

TEACH US TO PRAY...
PRAYERS THAT GET ANSWERS



LESSON 10 // KEEP US—PART 2

Big Idea: “Keep us” prayers are an important part of how we should approach God. In the last lesson, we learned about praying for the Lord to keep us *from*, *for* and *in* certain situations.

We also need to ask Him to keep us *through* our valleys and mountaintops, trials and temptations, seasons of life, delays and disappointments. As we call on the Lord, we should ask Him to keep us *above* the ways of the world, the downward pull of our sinful nature, bitterness, hatred and retaliation, worry and fear, and attitudes of resignation and defeat. We can pray with faith and confidence that God will “keep us” when we ask Him!

Philippians 4:6, 7 (NIV) *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

Start Talking:

What has been troubling you the most recently and causing the most worry in your life?

How can “keep us” prayers help you deal with these? How does Philippians 4:6, 7 encourage you about this?

Start Thinking:

Read Romans 8:35-39. What does it mean to be “more than a conqueror” in Christ, according to these verses? What difference should this make as you pray?

Read Matthew 6:13 and 1 Corinthians 10:13. What do you learn from these verses about how God keeps you from giving in to temptation?

Read Psalm 130:5 and Jeremiah 29:11. How do delays and disappointments affect you? What has God provided to keep you on track with Him through these challenges?

Read Romans 12:2 and Ephesians 4:22-24. Why is it so important for God to keep us above the ways of the world and the “downward pull” of our sinful nature? What is our part in this process?

Start Praying:

Pray for each person in your group about something that is troubling them deeply. Believe together, based on God’s Word, that He will help them overcome any fear related to this.

Start Doing:

Step out in faith this week that God will keep you and help you overcome a challenge that has been weighing you down. Be prepared to share with the group how the Lord is working through your “keep us” prayers.

Pray for wisdom for our church leaders about beginning to meet in person for worship services and ministry opportunities and look for ways that you can be a part of making this happen.