Practical Prayer

Lesson 7, 2nd Quarter, May 9–May 15, 2026

Sabbath Afternoon, May 9

Memory Text:

"Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah." Kjv — Psalm 62:8

"Prayer is the opening of the heart to God as to a friend. The eye of faith will discern God very near, and the suppliant may obtain precious tokens of the divine love and care. Before he calls, God hears; and that to many prayers are never answered? Says David, "I cried unto Him with my mouth, and He was extolled with my tongue." In regard inquity in my heart, the Lord will not hear me." By another prophet the Lord gives us the promise: "Ye shall seek Me, and find Me, when ye shall search for Me with all your heart." Again, he speaks of some who "have not cried unto Me with their hearts." Such petitions are prayers of form, lip service only, which the Lord does not accept. 4T 533.3

"The prayer which Nathanael offered while he was under the fig tree came from a sincere heart, and it was heard and answered by the Master. Christ said of him: "Behold an Israelite indeed, in whom is no guile!" The Lord reads the hearts of all and understands their motives and purposes. "The prayer of the upright is His delight;" He will not be slow to hear those who open their hearts to him, not making self, but crediting Heavenly being their great weakness and unworthiness. 5T 144.1

"There is need of prayer,—most earnest, fervent, agonizing prayer,—such prayer as David offered when he exclaimed: "As the hart pantetth after the water brooks, so pantteth my soul after Thee, O God. My soul thirsteth for God, for the living God: when shall I come and appear before God?" Such earnest desire for the courts of the Lord, my heart and my flesh crieth out for the living God." The soul breaketh for the longing that it hath unto Thy judgments." 9T 154.2 This is the spirit of wrestling prayer, such as was possessed by the royal psalmist." 4T 534.2

Sunday, May 10

Elijah-Praying in Crisis

Read 1 Kings 18:1–18, specifically noting Elijah's prayers and God's interaction with him. What is at the heart of Elijah's depiction here? How is God's response different from what happened at Mount Carmel?

"With the staying of the prophets of Baal, the way was opened for carrying forward a mighty spiritual reformation. The judgments of Heaven had been executed; the people had confessed their sins, and had manifested a willing heart to do the will of God. Elijah had prayed for the withholding of the rain, that the idolatrous worship might be put down, and God had given him the assurance that it was the beginning of abundance of rain." Then the prophet went to the top of the mount to pray." 5S 82.1

"At the gate of Jezreel, Elijah and Ahab separated. The prophet, choosing to remain outside the walls, escaped himself to his mantle and lay down on the bare earth to sleep. The king soon reached the shelter of his palace and related to his wife the events of the day. As Ahab told of the miracle and of the slaughter of the prophets of Baal, Jezebel was filled with indignation and wrath. She refused to recognize the overruling providence of God, and still defiant, boldly declared that Elijah should die. 5S 82.2

"That night a messenger aroused the weary prophet and delivered the word of Jezebel: "So let the gods do to me, and more also, if I make thy life as the life of one of them by tomorrow about this time." 1S 84.2

"Elijah was startled at the sudden change in the situation, and after triumphing so completely over his king and priests and people, Elijah could never afterward have given way to despondency nor been overcome by the threats of a woman. But the prophet was human, and he was easily discouraged when he turned from his slumber. The rain was pouring from the heavens, and darkness was on every side. Surrounded by his enemies before, God had directed his course to a place of refuge, the prophet now fled for his life." 5S 84.3

"Then "the king was angry and very furious, and commanded to destroy all the wise men of Babylon." Dan. 2:12.

"Elijah should not have fled. He should have met the threat of Jezebel with an appeal for protection to the God who had so recently manifested Himself in behalf of His servants. He should have trusted God to protect him against the hatred of the queen. Had he made God his refuge and strength, he would have been preserved from harm. The Lord would have caused the queen to tremble in fear, and the impression made on king and people would have wrought a great reformation. 5S 85.1

"Elijah had hoped that after the miracle on Carmel jezebel would no longer have influence over Ahab and the people, and that a great reformation would be wrought. But he had not waited God without food. Yet when he gloried the chariot of Ahab to Jezreel, his courage was strong despite the physical strain. He was then in the prime of life and anything was possible. He had seen God work and he knew that the reformation begun might not be lasting, and depression seized him. In this time of discouragement, Satan presented his threat according to his wont and Satan will apparently prevailing. lest his hold on God." 5S 85.1

"Forgetting God, Elijah fled on and on, until he found himself in a dreary waste, alone, utterly wearied, he sat down to rest under a juniper tree, and requested that he might die: "It is enough; now, O Lord, take away my life." Not a word of reproach, not a word of fault-finding, not a bitter word of disappointment, he desired never again to look on the face of man. At last, exhausted, he fell asleep. 5S 86.1

"Elijah had hoped that after the miracle on Carmel jezebel would no longer have influence over Ahab and the people, and that a great reformation would be wrought. But he had not waited God without food. Yet when he gloried the chariot of Ahab to Jezreel, his courage was strong despite the physical strain. He was then in the prime of life and anything was possible. He had seen God work and he knew that the reformation begun might not be lasting, and depression seized him. In this time of discouragement, Satan presented his threat according to his wont and Satan will apparently prevailing. lest his hold on God." 5S 85.1

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"Prayerless, God fled. He should have met the threat of jezebel with an appeal for protection to the God who had so recently manifested Himself in behalf of His servants. He should have trusted God to protect him against the hatred of the queen. Had he made God his refuge and strength, he would have been preserved from harm. The Lord would have caused the queen to tremble in fear, and the impression made on king and people would have wrought a great reformation. 5S 85.2

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Monday, May 11

When Prayers Seem Unanswered

Perhaps you've prayed about something for a long time, maybe even years, and it feels as if God hasn't heard your prayers. The Bible tells us to "ask, and it shall be given you" (Matt. 7:7). What does God mean by this, and how can we be sure that our prayers are being heard and answered? these promises?

"In the ministry of healing, Jesus did not at once grant the blessing sought. But in the case of leprosy, no sooner was the appeal made than it was granted. When we pray for earthly blessings, God does not always grant our petitions in the very time and manner we desire, but he does hear, and so when we ask for deliverance from sin. It is his will to cleanse us from sin, to make us his children, and to keep us his children. We may be sure that God will answer such prayers. Christ has given us this present evil world, according to the will of God and our Father." Galatians 1:4. And "this is the confidence that we have in him, that, if we ask anything according to his will, he hearth us: and if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him." 1 John 5:14