

Power of Prayer

PARTICIPATION PACKET

The Basics of Prayer

Pray Into Our Homes

How To Be a Prayer Warrior

Praying on the Battlefield

Prayer Journal Prompt

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SCHEDULE

WELCOME & WORSHIP

- 9:00 - 9:30AM

THE BASICS OF PRAYER

- 9:30 - 10:30AM

PRAY INTO OUR HOMES

- 10:40 - 11:40AM

HOW TO BE A PRAYER WARRIOR

- 12:30 - 1:30PM

PRAYING ON THE BATTLEFIELD

- 1:40 - 2:40PM

BASICS OF PRAYER

• Session Notes •

PRAYER OF SALVATION

PRAYER POSTURES

- Luke 18:11, 13
- Genesis 24:26, Exodus 4:31, 2 Chronicles 29:29
- 1 Kings 8:54, 2 Chronicles 6:13, Ezra 9:5, Psalms 95:6
- 1 Kings 8:22, Ezra 9:5

PRAY ALWAYS

- Philippians 4:6, 1 Thessalonians 5:17
- "There should be constant upward looking of the soul to God. We should walk so habitually in His presence that even when we awake in the night it would be the most natural thing in the world for us to speak to Him in thanksgiving or in petition." - R.A. Torrey

PRAY LIKE A CHILD

- The LORD'S Prayer - Matthew 6:9-13
- Psalms 88, Psalms 143

WHO WE PRAY TO

- To the Father, through the Son, by the presence and the power of the indwelling Holy Spirit.

BASICS OF PRAYER

• Session Notes •

DON'T KNOW WHAT TO SAY, PRAY SCRIPTURE

- Jesus's Prayer - Matthew 6:9-13
- David's Prayers - Psalms 4-6, 10, 13, 25, 31, 51, 118, 145
- Paul's Prayers - Colossians 1:9-13
- Jabez - 1 Chronicles 4:10
- Nehemiah - Nehemiah 1:5-11

USE A JOURNAL

- Write your prayers down and go back to see how God answered them.

START SOMEWHERE

- "Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the One who hears it and not in the one who says it, our prayers do make a difference."-Max Lucado

ACRONYMNS

- ACTS
 - Adoration
 - Confession
 - Thanksgiving
 - Supplication
- PRAY
 - Praise
 - Repent
 - Ask
 - Yield

START SMALL

- Timer 1 minute or 5 minutes
- Reminder on your phone
- Pause prayer app

BASICS OF PRAYER

• Discussion Questions •

- What are some barriers you have faced in trying to maintain a healthy prayer life?
- What is one step you will take after this workshop to maintain a regular prayer life?
- What fears do you have when you pray?
- Do you have difficulty praying to God as your "Father"?
- Name one thing that you would like to change in your prayer life?
- Is there a form of prayer or acronym that you feel most comfortable using in your prayer time? If so, which one?

BASICS OF PRAYER

• Resources •

APPS

- One Minute Pause App – <https://www.pauseapp.com/>
- YouVersion (has a new prayer feature, including reminders, prayer requests, etc.)

SONG

- Did you ever Talk to God
<https://www.youtube.com/watch?v=NN1Ralj7F60>
<http://hymnpod.com/2009/01/02/did-you-ever-talk-to-god-above/q>

BOOKS

- [A Praying Life: Connecting with God in a Distracting World](#), by Paul Miller
- [Prayer: Experiencing Awe and Intimacy with God](#), by Tim Keller
- [The One Year Praying Through the Bible for Your Kids](#), by Nancie Guthrie
- [Pray God's Word](#), by Beth Moore
- [Praying God's Word for Your Life](#), by Kathi Lipp
- [A Praying Life: Connecting With God in a Distracting World](#) by Paul E. Miller
- [How to Pray](#) by R. A. Torrey
- [Learning to Pray - Prayers for Every Occasion](#) by Slattery, Den
- [Little Prayer Book, 1522, and A Simple Way to Pray, 1535: The Annotated Luther](#) by Mary Jane Haemig; Eric Lund
- [Lord, Teach Us To Pray](#) by Murray, Andrew
- [Lord, Teach Us to Pray: How to Pray Powerfully and Effectively Through an Understanding of Christ's Model Prayer to His Disciples](#) by Jon J. Cardwell
- [On Earth as It Is in Heaven: How the Lord's Prayer Teaches Us to Pray More Effectively](#) by Warren W. Wiersbe
- [Teach Us to Pray: A Bible Study on the Lord's Prayer \(Wordmaster Bible Study Library\)](#) by Terri Main

PRAY INTO OUR HOMES

• Session Notes •

PRAYING FOR OUR HOMES

- Matthew 7:24-27 “Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”

DISCUSSION QUESTIONS

- What are the two things Jesus said that a wise man did that was like building his house upon a rock?

- How can we use our homes as places to serve the LORD?

- List some areas we can pray regarding our homes:

PRAY INTO OUR HOMES

• Session Notes •

PRAYING FOR OUR FAMILIES

• Joshua 24:15 But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD.”

DISCUSSION QUESTIONS

• What are the most important areas to pray about regarding family?
(Immediate family and extended family)

PRAYING FOR OUR HUSBANDS

• Ephesians 5:25-33 Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— for we are members of his body. “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” This is a profound mystery—but I am talking about Christ and the church. However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

PRAY INTO OUR HOMES

• Session Notes •

DISCUSSION QUESTIONS

- How can we pray for our husband to fulfill these roles?

- How can we pray for ourselves as partners to our husbands?

PRAYING FOR OUR CHILDREN

• Deuteronomy 6:4-7 Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.

DISCUSSION QUESTIONS

- What is our responsibility as parents as outlined here?

- How can we pray for our children and ourselves as parents?

PRAY INTO OUR HOMES

• Resources •

- Children Five Finger Prayer DIY Activity Lesson

<https://ministry-to-children.com/wp-content/uploads/2019/07/Prayer-Hands-and-Five-Finger-Method.pdf>

- Prayer activities for kids

https://blog.youversion.com/2020/04/4-fun-activities-to-try-with-your-kids/?fbclid=IwAR0X0k3ZIDGSJGHev0hx_FxId4zYulGKUn3J-01SgHMS0J8D5XqWsGAdvfA

- Covering your home in prayer

<https://ashleyvarner.com/cover-home-prayer/>

- Scriptures to pray over your family

<https://inspired-motherhood.com/scriptures-to-pray-over-your-family/>

- Stormy Omartian has a whole series of books on prayer. You can check them out at https://www.amazon.com/Stormie-Omartian/e/B001IGNLUG%3Fref=dbs_a_mng_rwt_scns_share

- Psalm 91

A prayer of protection commonly used for soldiers but is applicable now for families facing the corona virus.

https://www.blueletterbible.org/niv/psa/91/1/p1/s_569001

HOW TO BE A PRAYER WARRIOR

• Session Notes •

YOU ARE IN A SPIRITUAL BATTLE AND YOU HAVE AN ENEMY, THE DEVIL

- Recommend Fervent, by Priscilla Shirer
- Ephesians 6:12 For our **struggle** is not against flesh and blood, but against the rulers, against the authorities, against the **powers of this dark world** and against the **spiritual forces of evil** in the heavenly realms.
- 2 Corinthians 2:10 So that we would **not be outwitted** by Satan; for we are **not ignorant of his designs**.
- Ephesians 6:11 Put on the whole armor of God, that you may be able to **stand** against the **schemes** of the devil.
- James 4:7 Submit yourselves, then, to God. **Resist the devil, and he will flee** from you.

KNOW YOUR ENEMY. WHAT IS SATAN LIKE?

- John 10:10 The thief comes only to **steal and kill and destroy**; I have come that they may have life, and have it to the fullest.
- 1 Peter 5:8-9 Be sober-minded; be watchful. Your **adversary** the devil prowls around like a roaring lion, **seeking someone to devour**. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.
- Revelation 12:10 And I heard a loud voice in heaven, saying, “Now the salvation and the power and the kingdom of our God and the authority of his Christ have come, for the **accuser** of our brothers has been thrown down, who accuses them day and night before our God.
- John 8:44 “the devil...He was a **murderer** from the beginning, not holding to the truth, for there is **no truth** in him. **When he lies, he speaks his native language, for he is a liar and the father of lies.**”

HOW TO BE A PRAYER WARRIOR

• Session Notes •

YOUR AUTHORITY IN JESUS TO CONDUCT SPIRITUAL WARFARE

- Matthew 28:19-20 “Then Jesus came to them and said, “All authority in heaven and earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit”.
- Mark 16:17-18 “And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; they will pick up serpents with their hands; and if they drink any deadly poison, it will not hurt them; they will lay their hands on the sick, and they will recover.”
- Luke 9:1 “And he called the twelve together and gave them power and authority over all demons and to cure diseases,”
- Luke 10:19 “Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you.”
- 1 Corinthians 3:9 “For we are God's fellow workers; you are God's field, God's building.”

HOW TO BE A PRAYER WARRIOR

• Session Notes •

AS CHILDREN OF GOD YOU ARE SPIRITUALLY EQUIPPED. WHAT ARE OUR SPIRITUAL TOOLS?

- **Holy Spirit** – is a person, is God, in Trinity, comforter, helper, and friend.
Recommend, The God I Never Knew by Robert Morris
Recommend, Holy Spirit, the one who makes Jesus real by Michael Koulianos

Four Categories of gifts:

- 1) Motivational (Romans 12),
- 2) Manifestational (1 Corinthians 12),
- 3) Ministry (1 Corinthians 14),
- 4) Ministerial (Ephesians 4) These are gifts of Jesus

John 14:15-20, 22-25 (NIV).

“If you love me, keep my commands. 16 And I will ask the Father, and he will give you another **advocate to help** you and be with you **forever**— 17 the **Spirit of truth**. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will **be in you**. 18 I will not leave you as orphans; I will come to you. 19 Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. 20 On that day you will realize that I am in my Father, and **you are in me**, and **I am in you**....Jesus replied, “Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and **make our home** with them. 24 Anyone who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me. 25 “All this I have spoken while still with you. 26 But the **Advocate**, the Holy Spirit, whom the Father will **send in my name**, will **teach** you all things and will **remind** you of everything I have said to you. 27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

- **Fasting** – appropriate scriptural way to humble ourselves and sharpen our spiritual discernment.

Psalm 35:13

Isaiah 58:6-8

Acts 13:1-4

Acts 14:21-23

HOW TO BE A PRAYER WARRIOR

• Session Notes •

• **Worship** – saying something true about God

Psalm 100 “Shout joyfully to the Lord, all the earth. Serve the Lord with gladness; come before Him with joyful singing. Know that the Lord Himself is God; it is He who has made us, and not we ourselves; we are His people and the sheep of His pasture. Enter His gates with thanksgiving and His courts with praise. Give thanks to Him, bless His name. For the Lord is good; His lovingkindness is everlasting and His faithfulness to all generations.”

Exodus 8:1 “Then the LORD said to Moses, “Go to Pharaoh and say to him, ‘This is what the LORD says: Let my people go, so that they may worship me.’”

Greatest commandment is Matthew 22:37-38
“37 Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’[a] 38 This is the first and greatest commandment.”

Hebrews 13:15 “Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.

• **Power of Testimony** – giving glory to God in all situations both publicly and privately.

Romans 10:17 “Faith comes from hearing, and hearing by the word of Christ”.

Proverbs 18:21 “Death and life are in the power of the tongue, and those who love it will eat its fruit.” (meaning those who like to talk will reap consequences good or bad).

• **Praying the Word** – turning Scripture into a prayer

Recommend David Wilkerson, Fruits of Private Prayer (YouTube)

Look for promises - numerous

Pray for protection (Matthew 6:13 Lord’s Prayer)

Pray blessings (Luke 6:26-27, 1 Peter 3:9)

Practice with John Chapter 14 (found above)

HOW TO BE A PRAYER WARRIOR

DISCUSSION QUESTIONS ~ PART ONE

- Does knowing Satan is a direct adversary and that he is out to get you specifically, change your attitude toward spiritual warfare. How?
- How does understanding your authority in Jesus change your approach to spiritual warfare?
- Why is this good news?

DISCUSSION QUESTIONS ~ PART TWO

- How are you going to pray differently from now on?
- Do you feel more confident as a Child of God?
- How are you going to halt Satan in his tracks today?

PRAYING ON THE BATTLEFIELD

• Session Notes •

IDENTIFY YOUR BATTLE

- What or who are you fighting against?
- Read Ephesians 6:12

WHAT ARE YOU FIGHTING FOR?

- What does it mean for you to have victory in your battle?
- What does your end state look like?
- Read Matthew 6:33

WHAT BIBLE VERSE COMES TO MIND WHEN YOU ARE FIGHTING YOUR BATTLE?

- Fill your mind with the word of God.
- Ephesians 6:17, Hebrews 4:12, Colossians 2:7

DO YOU HAVE A BATTLE BUDDY?

- Ecclesiastes 4:9-12, Exodus 17:12-14, 1 John 5:14-15 (look carefully at the pronoun used), 2 Timothy 1:3-7, Proverbs 27:17

PRAYING ON THE BATTLEFIELD

• Session Notes •

EXAMPLES IN THE BIBLE OF "PRAYING ON THE BATTLEFIELD"

- 2 Chronicles 20:3-12 (Jehoshaphat's Victory)
- Joshua 6 (The Destruction of Jericho)
- Judges 7-8:21 (Gideon Defeats the Midianites)
- 1 Samuel 17 (David and Goliath)
- Psalm 91 (Promises of God and a Prayer)
- Daniel 6 (Daniel in the Den of Lions)
- Acts 16:16-40 (Paul and Silas in Prison)
- Matthew 26:36-46 (The Garden of Gethsemane)

"The LORD is close to the brokenhearted and saves those who are crushed in spirit." Psalms 34:18.

1. David was troubled and battled deep despair. 2 Samuel 12:15-23, 2 Samuel 12:18-33.
2. Elijah was discouraged, weary, and afraid 1 Kings 19:4
3. Jonah was angry and wanted to run away. Jonah 4:9
4. Job suffered through great loss, devastation, and physical illness. Job 2:9
5. Moses was grieved over the sin of his people. Exodus 32:32
6. Jeremiah wrestled with great loneliness, feelings of defeat, and insecurity. Jeremiah 20:14, Jeremiah 20:18
7. Even Jesus Himself was deeply anguished over what lay before Him. Mark 14:34-36

SPEND SOME TIME IN PRAYER

- Jeremiah 29:12 "You will call upon me and come and pray to me, and I will listen to you."

PRAYING ON THE BATTLEFIELD

• Resources •

SERMONS & ARTICLES

- Winning Battles Through Prayer (JULY 19, 1990)
John Piper Scripture: Isaiah 36:1–37:38
<https://www.desiringgod.org/messages/winning-battles-through-prayer>
- Spiritual Depression in the Psalms 42 (JUNE 1, 2008) John Piper
<https://www.desiringgod.org/messages/spiritual-depression-in-the-psalms>
- What God Says to Your Tears MARCH 8, 2018
Article by Scott Hubbard Editor, desiringGod.org
<https://www.desiringgod.org/articles/what-god-says-to-your-tears>
- 31 Spiritual Warfare Scriptures: Help for Facing Life's Battles
<https://www.crosswalk.com/blogs/debbie-mcdaniel/31-spiritual-warfare-scriptures.html>
- From the series: The Bible Teacher's Guide, Ephesians: Understanding God's purpose for the Church. 26. Prayer in the Spirit.
<https://bible.org/seriespage/26-prayer-spirit>
- 55 Bible Verses about Battle
<https://bible.knowing-jesus.com/topics/Battle>
- 7 Bible Figures Who Struggled with Depression by Debbie McDaniel
<https://www.crosswalk.com/faith/spiritual-life/7-bible-figures-who-struggled-with-depression.html>
- 10 War Room Scriptures for Your War Room Prayer Strategy (September 11, 2019) by Arabah Joy 91 comments <https://arabahjoy.com/10-powerful-verses-for-your-war-room/>

PRAYING ON THE BATTLEFIELD

• Resources •

PRAISE SONGS

- SPEAK LORD: Deep Prayer Music | Spontaneous Worship Music | Christian Meditation Music <https://www.youtube.com/watch?v=66USuf9BaYc>
- 30 Minutes Deep Prayer Music | Prophetic Worship | Intercession & Warfare | Time With Holy Spirit <https://www.youtube.com/watch?v=ytIOIOgS6-4>
- Michael W. Smith: “Surrounded”
<https://video.search.yahoo.com/search/video?fr=mcafee&p=Michael+w.+Smith+song+surrounded#id=3&vid=e61570772d02e331a83f85fbb59478b6&action=view>
- A Mighty Fortress Is Our God - Chris Rice
https://www.youtube.com/watch?v=bONV_YZCKdg
- Blessings - Laura Story - with Lyrics
<https://www.youtube.com/watch?v=Cd6J6Wgnv4M>

POWER OF PRAYER

• Journal Prompts •

PRAISE

- Psalms 150:6, 1 Chronicles 16:8, 1 Peter 2:9
- Fill a page in your journal with praises to God. Tell God how much you love him for who He is.

GIVE THANKS

- Psalms 92:1, Psalms 9:1, Psalms 50:23, 1 Thessalonians 5:18, Philippians 4:6, Colossians 4:2, Colossians 2:7
- Write a thank you note to God.

REST

- Psalms 46:10, Isaiah 40:31, Psalms 23:1-3, Matthew 11:28, Psalms 34:4
- Find a quiet place, set aside your own agenda and wait in His presence & listen for His voice. Note what He is telling you.

ASK

- James 4:2b-3, Matthew 7:7-11, Philippians 4:6-7
- Write your requests with today's date. Pray over them, and note the answered prayers in your journal when the time comes.

CONFESS

- 1 John 1:9, Acts 3:19, Daniel 9:9, Micah 7:18-19,
- Search your heart. What do you put before God in your life? What areas are you holding onto control of? What "rights" are you claiming for yourself? Ask God to reveal any areas of pride or rebellion in your heart.
- Confess - Verbalize what you have done.
- Repent - Turn from this pattern of thinking or behavior toward God and choose a new path. Remember that you have been completely absolved and forgiven. Do not let the enemy trick you into holding onto guilt or shame.

FORGIVE

- Mark 11:25, 2 Corinthians 5:17
- Look into your heart and reflect. Ask yourself: Am I holding a grudge or have resentments weighing me down? What pain am I holding onto, however recent or distant? Who hurt me? What hurts about this situation or that moment with this person?
- Choose a situation or person that has an emotional charge for you in this moment.
- Pray and ask God to help you release this person and situation over to Him. Ask Him what it will take for you to be able to let go (and open your heart to hear His response and obey).
- Even if you don't feel ready, follow this outline for forgiveness:
"I forgive you _____, I'm sorry _____. I can forgive you and love you because _____.

SUBMIT

- Proverbs 19:21, Psalms 33:10-11, Psalms 37:3-4, Proverbs 3:5-6, Romans 12:2
- Write in your journal what area(s) of your life you need to submit to God? Your plans, dreams, kids, "rights", marriage, husband, finances, wants, needs, goals, time, attitude?

REMEMBER

- Genesis 35:7, Exodus 17:15, Deuteronomy 6:12
- Write a time where God revealed himself to you or miraculously intervened in your life.

HEALING

- James 5:14-15, Jeremiah 17:14, Isaiah 53:5, Psalms 30:2, Psalms 107:19-20, Psalms 103:2-4, Isaiah 38:1-3
- Write a prayer for someone in your life who is ill.
- Copy scripture into your journal and pray over it.
- How can you use pain and hurt for Gods glory?