

The Prayer Step



The prayer step is the practice of _____ with God to seek direction and wisdom.


Group Exercise A


When your prayer step is compromised you may typically say:

- My faith and emotions are usually up and down, depending on my circumstances.
- I rarely or never hear God's voice.
- I don't have any close Christian friends that pray for me.
- Most of the time church seems like a ritual to me. I usually don't always get anything out of it.
- Truth be known...I hardly ever read the Bible.
- When I'm sad or discouraged I tend to isolate myself until my mood passes.
- God's word usually makes me feel guilty.
- When I'm struggling my focus usually stays on the problem.
- My prayer life is virtually non-existent.
- I rarely have devotional time or Bible study.

Group Exercise B


Prayer Scriptures

 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 (NIV)

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? What does it mean to guard our hearts?

? In romantic relationships, do you tend to over-protect or under-protect your heart?


 Call to me and I will answer you and tell you great and unsearchable things you do not know. Jeremiah 33:3 (NIV)


? What is your favorite place in which you hear or have heard from God?


? How would you describe your prayer life?


- a) Non-existent.
- b) A rant session. I feel much better after I scream and holler.
- c) It's more of a lecture. God is the professor. I just listen and learn.
- d) Like a text message. We talk daily, but it's short and sweet.
- e) It's a friends and family plan. I have God on speed dial with unlimited access.

? Think about the times you've heard God's voice or felt His presence. Where were you or what were you doing? How might positioning yourself back in that environment aid you in hearing God's voice more frequently?

 If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. James 1:5 (NIV)


 For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil. 1 Peter 3:12 (NIV)

 And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless until the day of Christ, Philippians 1:9-10

 Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them." Matthew 18:19 (NIV)

? According to Matthew 18:19, if two on earth agree about anything, it will be done in heaven. If we declare something contrary to God's word and others agree with our negative confessions, how might they deactivate our prayers?

? Ecclesiastes 4:12 says a cord of three strands is not easily broken. Bible teachers call this principle the power in agreement. Psychologists call it the Pygmalion effect or a self-fulfilling prophecy. Describe a time when you have witnessed this truth in action with either gossip and murmuring or praise and affirmation.

 You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures. James 4:2-3 (NIV)

- ❓ **Sometimes we get so busy that we set aside our prayer time. What types of distractions most often interfere with your prayer time or ability to hear God's voice?**
- ❓ **In Genesis 37, Joseph had a dream at the age of seventeen. Between his dream and destiny, he experienced over two decades of hardships that prepared him for his future. How does knowing that God used Joseph's desert season to prepare him for his destiny encourage you to believe for your own dream?**

Group Exercise C Action Points

If you struggle with prayer, try these action points:

- ❖ Listen _____. Tune into a Christian radio program on the way to work or running errands and turn secular radio off.
- ❖ Watch something _____. Record or watch a Christian TV program.
- ❖ Read your _____.
- ❖ Find a prayer _____. Find someone to pray with you, not just at the altar, but someone you can pray back and forth with. To know someone is praying for you is encouraging, but to have your own ears hear it is even more powerful.
- ❖ Attend _____ regularly.
- ❖ Listen to _____ music.
- ❖ _____ scripture.
- ❖ Keep a prayer _____.



Reading Assignment for Next Week: Resolve

Chapters 18-20