



Part 2: The Discipline of Prayer

Ephesians 6:18

1. The purpose of this series is to encourage you to fill up your spiritual tank by engaging in the 6 spiritual disciplines of scripture, prayer, fasting, community, serving, and evangelism in order to reach all of the spiritual destinations God has for you. Share with your group what you hope you get out of this series.

2. In the sermon, George Mueller was mentioned and known for his ministry to orphans. However, the primary object of his work was that people would glorify God because the orphans had all they needed through prayer and faith. How is this different than just having a ministry that cares for orphans? ____

3. Read **Ephesians 6:10-17**.

- a. Paul says our battle is not against flesh and blood (people) but, instead, it is against the spiritual forces of evil (schemes of the devil). How should this truth change the way we look at, and pray for, people who are against us? _____

4. Read **Ephesians 6:18**.

- a. Prayer is not a seventh piece of the armor. It is powerful in and of itself in the battle. Why is it important to see the purpose and power of prayer in this way? _____

- b. The Greek word for prayer in verse 18 includes cries for help, confession of sin, thanksgiving, praise, expressions of faith, and intercession for others. How can you use this definition of prayer to expand your prayer life? _____

- c. The Greek word for supplication in verse 18 means to ask for specific things. Specific prayers deliver you from dry, mindless, ritualistic prayers to prayers that require you to think, feel, and exercise biblical faith. Give some examples of how you can make some of your recent/current prayers more specific: _____

5. In the sermon, we learned that praying in the Spirit is like raising the sail of a sailboat. When we turn from sin and humbly depend on God it makes it possible for the Holy Spirit to fill the “sails of our soul” and this positions us to pray in the Spirit.
- What sin might you need to turn from today and start depending on God so you can raise your sail? Write out a prayer confessing and asking for God’s help (be as specific as possible): _____

 - Read **Romans 8:26**. This verse tells us that the Spirit helps us and intercedes for us when we are too weak, or we do not know what to pray. What does this say about the heart of God? _____

6. We also learned in the sermon that we should persevere in prayer all day long, however, we are going to be tempted to not do it. Read **Luke 22:46**. What does Jesus say is the reason His disciples should stop sleeping and pray? _____
7. As you look ahead to 2021, you need to prioritize the DISCIPLINE OF PRAYER. Below are 6 practical ways to do that. Write down how, in 2021, you will use each one to grow your prayer life:
- SET ASIDE DAILY TIME** – Pick a time, a place, and make a plan to grow in the three levels of prayer: Solitude prayers (planned alone time), Sporadic prayers (unplanned prayers throughout the day), or Spirit of prayer (heartfelt dependence on God moment-by-moment). _____

 - RESPOND TO SCRIPTURE** – Breathe in Scripture and breathe out prayers. Consider matching your time in the Word with your planned time in prayer. _____

 - PRAYER LIST** – Making a list of specific prayer concerns of yourself and others is helpful. Consider different list for different days. _____

 - INVITE REGULAR PRAYER** – Humble yourself and invite others to pray for you regularly. _____

 - ON THE SPOT** – Consider praying for people on the spot when they ask for prayer. _____

 - CORPORATE PRAYER** – Corporate prayer is just as essential as solitude prayer. We grow when we hear others praying so plan on attending the Church Wide Prayer (2/10/21 at 6:30pm) and being a part of the Preservice Prayer each Sunday from 8:00am-8:30am. _____
