



b. [Luke 18:1-8](#)

3. From [Philippians 4:6-7](#),

a. What are some of the essential elements of prayer?  
([v 6](#))

b. What is one of the greatest benefits of effective prayer? ([v7](#))

4. For the rest of your time this week, spend time in some of the greatest prayers recorded in the bible. Record what you learn about prayer from these bible greats: Moses ([Psalm 90](#)), Hannah ([1 Sam 2:1-10](#)), David ([Psalm 25](#)), Mary ([Luke 1:46-55](#))

Notes: