearts. We also can say our prayers. When we pray in our hearts, we may not finish our thought or our sentence. Sometimes when we pray in our hearts, we may have trouble thinking about what we want to say. But when we say our prayers, we remember that God is real. He hears us. Also, when we say our prayers, we show that we have something important to talk about with Him.

As you do your work today, where will you say a prayer to Jesus? What will you say to Him?



We can pray anytime, anywhere. God can see and hear us wherever we are (Psalm 139:7–12).

MOSES, A HOLY LEADER (Exodus 33:15–23)

For sure, Enoch was close to God in his heart. Moses was, too. We have much more information about Moses than we have about Enoch. We can read many stories about Moses' conversations with God. Again and again, the Bible shows us the most important part of Moses' life: his relationship with God. Moses always talked with God. His communication with God was the secret to his success as a leader.

Read the conversation between Moses and the Lord in Exodus 33:15–23. What are they talking about? Where does this conversation happen?

Imagine in your mind that you are Moses, and you are talking with God. What do you think Moses felt, saw, and heard? You may wonder why the Israelites didn't want to talk with God in this personal way. They asked Moses to go to God for them and then come back and tell them what God said (Exodus 20:18–21). When Moses prayed, he asked God for advice. Moses also went to God to get help for the Israelites.



Moses asked God to heal his sister.

Two times Moses went to God to get help for family members. What happened in each story? What if Moses didn't go to God for help? Do you think the stories would end in a different way than they did? Explain.

- Aaron's story (Exodus 32:1–14, 31–34; Deuteronomy 9:20)
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- Miriam's story (Numbers 12:13)
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Miriam is jealous of Moses. She is mean and nasty to him. Moses forgave both Aaron and Miriam. Moses asked God to heal his sister. This story is a powerful example of how God forgives and loves sinners.

Read Matthew 5:44 and Colossians 3:13. How can you learn to do what these verses say to do? Why is it important that you do so?

MOSES ASKS GOD TO SAVE HIS PEOPLE (Exodus 32:31, 32)

Read Exodus 32:31, 32. What do these verses teach us about Moses and prayer?

Again and again, Moses goes to God to get help for the Israelites. Moses went to God when the people were thirsty (Exodus 15:25; Exodus 17:2–6) and hungry (Numbers 11:21, 22). Moses went to God when he was upset and didn't know what else to do (Numbers 11:11–15).

Right after the Israelites accepted God's Promise, they worshiped the gold cow. Moses later told the people, " 'I prayed, because the LORD had said that he would destroy you. He was so angry with you that I was very afraid. But the LORD listened to me this time too' " (Deuteronomy 9:19, EASY).

When the spies came back from the Promised Land, Moses told the people, " 'So I lay down on the ground for those 40 days and nights. I prayed to the LORD because he had said that he would destroy you' " (Deuteronomy 9:25, EASY).

When God chose Levi to serve Him in His holy tent, Moses told the Israelites, " 'I stayed on the mountain for 40 days and nights, as I did the first time. The LORD listened to my prayer. He decided that he would not destroy you' " (Deuteronomy 10:10, EASY). God heard Moses' prayer.

We can learn much from Moses about prayer and holding on tight to God:

- **Moses loved God deeply and understood who He was.** God told Moses who He was in Exodus 34:6: " 'I am the LORD! The LORD! I am kind [loving] to people and I forgive them. I do not quickly become angry. My faithful [dependable] love for my people continues for ever, and I am always faithful [can be trusted]' " (EASY).
- **Moses had courage and was loyal to God in hard times.** On the way to the Promised Land, Moses trusted God's power and leading in his own life (Exodus 33:13).
- **Moses asked God to remember His Promise** (Exodus 32:13). **Moses asked God to keep His promises to His people** (Deuteronomy 7:8). **Moses remembered God's leading in the past** (Deuteronomy 8:2).
- **Moses accepted God's answers to his prayers.** God may not always give us what we want (Deuteronomy 3:23–29). But we always should continue to pray (Luke 18:1–8).

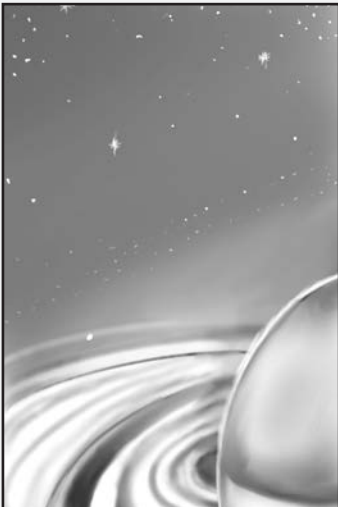
Who needs your prayers? Why not pray for them now?



God may not always give us what we want (Deuteronomy 3:23–29). But we always should continue to pray (Luke 18:1–8).

ADDITIONAL THOUGHT: We should pray because we love God so much. When we love God deeply, we will want to share everything in our lives with Him. We will share our joys, our ‘wins,’ worries, sorrows, troubles, and daily needs.

“We may keep very close to God in our hearts. Then when trouble comes without any warning, we will think about God. Share your needs, joys, sorrows, cares, and fears with God. You can’t make Him tired. He knows the number of hairs on your head. He knows everything His children need. . . . God’s heart of love is touched when we are sad and tell Him about our pain and suffering. Take everything to God that confuses you. God keeps planets moving in outer space. God controls everything that happens in heaven and on earth. Anything that gives us peace is important to Him. Nothing is too small for Him to notice. God knows about every awful experience in our past. He can solve any problem. God knows everything that happens to us. He sees every terrible disaster that happens to us. He knows about the things that worry us. He knows what makes us happy. He hears every honest prayer. God is interested in everything that happens in our lives. . . . God’s relationship with each person is so loving and powerful. God loves each one of us. He loves you as if you were the only person He watches over. He loves you as if you were the only person on this earth that Jesus died for.”—Ellen G. White, *Steps to Christ*, pages 99, 100, adapted.



“Take everything to God that confuses you. God keeps planets moving in outer space.”

DISCUSSION QUESTIONS:

- ① What do you think about prayer? Is it a beautiful experience? Or a bad one? Why do you think this way?
- ② Read the quote above again. Which part of it touches your heart the most?
- ③ This week, we studied about the prayer life of Daniel, Enoch, and Moses. Whose prayer life touches your heart the most? Why do you feel that way?

TRADING A RED CLOTH FOR A PAIR OF PANTS

Rompas was a Maasai boy in Kenya. The pastor told Rompas that Seventh-day Adventists worshiped the devil. The pastor also said that Seventh-day Adventists walked backward into church on Saturdays. Seventh-day Adventists worshiped without wearing any clothes, too.

When Rompas was 16, he decided to learn if the pastor told him the truth about Seventh-day Adventists. Early Saturday, he walked many miles from his village to a Seventh-day Adventist church. Rompas hid in the hills near the church and watched.

Before long, the first person arrived. The man wasn't walking backward. He was wearing clothes. The man wore a nice suit and tie. The boy wished he had a suit and tie, too. He wore only a 'shuka.' A 'shuka' is a piece of Maasai clothing. A 'shuka' is a red cloth with black stripes.

Then the pastor and other church members arrived. They did not enter the church backward. They also wore nice clothes.

Then the church choir or singers started to sing the song "Oh Happy Day." As Rompas heard the words, He walked to the church and sat in the back row. He listened with deep interest.

After the sermon, a young white man came to him. The young man was a Bible worker from the United States. Someone translated the man's words into Rompas's language. The young man held out a pair of pants to Rompas. The pants had many pockets. The young man said, "These are your pants."

Rompas was excited! He never owned pants. He put them on. Then he tore his 'shuka' to make a belt to hold up his pants.

Back at home, Rompas's 82 brothers and sisters were surprised to see their Maasai brother wearing pants. They came up to him and asked, "What happened?"

Rompas put the prized pants under his bed that night. He only wore the pants when he went back to the church the next Sabbath. The pants got the attention of the children and women in his village every Sabbath. Some of them started to follow him to church.

Many months passed. Rompas and his mother gave their hearts to Jesus in baptism on the same day. The first two members of a family of nearly 100 people became Seventh-day Adventists. Rompas felt happy and free for the first time in his life. Jesus told His followers, " 'You will know the truth. And the truth will make you free' " (John 8:32, ICB). Rompas said, "For sure, the truth about Jesus has made me free."

Part of this quarter's 13th Sabbath Offering will support work in Kenya and elsewhere in East Africa. Read more about Rompas next week. Watch a YouTube show about him at: bit.ly/Rompas-IS.

INSIDE Story



The young man said,
"These are your pants."



Rompas Josphat Lekishon