

Sabbath School Lesson #6 – Prayer Warriors – 2-8 May 2026

Christ have us pray with confidence in the Lord. The psalmist declares, “I love the Lord, because He hath heard my voice and my supplications. Because He hath inclined His ear unto me, therefore will I call upon Him as long as I live” (Psalm 116:1-2). Read the remainder of the chapter. This is a true Christian experience. And it mattered not to the psalmist at such a time what the church in general was doing or receiving, or how the Lord was dealing with this one or that one around him; he rejoiced because God had heard his voice and his supplications. The pains of hell had gotten hold upon him, and he needed a personal deliverance, and this was what he found. He had been in bondage, but now could say, “Thou hast loosed my bonds.” It is not enough for the soul bound with the chains of sin and Satan to sit in contemplation of the goodness and mercy of God, and realise that He has loosed the bonds of others. That would only make his own bondage the more grievous. Nothing but a personal experience in “the liberty wherewith Christ hath made us free” can bring heavenly joy and comfort to any of the fallen children of men. Can you join with the psalmist in these utterances of gladness and praise to God? Has God heard your voice and your supplications? Has He loosed your bonds? If not, then no matter what He may be doing for the church with which you are connected, you are living altogether outside of the blessed privileges that God offers to you through the Gospel. Seek Him for yourself; believe Him for yourself; and He will clothe you with His salvation.

Sunday: Faithful Daniel – Read Daniel 2:20-23; why did Daniel pray, and what can we learn from this prayer? In the second year of Nebuchadnezzar’s reign as sole ruler of Babylon, but the fourth year after he had begun to reign conjointly with his father, he dreamed a dream which troubled him greatly, and the more so because he could not remember what it was. He sent for the magicians, astrologers, and sorcerers, and demanded of them that they should tell him the dream. They replied: “tell thy servants the dream, and we will show the interpretation.” But Nebuchadnezzar could not tell the dream, any more than they could tell the interpretation without the dream, and after parleying with them for a while, he ordered that all the wise men of Babylon should be destroyed. Although Daniel was not among those to whom the king had applied for an interpretation of his dream, the command was to destroy all the wise men of Babylon, and so it included him and his companions. It seems that the first intimation Daniel had of the whole affair was when the officers came to take him to the place of execution. He immediately went to the king and asked for a little time, promising that he would tell the dream and the interpretation. Daniel did not use the respite granted to him in incantations, as the magicians would have done, but went to his house, and, with his three companions, prayed to the God of Heaven. In this action of Daniel’s, we have an example of true faith in God. As soon as the secret was revealed to him in the night vision, he began to praise the Lord. He did not wait to see if the king would recognise what had been revealed to him, as being his dream, but was positive that the Lord had given him just what he asked for. He evidently acted in accordance with the words of the Saviour: “What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them” (Mark 11:24). If this injunction were followed by all those who seek the Lord, how much praise there would be to God for blessings conferred.

Monday: The Posture of Prayer – Read the following Bible passages and consider the lives of these individuals who knelt when they prayed: Daniel 6:10, Luke 22:41, Acts 7:60, Acts 9:40, Acts 20:36. As Seventh-day Adventists, what are we told is the proper posture of prayer to God? We are told. “I have received letters questioning me in regard to the proper attitude to be taken by a person offering prayer to the Sovereign of the universe. Where have our brethren obtained the idea that they should stand upon their feet when praying to God? One who has been educated for about five years in Battle Creek was asked to lead in prayer before Sister White should speak to the people. But as I beheld him standing upright upon his feet while his lips were about to open in prayer to God, my soul was stirred within me to give him an open rebuke. Calling him by name, I said, “Get down upon your knees.” This is the proper position always” {12LtMs, Ms 84b, 1897, par. 1}. “And he was withdrawn from them about a stone’s cast, and kneeled down, and prayed.” Luke 22:41. {ibid, par. 2}.

“But Peter put them all forth, and kneeled down, and prayed; and turning him to the body said, Tabitha, arise. And she opened her eyes: and when she saw Peter, she sat up.” Acts 9:40.” {ibid, par. 3}. “And they stoned Stephen, calling upon God, and saying, Lord Jesus receive my spirit. And he kneeled down, and cried with a loud voice, Lord, lay not this sin to their charge. And when he had said this he fell asleep.” Acts 7:59, 60. {ibid, par. 4}. “And when he had thus spoken, he kneeled down, and prayed with them all.” Acts 20:36. “And when we had accomplished those days, we departed and went our way; and they all brought us on our way, with wives and children, until we were out of the city: and we kneeled down on the shore, and prayed.” Acts 21:5.” {ibid, par. 5}. “And at the evening sacrifice, I arose up from my heaviness; and having rent my garment and my mantle, I fell upon my knees, and spread out my hands unto the Lord God, and said, O my God, I am ashamed and blush to lift up my face unto thee, my God: for our iniquities are increased over our heads, and our trespass is grown up into the heavens.” Ezra 9:5, 6. {ibid, par. 6}. “O come, let us worship and bow down: let us kneel before the Lord our Maker.” Psalm 95:6. {ibid, par. 7}. “For this cause I bow my knees unto the Father of our Lord Jesus Christ.” Ephesians 3:4. And this whole chapter will, if the heart is receptive, be as precious a lesson as we can learn. {ibid, par. 8}. “To bow down when in prayer to God is the proper attitude to occupy” {ibid, par. 9}. “Both in public and private worship, it is our duty to bow down upon our knees before God when we offer our petitions to Him. This act shows our dependence upon God” {par. 11}.

Tuesday: Enoch Walked and Talked – Read Genesis 5:22–24; what, exactly, do we know about Enoch? Enoch walked in righteousness before God for three hundred years and was taken to heaven without tasting death. Heaven has no special favourites; “God is no respecter of persons” (Acts 10:34). The patriarchs, prophets, and apostles were men of like passions with us, and had no more aid in overcoming any habit than we may have in overcoming the same. Enoch “walked with God;” but that is nothing more than God requires of every man. “He hath showed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?” (Micah 6:8).

Wednesday: Moses, Godly Leader – Read Exodus 33:15-23; what do we learn? Here are some promises for our learning and encouragement: “What man is he that feareth the Lord? him shall He teach in the way that He shall choose.” “The secret of the Lord is with them that fear Him; and He will show them His covenant” (Psalm 25:12, 14). “If any man willeth to do His will, he shall know the teaching” (John 7:17). “The meek will He guide in judgment; and the meek will He teach His way” (Psalm 25:9). Moses was the meekest man, and “He made known His ways unto Moses” (Psalm 103:7). Who can estimate the favour of being taught the way of the Lord, and being allowed to share His secret? But there is one indispensable requisite to gaining this knowledge, and that is meekness. “Be clothed with humility; for God resisteth the proud, and giveth grace unto the humble” (1 Peter 5:5). Who has this clothing? – Nobody, for meekness and humility are foreign to human nature. All men are by nature “wretched, and miserable, and poor, and blind, and naked” (Revelation 3:17). But God provides white raiment, and He Himself will take away the filthy rags, and clothe us with “change of raiment.” That is, the Lord teaches His people, and Himself provides the clothing necessary for attending the school. Moses was clothed with the Lord’s meekness.

Thursday: Moses Intercedes for a Nation – Read Exodus 32:31-32; what lesson is in Moses’ prayer? We are told: “In the prayer of Moses our minds are directed to the heavenly records in which the names of all men are inscribed, and their deeds, whether good or evil, are faithfully registered. The book of life contains the names of all who have ever entered the service of God. If any of these depart from Him, and by stubborn persistence in sin become finally hardened against the influences of His Holy Spirit, their names will in the judgment be blotted from the book of life, and they themselves will be devoted to destruction. Moses realized how dreadful would be the fate of the sinner; yet if the people of Israel were to be rejected by the Lord, he desired his name to be blotted out with theirs; he could not endure to see the judgments of God fall upon those who had been so graciously delivered. The intercession of Moses in behalf of Israel illustrates the mediation of Christ for sinful men. But the Lord did not permit Moses to bear, as did Christ, the guilt of the transgressor. “Whosoever hath sinned against Me,” He said, “him will I blot out of My book.” {PP 326.3}.