

Pine Knoll Sabbath School Study Notes

Second Quarter 2026: *Growing in a Relationship With God*

Lesson 6 “Prayer Warriors”

Read for this week’s study

Daniel 2:20–23; Daniel 6:10, 11; Acts 20:36; Genesis 5:22–24; Exodus 33:15–23; Exodus 32:31, 32.

Memory Text

“I love the LORD, because He has heard my voice and my supplications. Because He has inclined His ear to me, therefore I will call upon Him as long as I live” (Psalm 116:1, 2, NKJV).

Lesson Outline from Adult Sabbath School Study Guide

- I. Introduction
- II. Faithful Daniel
- III. The Posture of Prayer
- IV. Enoch Walked and Talked
- V. Moses, Godly Leader
- VI. Moses Intercedes for a Nation
- VII. Further Study

Questions and Notes for Consideration

Facilitator: Jon Paulien

1. What thoughts come into mind when you see or hear the phrase “prayer warriors”? Read Psalm 116:1-2. The Psalmist claims that Yahweh has heard his voice. How do you know when God has heard you? This week we will explore some examples of people in the Bible who prayed and how God might use their experiences to teach important lessons for us today. The author of the lesson states: “If we don’t pray often and continually, we will wander from the Lord sooner or later.” Do you agree? (Sabbath Afternoon’s Lesson)
2. Daniel and his three friends stood for principle when they arrived in Babylon and the Bible tells us that “God gave them knowledge and skill in all literature and wisdom; and Daniel had understanding in all visions and dreams” (Dan 1:8, 17). When the next crisis came, God revealed the secret of the king’s dream to Daniel (Dan 2:17-

- 19). Read Daniel 2:20-23. What was the content of Daniel's prayer and what do you think we can learn from it? (Sunday's Lesson)
3. Despite fierce jealousy and evil plotting from his peers (Dan 6:5-9), what does Daniel do? Read Daniel 6:10-11. What would you do if confronted with similar circumstances? (Sunday's Lesson)
 4. In the book *Steps to Christ* (page 93) Ellen G. White writes: "Prayer is the opening of the heart to God as to a friend." What impact does this idea of friendship have on your understanding of prayer? The author of the lesson suggests: ". . . when we kneel before God [as opposed to other positions for prayer], our heart surrenders more readily . . ." Has that been your experience? Or is there another position in prayer that works better for you? What do we learn about positions in prayer from the following biblical examples (Acts 21:5; 2 Chronicles 20:5-6, 13; 2 Sam 7:18; Mark 14:35)? What might each of these say about your picture of God? (Monday's Lesson)
 5. What do you think Paul means when he exhorts the Thessalonians to "pray without ceasing" or the Romans to be "constant in prayer"? Read Genesis 5:22-24. What do we know about Enoch from the Bible? What about his life echoes being "constant in prayer"? (Tuesday's Lesson)
 6. While the Enoch story is suggestive rather than detailed, the Bible shares with us numerous conversations between Moses and God, the very first occurring at the burning bush on the very same mountain. Read Exodus 33:9-11. What kind of relationship did God and Moses have? Is that possible for us as well? Read Exodus 33:12-13? What was Moses' purpose in talking with the Lord? Read Exodus 33:14-16. Why is Moses so insistent on God's presence in their desert journeys? Read Exodus 33:17-23. How is the glory of God defined in this passage? (Wednesday's Lesson)
 7. On one occasion Moses interceded in prayer to God for his brother Aaron. Read Exodus 32:1-6. Why do you think these actions made sense to Aaron and the people at that time? Read Exodus 32:7-14. What would have happened if Moses had not interceded for the people? What can we learn from the dynamic between Moses and God in this passage? To what lengths does Moses go to intercede on behalf of the whole nation? What lessons do you see in this story for us? How does Moses interpret God's behavior in this story later on (Deut 9:19-20)? What do you make of that interpretation? (Wednesday's Lesson)
 8. Read Exodus 32:31-32. What does this add to the story? To what lengths does Moses go to intercede on behalf of the whole nation? What lessons do you see in this story for us? Was this intercession really necessary, or was God trying to teach Moses something? (Thursday's Lesson)
 9. The lesson author's analysis of Moses' prayer life is summarized as follows (be prepared to add, subtract or otherwise interact with these suggestions): 1) Moses had a deep love for God and a clear picture of His character. 2) Moses was both bold and faithful as he held on to God through the ups and downs in their relationship. 3)

Moses reminded God of His covenant, claimed God’s promises on behalf of this people, and remembered God’s leading in the past. 4) Moses accepted God’s answers to his prayers, whether the answer was a yes or a no. (Thursday’s Lesson)

10. Which of the insightful sentiments in the following resonate the most with you? Why? “We may keep so near to God that in every unexpected trial our thoughts will turn to Him as naturally as the flower turns to the sun. . . . His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. Nothing is too great for Him to bear, for He holds up worlds, He rules over all the affairs of the universe. Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harass the soul, no joy cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest. . . . The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watchcare, not another soul for whom He gave His beloved Son.”—Ellen G. White, *Steps to Christ*, pp. 99, 100. (Friday’s Lesson)
11. Of the three Bible characters studied this week, whose prayer life do you most relate to and why? (Friday’s Lesson)

Thoughts from Graham Maxwell

And so, the Holy Spirit brings the truth to us—the truth about God. He helps us to see that truth and to be convinced about it, and the truth about ourselves and learn how to tell the truth to our gracious heavenly Father. And then God can do good things for us. Paul even said we should pray without ceasing. You note that last familiar verse, 1 Thessalonians 5:17: “Never stop praying.” (*Norlie*) Or as *Goodspeed* translates it: “Never give up praying.” But if we should spend all our time on our knees, we would never get anything else done. So how can one pray without ceasing and still be effective in this life? But prayer, you see, in its very essence is thinking toward God. It means that God is at the very center of our thoughts. Eventually it becomes a habit that God should be at the very center of all our plans, always.

When we see Him face to face, as we know we shall, will that be the end of prayer? Does that mean that prayer is yet another of the emergency measures God has used to keep open the channels of communication between Himself and His children until the time comes when there will be no need to talk together anymore? What do we mean when we sing, “Farewell, farewell, sweet hour of prayer?” “Farewell, farewell, I will never talk to you, God, again.” No, if prayer is conversation with a friend, when we meet God, the hour of prayer will have barely just begun. {Graham Maxwell. Excerpt from the audio series, *Conversations About God*, #15, “Talking to

God as a Friend” recorded May 1984, Loma Linda, California} *To listen to the entire audio of the above reference, click on the following direct link: <http://pkp.cc/15MMCAG>*

Further Study with Ellen White

He has assured you that the Holy Spirit was given to abide with you forever, to be your pleader and your guide. He asks you to trust in Him, and commit yourself into His keeping. The Holy Spirit is constantly at work, teaching, reminding, testifying, coming to the soul as a divine comforter, and convincing of sin as an appointed judge and guide. . . . {RC 129.6}

As the Lord co-operated with Daniel and his fellows, so He will co-operate with all who strive to do His will. And by the impartation of His Spirit He will strengthen every true purpose, every noble resolution. Those who walk in the path of obedience will encounter many hindrances. Strong, subtle influences may bind them to the world; but the Lord is able to render futile every agency that works for the defeat of His chosen ones; in His strength they may overcome every temptation, conquer every difficulty. {PK 487.1}

God brought Daniel and his associates into connection with the great men of Babylon, that in the midst of a nation of idolaters they might represent His character. How did they become fitted for a position of so great trust and honor? It was faithfulness in little things that gave complexion to their whole life. They honored God in the smallest duties, as well as in the larger responsibilities. {PK 487.2}

We may commune with God in our hearts; we may walk in companionship with Christ. When engaged in our daily labor, we may breathe out our heart’s desire, inaudible to any human ear; but that word cannot die away into silence, nor can it be lost. Nothing can drown the soul’s desire. It rises above the din of the street, above the noise of machinery. It is God to whom we are speaking, and our prayer is heard. {GW 258.2}

The Lord will not leave His afflicted, tried children to be the sport of Satan’s temptations. It is your privilege to trust in Jesus. The heavens are full of rich blessings. . . . {TMK 78.5}

You need not go to the ends of the earth for wisdom, for God is near. It is not the capabilities you now possess or ever will have that will give you success. It is that which the Lord can do for you. We need to have far less confidence in what man can do and far more confidence in what God can do for every believing soul. He longs to have you reach after Him by faith. He longs to have you expect great things from Him. He longs to give you understanding in temporal as well as in spiritual matters. He can sharpen the intellect. He can give tact and skill. Put your talents into the work, ask God for wisdom, and it will be given you. {COL 146.4}

Unceasing prayer is the unbroken union of the soul with God, so that life from God flows into our life; and from our life, purity and holiness flow back to God. {SC 97.2}

All things are possible to those that believe. No one coming to the Lord in sincerity of heart will be disappointed. {HP 81.5}

The way to the throne of God is always open. You cannot always be on your knees in prayer, but your silent petitions may constantly ascend to God for strength and guidance. When tempted, as you will be, you may flee to the secret place of the Most High. His everlasting arms will be underneath you. {HP 86.2}

In the secret place of prayer, where no eye but God's can see, no ear but His can hear, we may pour out our most hidden desires and longings to the Father of infinite pity, and in the hush and silence of the soul that voice which never fails to answer the cry of human need will speak to our hearts. {Pr 182.6}

Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. "The Lord is very pitiful, and of tender mercy." James 5:11. His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. Nothing is too great for Him to bear, for He holds up worlds, He rules over all the affairs of the universe. Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harass the soul, no joy cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest. "He healeth the broken in heart, and bindeth up their wounds." Psalm 147:3. The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watchcare, not another soul for whom He gave His beloved Son. {SC 100.1}

Prayer is the opening of the heart to God as to a friend. The eye of faith will discern God very near, and the suppliant may obtain precious evidence of the divine love and care for him. {4T 533.3}