

*Prayers My Grandmother Taught Me* Study Guide by Pastor Kalland  
*Pray Without Ceasing* Series  
Third of Four Presentations ~ Fall 2022

### Overview

I grew up in one of those families that believed not only in the love of God in Christ Jesus, but also in the power of prayer. It started before we ate meals together and before we went to bed. Mom was the usual instigator of prayers. Prayer was as natural to her breathing. It's really her mom, Grandma "Tilsha," who is to blame. She was the ringleader of "pray without ceasing." She had ten kids and of course we can imagine the need for prayer with a household of that size. She passed on her wisdom to her children; she was an amazing woman of God. We will look at a few of her pearls of wisdom along with other prayers that have been impactful in my life. ~ Pastor Kalland

### Pearls of wisdom from Grandma (and others!):

- Gratitude - everyday.
- Give it all to the Lord in your prayers.
- Prayer is a conversation with your best friend (thanks Pastor Youngdahl!)
- Philippians 4:4-7: *Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*
- Morning Meditation:  
*"Good Morning This is God, I will be handling all your problems today...and I won't need your help."*
- Evening Meditation: Why not give all your troubles to God? He will be up all night anyway!
- "Help!" is a good prayer. So is "Thank you!"
- Pause and Remember
- What to pray about? Everything!
- Phyllis Erickson: "Courage is fear that has said its prayers."
- A few of the anonymous saints from those 12 step meetings:  
God, grant me the serenity to accept the things I cannot change,  
the courage to change the things I can, and the wisdom to know the difference.  
Living one day at a time, enjoying one moment at a time;  
accepting hardship as a pathway to peace;  
taking, as Jesus did, this sinful world as it is, not as I would have it;  
trusting that You will make all things right if I surrender to Your will;

so that I may be reasonably happy in this life and supremely happy with You forever in the next.

Amen. ~Reinhold Niebuhr

- Kirkegaard: “Prayer does not change the nature of God... it changes the nature of the one who prays. Or “the function of prayer is not to influence God, but rather change the one who prays.”

## Questions

Who do you pray for? What do you pray about?

How does this scripture speak to you?

*Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:4-7*

Who have been your prayer influencers?

What is your go-to prayer?

## Closing Prayer from Pastor Kalland

*Thanks Lord for your consistent presence in our lives, for your willingness to listen. We have huge gratitude lists, Lord, many of them list the great saints in our lives who have helped us in our walk with You. We thank You for their examples of faith, hope, love, and courage. We don't always know what is going to come our way, it really helps that You walk with us. Please help us to continue to take a pause, a quiet moment each day. Love ya. Amen.*