

Sabbath School Lesson #7 – Practical Prayer – 9-15 May 2026

Christ would have us live a practical prayer that puts all our trust in the Lord. “Trust in Him at all times; ye people, pour out your heart before Him: God is a refuge for us” (Psalm 62:8). Whom shall we trust? “It is better to trust in the Lord than to put confidence in man. It is better to trust in the Lord than to put confidence in princes” (Psalm 118:8-9). “Thus saith the Lord: Cursed be the man that trusteth in man, and maketh flesh his arm, and whose heart departeth from the Lord. For he shall be like the heath in the desert, and shall not see when good cometh; but shall inhabit the parched places in the wilderness, in a salt land and not inhabited. Blessed is the man that trusteth in the Lord, and whose hope the Lord is. For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not fear when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall from yielding fruit” (Jeremiah 17:5-8). Why is the man cursed that trusts in man? Why should the Lord deal so hardly with him? The Lord does not deal hardly with him. That statement, “cursed be the man that trusteth in man,” is no more a threat than is the declaration that the man who puts his hand in the fire will be burned, or that the man who leans upon a broken reed will fall. It cannot be otherwise. See why it is that the man who trusts in man, even though it be himself, is sure to come to grief; “The heart is deceitful above all things, and desperately wicked; who can know it?” (Jeremiah 17:9). Not a very safe thing to trust in, is it? Nor is that all. Even though one’s intentions are the best, his power is nothing. “Cease ye from man, whose breath is in his nostrils; for wherein is he to be accounted of?” (Isaiah 2:22). This suggests the reason, given in Psalm 116:3-4, why we should not put our trust even in the great ones of earth, “Put not your trust in princes, nor in the son of man, in whom there is no help. His breath goeth forth, he returneth to his earth: in that very day his thoughts perish” (Psalm 146:3-4). And “therefore I said, Surely these are poor; they are foolish; for they know not the way of the Lord, nor the judgment of their God. I will get me unto the great men, and will speak unto them; for they have known the way of the Lord, and the judgment of their God; but these have altogether broken the yoke, and burst the bonds” (Jeremiah 5:4-5). Then is it not safe to trust in what the wise men of the earth, and the doctors of the law, say? No; it is dangerous to the highest degree. “Ye have ploughed wickedness, ye have reaped iniquity; ye have eaten the fruit of lies; because thou didst trust in thy way, in the multitude of thy mighty men” (Hosea 10:13). There is no wise man who is wiser than Solomon; but “a greater than Solomon is here” (Matthew 12:42). Jesus Christ is “the power of God, and the wisdom of God” (1 Corinthians 1:24), and He is nearer and more available for counsel than any man can be. Trust Him. “Commit thy way unto the Lord; trust also in Him; and He shall bring it to pass. And He shall bring forth thy righteousness as the light, and thy judgments as the noonday” (Psalm 37:5-6). “Happy is the man that hath the God of Jacob for his help, whose hope is in the Lord his God; which made heaven, and earth, the sea, and all that therein is; which keepeth truth for ever” (Psalm 146:5-6). “Our help is in the name of the Lord, who made heaven and earth” (Psalm 124:8). “Trust in Him at all times” (Psalm 62:8).

Sunday: Elijah—Praying in Crisis – Read 1 Kings 19:1-18, what is at the heart of Elijah’s dejection here? Elijah felt forsaken. It was a doleful state of things, and Elijah’s words seem to imply that God might have bettered it if He would. Elijah had been very jealous for God, yet God had allowed Elijah’s life to be threatened and endangered in His service. When he was gone the last worshipper of God would have perished; so far had matters drifted. But the Lord told Elijah, “Yet I have left Me seven thousand in Israel, all the knees which have not bowed unto Baal, and every mouth which hath not kissed him.” What a glorious word was that! Seven thousand faithful souls! And Elijah thought there was but one discouraged witness, and they sought his life. So, God had been working after all, and had not left the whole burden on Elijah’s shoulders. Who would have thought it? No one had talked of great demonstrations of Divine power. Today, God’s people may yet feel forsaken. Just as Christ prayed, “My God, My God, why hast Thou forsaken Me?” so the people of God in the last days mourn that “The Lord hath forsaken me, and my Lord hath forgotten

me.” But since Christ, for us, passed through that experience, we need never feel forsaken. He says to us, “Behold I have graven thee upon the palms of My hands” (Isaiah 49:16).

Monday: When Prayers Seem Unanswered – When most prayer seem unanswered, what is one thing we can be sure of receiving if we desire and pray for it sincerely? It is wisdom. Solomon was the wisest man that the world ever saw. There was none like him before or after. How did he get his wisdom? God gave it to him. Solomon, by inspiration, tells us how he got wisdom: “My son, if thou wilt receive My words, and hide My commandments with thee; so that thou incline thine ear unto wisdom, and apply thine heart to understanding; if thou criest after knowledge, and liftest up thy voice for understanding; if thou seekest her as silver, and searchest for her as for hid treasures; then shalt thou understand the fear of the Lord, and find the knowledge of God. For the Lord giveth wisdom: out of His mouth cometh knowledge and understanding. He layeth up sound wisdom for the righteous.” He dug for it. He cried for it day and night. That is the way men seek silver and gold. Solomon studied God’s Word, “for the Lord giveth wisdom, out of His mouth cometh understanding.” We desire wisdom, too. How shall we get it? – “If any man lack wisdom, let him ask of God who giveth to all liberally and upbraideth not, and it shall be given him” (James 1:6). But let him watch one thing: “Let him ask in faith.” How does faith come? – By hearing. Hearing what? – The Word of God (Romans 10:17). Let him ask, then, according to the Word of God.

Tuesday: Jesus Teaches Us How to Pray – Read Luke 11:2-4 and Matthew 6:5-15; what do you learn from these texts about prayer? A deep sense of our need, and a great desire for the things for which we ask, must characterize our prayers, else they will not be heard. But we are not to become weary, and cease our petitions because the answer is not immediately received. “The kingdom of heaven suffereth violence, and the violent take it by force.” The violence here meant is a holy earnestness, such as Jacob manifested. We need not try to work ourselves up into an intense feeling; but calmly, persistently, we are to press our petitions at the throne of grace. Our work is to humble our souls before God, confessing our sins, and in faith drawing nigh unto God. The Lord answered the prayer of Daniel, not that Daniel might glorify himself, but that the blessing might reflect glory to God. It is the design of God to reveal himself in his providence and in his grace. The object of our prayers must be the glory of God, not the glorification of ourselves” – {RH February 9, 1897, par. 11}.

Wednesday: Praise, Confession, Requests, Thanksgiving – Read Daniel 9:4-19; what lesson is in Daniel’s prayer? Daniel was a man “greatly beloved” of Heaven. He prayed, “We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from thy precepts and from thy judgments” (Daniel 9:5). Daniel did not seek to excuse himself or his people before God; but in humility and contrition of soul he confessed the full extent and demerit of their transgressions, and vindicated God’s dealings as just toward a nation that had set at naught His requirements and would not profit by His entreaties. There is great need today of such sincere heart-felt repentance and confession. If we do not humbly acknowledge our guilt, we fall far short of the first condition of acceptance.

Thursday: Other Questions About Prayer – Why pray when God already knows? Why should we pray when God is all-knowing? God desires that we pray. “If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land” (2 Chronicles 7:14). But what is prayer? “Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. Prayer does not bring God down to us, but brings us up to Him” (Steps to Christ, p. 93). One of the principles of prayer that Christ taught His disciples is asking in order to give to others. The lesson in Luke 11 is that Christ teaches us to ask so that we may minister to others. Christ our example was continually receiving from the Father that He might communicate to us. “The word which ye hear,” He said, “is not Mine, but the Father’s which sent Me” (John 14:24). “The Son of man came not to be ministered unto, but to minister” (Matthew 20:28). Not for Himself, but for others, Christ lived and prayed. Daily, Christ gave what He received from God. “The Lord God hath given Me,” He said, “the tongue of the learned, that I should know how to speak a word in season to him that is weary: He wakeneth morning by morning, He wakeneth Mine ear to hear as the learned” (Isaiah 50:4).