



## *Week 4: "Prayer Power"*

### **1. READ**

#### **Pastor Watley's Selected Scriptures: Mark 1 : 35 New International Version (NIV)**

<sup>35</sup> Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

#### **John 1 : 1 New International Version (NIV)**

<sup>1</sup>In the beginning was the Word, and the Word was with God, and the Word was God.

#### **Romans 8 : 26 – 28 New International Version (NIV)**

<sup>26</sup> In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. <sup>27</sup> And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God. <sup>28</sup> And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

#### **John 16 : 12 – 15 New International Version (NIV)**

<sup>12</sup> "I have much more to say to you, more than you can now bear. <sup>13</sup> But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. <sup>14</sup> He will glorify me because it is from me that he will receive what he will make known to you. <sup>15</sup> All that belongs to the Father is mine. That is why I said the Spirit will receive from me what he will make known to you."

#### **1 Samuel 1 : 10 – 17 New International Version (NIV)**

<sup>10</sup> In her deep anguish Hannah prayed to the Lord, weeping bitterly. <sup>11</sup> And she made a vow, saying, "Lord Almighty, if you will only look on your servant's misery and remember me, and not forget your servant but give her a son, then I will give him to the Lord for all the days of his life, and no razor will ever be used on his head."

<sup>12</sup> As she kept on praying to the Lord, Eli observed her mouth. <sup>13</sup> Hannah was praying in her heart, and her lips were moving but her voice was not heard. Eli thought she was drunk <sup>14</sup> and said to her, "How long are you going to stay drunk? Put away your wine."





<sup>15</sup> “Not so, my lord,” Hannah replied, “I am a woman who is deeply troubled. I have not been drinking wine or beer; I was pouring out my soul to the Lord. <sup>16</sup> Do not take your servant for a wicked woman; I have been praying here out of my great anguish and grief.”

<sup>17</sup> Eli answered, “Go in peace, and may the God of Israel grant you what you have asked of him.”

## 2. REFLECT

**[Make sure to review this week’s sermon!]**



As we enter our last week of Pastor Watley’s sermon series entitled “Teach Me How To Pray,” we’ve learned the fundamentals of prayer and the significance of praying through difficult seasons. Hopefully throughout this series, your prayer life has grown immensely and your relationship with God has flourished. In addition, we hope you’ve had the opportunity to take advantage of the various prayer resources and the Kingdom Prayer Kit that our team has made available. Without a doubt, our church has spiritually grown and benefited from this season of prayer!

In our lesson for week four entitled, “Prayer Power,” Pastor Watley provides us with practical guidance on how to turbo-charge our prayer lives. In addition to the new resources we’ve added to our spiritual toolbox in this season, Pastor Watley offers us five tips and four tools that will empower and enhance our communication with God. These tips and tools will assist us as we seek to implement prayer into our everyday lives. Instead of taking a “do-it yourself” approach to prayer, we can be intentional about utilizing these practices to facilitate spiritual discipline and growth.





## **Top Five Prayer Tips**

### **1. Anchor Prayer in a Time and Place.**

In one of our scriptures for this week (Mark 1:35), we find Jesus waking up early and leaving the house to pray. Jesus models for us that in order to be effective in prayer, we need to prioritize prayer in the structure of our day. It was the very first thing Jesus did. He also “left the house” so that He could be in a solitary place. In the same way, how can we identify a specific time and place to pray?

### **2. Prepare for Prayer.**

In addition to being intentional about *when* and *where* we pray, we can also be intentional about *what* we pray. Before we even bow our heads, it can be helpful to make a list of the things we would like to pray about, the people we would like for, and the various needs that are on our hearts. Through our preparation, we are also indicating that these people and these situations are a priority in our prayers.

### **3. Pray Out Loud.**

Once we’ve identified *when*, *where*, and *what* we are going to pray for, it’s time to pray! However if we’re honest, sometimes even with the best intentions to pray, we lose our focus. In a season and time when so many things are vying for our attention, it is easy to get distracted mid-thought. When we are praying in our heads, there is a greater chance that our mind will wander off or shift to other things. Instead, we can pray out loud and audibly talk to the Lord similar to the way we would have a conversation. This keeps our focus on praying in the moment.

### **4. Develop a Prayer Library.**

To assist our spiritual growth, we should also make space to study and learn more about prayer. In the same way that we’ve developed resources and a library for other areas of our lives, we should be doing the same for our prayer lives. Thankfully, in addition to the Bible, there are several books that facilitate a deeper understanding of ourselves and how we are called to pray. Here are a few: *The Complete Works of E. M. Bounds on Prayer: Experience the Wonders of God through Prayer* by E. M. Bounds, *Dangerous Prayers* by Craig Groeschel, and *The Circle Maker: Praying Circles Around Your Biggest Dreams and Greatest Fears* by Mark Batterson.

### **5. Find a Prayer Partner.**

Lastly, our prayer lives can greatly benefit from having a prayer partner. When we have an accountability partner in other areas like working out or meeting a deadline, we are much more likely to accomplish our goals. In the same way, having a prayer partner increases our chances of engaging in prayer consistently. In addition, it is helpful to have someone to pray with that we can trust to keep our needs confidential and encourages us when we are going through difficult seasons.





## **Four Prayer Tools**

### **1. Pray the Scriptures**

In our second scripture for this week (John 1:1), we learn the following; “In the beginning was the Word, and the Word was with God, and the Word was God.” Therefore, if we are praying the Word, we are literally praying God into our situation. We are invoking God’s presence in our requests back to God. Instead of relying on our own understanding, we can use God’s own terminology to communicate with Him in a more effective and powerful way.

### **2. Pray in the Spirit**

As Pastor Watley notes, “prayer is so important that God never intended to leave it just to you.” God has given each of us the ability to lean into the Spirit for assistance as we pray. Romans 8:26 says, “the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.” Thankfully, we do not have to go to God with all of the answers. We don’t even have to go to God with the right questions! We can trust that the Holy Spirit will empower us to recognize and ask for what we need. And as Pastor Watley points out, “Prayer at its best is God having a conversation with Himself!”

### **3. Pray in Faith**

It is not enough to simply go through the motions and complete the religious act of prayer. Instead, we must pray in faith and boldly walk in the authority God has given us. Matthew 21:22 says, “If you believe, you will receive whatever you ask for in prayer.” Our faith, and our belief that God will fulfil His promises, gives us the confidence to bring everything to the Lord in prayer. Moreover, once we pray in faith, we are quieting the doubt and uncertainty that can often seep into our minds. Sealing our prayers with faith is a declaration that we trust God with whatever we may be facing.

### **4. The Power of Travail**

Even when we pray in faith, there are times when we are still struggling. In seasons when we find ourselves in situations that are deeply troubling, we often turn to God in our anguish. Thankfully, there is something powerful about “travailing in prayer.” In 1 Samuel 1:10-17, we find Hanna in deep distress. And yet, instead of wallowing in her sorrow, Hanna is pouring her heart out to God. She understands that the answer to her problems can only be found by looking to the Lord for direction. Little does she know, while she was praying to God out of desperation, God was meeting her needs. This is an important reminder to us that when we press into prayer and pour our hearts out to God, sometimes our miracle happens before we even say amen!



**3. PRAYER LIST**

Date: \_\_\_\_\_ Person(s): \_\_\_\_\_ Fulfilled?  Fulfilled Date: \_\_\_\_\_

Prayer: \_\_\_\_\_

Scripture Foundations & Remarks: \_\_\_\_\_



Date: \_\_\_\_\_ Person(s): \_\_\_\_\_ Fulfilled?  Fulfilled Date: \_\_\_\_\_

Prayer: \_\_\_\_\_

Scripture Foundations & Remarks: \_\_\_\_\_



Date: \_\_\_\_\_ Person(s): \_\_\_\_\_ Fulfilled?  Fulfilled Date: \_\_\_\_\_

Prayer: \_\_\_\_\_

Scripture Foundations & Remarks: \_\_\_\_\_



Date: \_\_\_\_\_ Person(s): \_\_\_\_\_ Fulfilled?  Fulfilled Date: \_\_\_\_\_

Prayer: \_\_\_\_\_

Scripture Foundations & Remarks: \_\_\_\_\_



Date: \_\_\_\_\_ Person(s): \_\_\_\_\_ Fulfilled?  Fulfilled Date: \_\_\_\_\_

Prayer: \_\_\_\_\_

Scripture Foundations & Remarks: \_\_\_\_\_