

## New City Catechism

Question 40: What should we pray?

*Answer: The whole Word of God directs us in what we should pray.*

Ephesians 3:14-21

Begin this week by committing the question and answer to memory.

This week's subject matter (what we should pray about) is fairly easy to understand. If we are ever at a loss for something to pray about, we can open the Bible and find direction for what to pray on almost every page. Often the Bible records the prayers of others to encourage and instruct us. One example of this is the passage listed above and copied below. Read the following prayer from the apostle Paul to his friends in Ephesus.

EPH 3:14 For this reason I kneel before the Father, <sup>15</sup> from whom every family in heaven and on earth derives its name. <sup>16</sup> I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, <sup>17</sup> so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, <sup>18</sup> may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, <sup>19</sup> and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

<sup>20</sup> Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, <sup>21</sup> to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

- Have your family gather around this prayer with a box of crayons. Underline in different colors as many specific things you can find that Paul prayed for his friends in Ephesus (Look for the "I pray..." statements. These are the more obvious requests thought there are many others that are

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harder to pick out from all the prepositional phrases and participles).

- Now have each family member pick one specific request from the prayer and use it to offer a prayer for another family member as your family prays together. Have them keep praying that specific prayer for that family member all week long.

Take a look at the video this week. It's worth listening to just to hear Alistair Begg's cool Scottish accent. What he says about how God's Word directs our prayers is pretty cool too!

Let me also encourage you to read the prayer from 17<sup>th</sup> century puritan pastor Richard Sibbes. It is heavy sledding, I warn you, but you may find it easier if you read it out loud. It is an example of prayer that is richly instructed by God's Word.

Please make use of the other resources from the New City Catechism app or website as you see fit.

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