



**Educate
+ Engage**



THE THREE-
LEGGED STOOL



Leg 1 - prayer

OVERVIEW

So many of us have had powerful spiritual moments at youth camps, HYC, NAYC, or in altar calls at our local church where we committed to live differently. We felt the conviction. We felt God's Spirit. We made bold promises. But over time, that passion often fades. Why? Because passion without discipline doesn't last. Emotion can start the journey, but only discipline will carry it forward.

Imagine your spiritual life like a three-legged stool.

Each leg represents a vital spiritual discipline:

- Prayer: where you speak with God.
- Bible reading: where you hear from Him.
- Fasting: where you silence distractions to focus on what matters most.

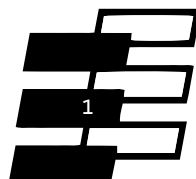
All three legs are essential. Remove one, and the stool becomes wobbly and unreliable. That's what happens when your walk with God lacks consistency or balance. These practices aren't just "good habits," they're the support system that holds up your faith.

But even a perfectly built stool isn't useful without a seat, and in this series, the seat represents your relationship with Jesus. That's the whole reason the legs exist in the first place. The disciplines matter, but they serve something bigger: a steady, personal connection with the One who gives life meaning.

Over the next four weeks, we'll learn how to strengthen each leg and sit confidently in a growing relationship with Jesus—one that's not easily shaken.

We begin with prayer, the first leg of the stool. Prayer is what connects us directly to God. It's our lifeline, the way we communicate with Him, build relationship, and stay aligned with His will. Without prayer, the whole stool wobbles. In fact, without prayer, the rest of our spiritual life will eventually lose balance and fall.

Let's learn how to strengthen this first leg so we can stand firm and sit securely in the life God has for us.



Scripture Passage

Luke 18:1 (NKJV)

Then He spoke a parable to them, that men always ought to pray and not lose heart,

I Chronicles 16:11 (NKJV)

Seek the Lord and His strength; Seek His face evermore!

Isaiah 55:6 (NKJV)

Seek the Lord while He may be found, Call upon Him while He is near.

Colossians 4:2 (NKJV)

Continue earnestly in prayer, being vigilant in it with thanksgiving;

I Thessalonians 5:17 (NKJV)

Pray without ceasing.

EDUCATE

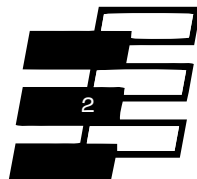
Prayer is not just a spiritual discipline; it is a lifeline. Without it, our faith becomes mechanical, disconnected, and easily shaken. Prayer is the first leg of the stool because it is foundational to every other part of our relationship with God. We read the Bible to know His voice. We fast to create space for Him. But we pray to actually talk to Him. And He wants to hear from us.

Point 1: God commands us to pray.

Throughout Scripture, God repeatedly tells His people to pray. It's not a suggestion. It's a pattern.

In I Chronicles 16:11, we're told to "Seek the Lord and His strength; Seek His face evermore!" Isaiah 55:6 urges us to "Seek the Lord while He may be found, Call upon Him while He is near." And in the New Testament, Jesus emphasized it even more. In Luke 18:1, He told His disciples a story to show that "men always ought to pray and not lose heart." Paul echoed that command in I Thessalonians 5:17: "Pray without ceasing."

These aren't just motivational quotes; they're survival instructions. Prayer is the soul's way of breathing. If you stop, your connection to life begins to fade. When Jesus made time to pray, often slipping away from crowds to do so, He was modeling something crucial. If He needed that connection, how much more do we?



Lesson 1

Prayer connects us with God. Relationships are built on communication. You can't grow close to someone you never talk to. In the same way, you can't know God deeply if you're not regularly talking to Him. Prayer isn't just for emergencies or before meals. It's the ongoing conversation with the One who knows you best and loves you most.

Prayer doesn't have to be fancy. God's not impressed by big words or perfect grammar. He's looking for honesty, consistency, and faith. It can be as simple as a whisper of thanks in the morning, a cry for help in the hallway between classes, or a prayer journal at night. Whatever the method, the result is the same: you are aligning your heart with His.

Point 2: Prayer moves the hand of God.

Scripture is full of examples where prayer changed everything. Elijah prayed and fire fell from heaven. Hannah prayed and her barren womb brought forth Samuel. Paul and Silas prayed in prison and an earthquake broke their chains.

Prayer isn't a magic formula, but it is powerful. James 5:16 teaches us "the effective, fervent prayer of a righteous man avails much."

When you pray, you're not just talking into the air; you're moving Heaven. You're inviting the God of the universe into your situation. And sometimes, that changes your circumstance. Other times, it changes you.

Point 3: Prayer brings clarity and guidance.

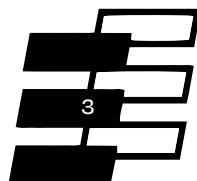
When have you ever faced a decision and didn't know what to do? God wants to lead you. And one of the clearest ways He does that is through prayer.

David prayed, "Cause me to know the way in which I should walk, For I lift up my soul to You" (Psalm 143:8).

Paul often asked churches to pray for his wisdom and boldness (Ephesians 6:19).

James wrote, "If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him." (James 1:5)

Prayer tunes your spiritual ears to God's frequency. It clears the static. It helps you sense His direction, His peace, and His timing. Without prayer, you may find yourself making decisions based on feelings instead of faith.



Lesson 1

Additionally, prayer fuels God's mission. Prayer is one of the ways we partner with God in His work on earth. Jesus told His disciples to pray for laborers to be sent into the harvest (Matthew 9:38). Prayer precedes revival. It unlocks forgiveness. It makes room for healing and deliverance. Prayer is how we stand in the gap for our families, our schools, our generation.

When we pray, Heaven listens. And sometimes, Heaven responds in ways that we never could've planned. That's why it matters.

Closing

So why do we pray?

Because it's commanded.

Because it connects us.

Because it changes things.

Because it guides us.

Because it fuels God's work.

But most importantly, we pray because it is how we stay close to Jesus.

Your prayer life will never be perfect. But if it's real and growing, it will be powerful. The stool won't stand without it. Your faith won't either. Without it, everything else starts to wobble. You can't build a strong faith on emotion. It needs the daily support of real connection with God. Prayer is where that connection begins. It's how we anchor ourselves to His presence, His power, and His purpose. When this leg is strong, the whole stool becomes steadier. So start where you are. Talk to God. Build the foundation that will support everything else He wants to do in your life.

ENGAGE

1. When have you felt like your prayer life was strong? What changed?
2. Why do you think it's hard to be consistent in prayer?
3. What could prayer look like in your daily life, realistically?

This week, choose one time each day to pray for just five minutes. It could be in the morning, in the car, or right before bed. Keep it simple and real. Thank God, ask Him to help you, and just talk. Use your phone to set a reminder if needed. Write down anything you feel like God is showing you during that time.

