

Sunday April 16, 2023

Spiritual Dynamics Part 5

Power of Prayer - “Stop, Drop, and Roll”

Overview: Dynamics are forces or properties which stimulate growth, development, or change within a system or process.

Week 1: Power of Our Praise

God inhabits praise of His People.

Sound proceeds Manifestation. **Psalm 22:3**

Week 2: Power of Forgiveness

Restoration comes with true forgiveness.

Forgotten leads to Fruitfulness. **Gen 45 / Mt 6:14**

Week 3: Power of Fasting

Greater Intimacy with God.

Reveals what needs to be Added or Removed from our lives. **Isaiah 58:12**

Week 4: Power of Revival

God brings restoration and life back to dead areas in our life. **2 Kings 6:1**

Week 5: Power of Prayer

Introduction: Prayer unleashes the power of a child of God to possess whatsoever we ask for in the name of Jesus.

Matthew 21:22- “And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.”

Matthew 6:7&8-“Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.”

2 Chronicles 7:14 - “ If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

Prayer enables the Believer to bring Heaven to Earth.

Definition: Prayer is an invocation or act to activate a rapport, close and harmonious relationship, with God through deliberate communication.

Prayer could be an act of supplication or intercession, meaning on behalf of oneself or on behalf of another.

Purpose of prayer to gain assistance or direction from God.

Simply put...just a little talk with God.

Basics of Prayer:

Pray to the Father

Pray to the Father in Jesus' Name

Pray under the unction and anointing of Holy Spirit

Seven Characteristics of Prayer in the Bible:

Adoration -

Prayer that praises God for who He is. God is the Lord of all and deserves our

praise because of that alone. Psalm 99:5 encourages us to exalt the Lord because he is holy. Recognizing the Lord's power, mercy, and love in our prayer life is good.

Psalm 104:1 - 4 "Bless the Lord, O my soul! O Lord my God, you are very great! You are clothed with splendor and majesty, covering yourself with light as with a garment, stretching out the heavens like a tent. He lays the beams of his chambers on the waters; he makes the clouds his chariot; he rides on the wings of the wind; he makes his messengers winds, his ministers a flaming fire."

1 Kings 8:22 - 24 "Then Solomon stood before the altar of the Lord in the presence of all the assembly of Israel and spread out his hands toward heaven, and said, 'O Lord, God of Israel, there is no God like you, in heaven above or on earth beneath, keeping covenant and showing steadfast love to your servants who walk before you with all their heart; you have kept with your servant David my father what you declared to him. You spoke with your mouth, and with your hand have fulfilled it this day.'"

Nehemiah 9:5 - 6 "Stand up and bless the Lord your God from everlasting to everlasting. Blessed be your glorious name, which is exalted above all blessing and praise. You are the Lord, you alone. You have made heaven, the heaven of heavens, with all their host, the earth and all that is on it, the seas and all that is in them; and you preserve all of them; and the host of heaven worships you."

Mentioning these attributes of God in our prayer, allows avenue for Him to manifest these things in our daily lives.

Lament -

God desires for us to bring our fears, doubts, and despair to Him. 1 Peter 5:7 tells us to cast our anxieties on Him cause He cares for us. We see countless examples of lament in the Bible, where faithful followers of God wrestled with doubts, difficulty, and even depression. An entire book of the Bible is called Lamentations, after all! Check out these three prayers from the Bible for examples of lament and

sorrow and how we can approach God while feeling that way.

Psalm 88:1 - 7 ““O Lord, God of my salvation, I cry out day and night before you. Let my prayer come before you; incline your ear to my cry! For my soul is full of troubles, and my life draws near to Sheol. I am counted among those who go down to the pit; I am a man who has no strength, like one set loose among the dead, like the slain that lie in the grave, like those whom you remember no more, for they are cut off from your hand. You have put me in the depths of the pit, in the regions dark and deep. Your wrath lies heavy upon me, and you overwhelm me with all your waves.”

Lamentations 5:1 - 5 ““Remember, O Lord, what has befallen us; look, and see our disgrace! Our inheritance has been turned over to strangers, our homes to foreigners. We have become orphans, fatherless; our mothers are like widows. We must pay for the water we drink; the wood we get must be bought. Our pursuers are at our necks; we are weary; we are given no rest.”

Psalm 13:2 - 3 ““How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me? Consider and answer me, O Lord my God; light up my eyes, lest I sleep the sleep of death...”

If you have been heavy hearted and burdened lately, tell the Lord about it. Anxious, depressed, angry, or grieved invite the Lord into your situation. Know God’s arms are a safe place, and His listening ear is there for you.

Thanksgiving -

As adoration admonishes God for who he is, giving thanks to the Lord is praising Him for what He has done. Thanksgiving will build an attitude of gratitude.

Daniel 2:20 - 23 “Daniel answered and said: ‘Blessed be the name of God forever and ever, to whom belong wisdom and might. He changes times and seasons; he removes kings and sets up kings; he gives wisdom to the wise and knowledge to those who have understanding; he reveals deep and hidden things; he knows what is in the darkness, and the light dwells with him. To you, O God of my fathers, I give thanks and praise, for you have given me wisdom and might, and have now made known to me what we asked of you, for you have made known to us the king’s matter.’”

1 Samuel 2:1 - 10 “And Hannah prayed and said, ‘My heart exults in the

Lord; my horn is exalted in the Lord. My mouth derides my enemies, because I rejoice in your salvation. There is none holy like the Lord: for there is none besides you; there is no rock like our God. Talk no more so very proudly, let not arrogance come from your mouth; for the Lord is a God of knowledge, and by him actions are weighed. The bows of the mighty are broken, but the feeble bind on strength. Those who were full have hired themselves out for bread, but those who were hungry have ceased to hunger. The barren has borne seven, but she who has many children is forlorn. The Lord kills and brings to life; he brings down to Sheol and raises up. The Lord makes poor and makes rich; he brings low and he exalts. He raises up the poor from the dust; he lifts the needy from the ash heap to make them sit with princes and inherit a seat of honor. For the pillars of the earth are the Lord's, and on them he has set the world. He will guard the feet of his faithful ones, but the wicked shall be cut off in darkness, for not by might shall a man prevail. The adversaries of the Lord shall be broken to pieces; against them he will thunder in heaven. The Lord will judge the ends of the earth; he will give strength to his king and exalt the horn of his anointed.”

Offer praise to God for what He's doing in your life! Write things down and every time you pray mention current and past things letting God know you see and appreciate His hand moving in your life.

Petition -

Petition is what many people imagine when they think of prayer. It means asking God for something, whether for yourself or someone else. And God certainly wants us to do this! Philippians 4:6 tells us to let our requests be known to God. But prayer is not just about asking God to do things for us – it's just one of the many ways that He wants us to communicate with Him.

Genesis 18:22 - 33 ““Then Abraham drew near and said, ‘Will you indeed sweep away the righteous with the wicked? Suppose there are fifty righteous within the city. Will you then sweep away the place and not spare it for the fifty righteous who are in it? Far be it from you to do such a thing, to put the righteous to death with the wicked, so that the righteous fare as the wicked! Far be that from you! Shall not the Judge of all the earth do what is just?’ And the Lord said, ‘If I find at Sodom fifty righteous in the city, I will

spare the whole place for their sake.’ Abraham answered and said, ‘Behold, I have undertaken to speak to the Lord, I who am but dust and ashes. Suppose five of the fifty righteous are lacking. Will you destroy the whole city for lack of five?’ And he said, ‘I will not destroy it if I find forty-five there.’ Again he spoke to him and said, ‘Suppose forty are found there.’ He answered, ‘For the sake of forty I will not do it.’ Then he said, ‘Oh let not the Lord be angry, and I will speak. Suppose thirty are found there.’ He answered, ‘I will not do it, if I find thirty there.’ He said, ‘Behold, I have undertaken to speak to the Lord. Suppose twenty are found there.’ He answered, ‘For the sake of twenty I will not destroy it.’ Then he said, ‘Oh let not the Lord be angry, and I will speak again but this once. Suppose ten are found there.’ He answered, ‘For the sake of ten I will not destroy it.’ And the Lord went his way, when he had finished speaking to Abraham, and Abraham returned to his place.”

In Mark 10:51, Jesus asked a blind man, “What do you want me to do for you?” God knows our every need and the desire of our hearts, yet He wants us to have a conversation with Him and ask Him for those needs. What needs and desires do you have that you can ask Him for today? Come to Him with a thankful heart, and write down what you’ve asked Him for after you’ve prayed. When you receive an answer to that prayer (whether it is yes, no, or wait), write it down. You’ll be amazed when you look back at how Jesus comes alongside you and answers you.

Deliverance -

Prayers of deliverance are similar to prayers of petition. They are requests made to God to save us or others from challenging or dangerous situations. But they also acknowledge that we can do nothing apart from God and that He has the power to save. These prayers are all over the Bible – especially in King David’s Psalms.

Psalm 3 “O Lord, how many are my foes! Many are rising against me; many are saying of my soul, ‘There is no salvation for him in God.’ But you, O Lord, are a shield about me, my glory, and the lifter of my head. I cried aloud to the Lord, and he answered me from his holy hill. I lay down and slept; I woke again, for the Lord sustained me. I will not be afraid of many thousands of people who have set themselves against me all around. Arise, O Lord! Save me, O my God! For you strike all my enemies on the cheek; you break the teeth of the wicked. Salvation belongs to the Lord; your blessing be on your people!”

Jonah 2 ““Then Jonah prayed to the Lord his God from the belly of the fish, saying, ‘I called out to the Lord, out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice. For you cast me into the deep, into the heart of the seas,

and the flood surrounded me; all your waves and your billows passed over me. Then I said, 'I am driven away from your sight; yet I shall again look upon your holy temple.' The waters closed in over me to take my life; the deep surrounded me; weeds were wrapped about my head at the roots of the mountains. I went down to the land whose bars closed upon me forever; yet you brought up my life from the pit, O Lord my God. When my life was fainting away, remembered the Lord, and my prayer came to you, into your holy temple. Those who pay regard to vain idols forsake their hope of steadfast love. But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the Lord!' And the Lord spoke to the fish, and it vomited Jonah out upon the dry land."

Think back to a time when you were in a dangerous or difficult situation and needed help. Did you cry out to God for help? How did He answer? Are you in a situation now that feels hopeless unless He intervenes? Are there things in your life from which you need to find freedom? Struggles you have from which you need deliverance? Ask Him for what you need and set it before His feet. Trust that He will help you and ask Him to speak to you.

Contrition -

Contrition is the feeling of remorse and the desire to repent of sin. You are probably familiar with prayers like this, which ask God for forgiveness for things we have done. They are essential prayers that allow us to confess our wrongdoing and reconnect with our forgiving Heavenly Father. Psalm 51 tells us that when we mess up, God desires "a broken and contrite heart" from us. Check out these three prayers from the Bible for examples of prayers of contrition or asking for forgiveness.

Psalm 51:1 - 4 "Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know my transgressions, and my sin is ever before me. Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment."

It's often difficult to admit that we have made mistakes or sinned. God already knows every nuance of you, your day, and what you have thought or done. When you bring those things to Him, He offers you forgiveness and freedom from them. Take a few moments to think through your day and week. Are there things for which you need to ask forgiveness? Are there unresolved things from your past that you want God to forgive?

Guidance -

Similar to prayers for deliverance, these conversations with God allow us to acknowledge God's sovereignty. We can express that He knows best and that we trust him to direct our lives when we ask Him for guidance. Proverbs 3:5-6 tells us that we should not lean on our own understanding, but instead trust in the Lord with all our heart.

Psalm 25:4 - 5 "Make me to know your ways, O Lord; teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long."

God sent His Holy Spirit to live in your heart when you asked Jesus into your life. He promises that if we ask for wisdom and guidance, He will give it generously (James 1:5). Where do you need guidance in your life today? Ask the Holy Spirit to speak to you, give you the knowledge and wisdom you need, and provide you with direction. You can create a fun visual of the directions God gives you by creating a map. Start where you are and draw a path where His Spirit leads you as He guides you. Drawing a map can be a fun way to detail the journey and a way to look back on how He navigates you through life's twists and turns.

Importance of Prayer:

Prayer is a Force - Releases Heaven into the Earth.

God uses His Children as vehicle to get heavenly things into the earth.

Jeremiah 33:3 "Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not."

Ephesians 1:3 "Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ:"

Psalm 81:10 "I am the LORD thy God, which brought thee out of the land of Egypt: open thy mouth wide, and I will fill it."

Psalm 63:1 "O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is;"

Prayer is a Privilege - not an obligation.

Jesus demonstrates this in the model 'Lord's Prayer', Matthew 6. If Jesus had to pray then it must be of utmost importance to us as followers of Christ.

Mark 1:35 "And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed."

Christ set the example for us to follow.

In Luke 11:1 “And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, **teach us to pray,** as John also taught his disciples. Disciples asked Him to teach them to pray!

Prayer is relational.

Prayer is commanded. Romans 12:2

Prayer requires Devotion. Colossians 4:2

Dedication is necessary to see Power of Prayer.

Prayer changes Everything.

Philemon 1:6 “That the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus.”

The Word of God in us is all that is Good!

James 1:22 “But be ye doers of the word, and not hearers only, deceiving your own selves.

Faith in Word of God requires Action to become alive and manifested in our lives.

Main Text:

Acts 12:5 Peter imprisoned by Herod and the Church
Prayed!

1 Samuel 30:6 - 8 David returns from battle to find distress,
seeks direction of Lord and recovers all!

Esther 4:16 Esther prays and fasts for Deliverance of Jews!

1 Samuel 1:10 -11 Hannah prayed for a Son...Samuel born
to her!

Tying Together: God answers Prayer...

- **This is your season of manifestation.** Be prepared to fight for what God has for you through prayer and praise. God has not ordained prayer to benefit Himself, but rather to raise you up to a higher level where you can enter into His best. Do not let Satan stop your blessing or contain you!
” Praying to God creates the avenue where heaven can be called into your life, your environment, and your situations. Take time today to Pray, watch what God will do in your life.

Life brings us to Intersections, places of Decision, and in search of Direction.

John 10:10 “The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.”

Psalms 99:5 “Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;”

Ephesians 6:16 “Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

As our adversary continually fires fiery darts at the children of God in an attempt to ultimately destroy our Faith and Relationship with God, God has given us PRAYER as a defense!

Warfare Tactics from old. Fiery darts or arrows released towards the opposing force to catch garments on fire or divert attention away from the point of battle to deal with fires created by these offensive weapons.

Fiery Darts/Arrows:

Anxiety/Depression

Relationships/Identity

Anger/Bitterness

Lust/Envy

Addictions

Selfish Pride/Ambition

Unforgiveness

Racism/Hatred

Impurity

Finances

As these darts/arrows hit us or graze us our clothes are set on fire.

Today God has sent me to minister to you Brothers and Sisters, that when our clothes catch fire, we need to STOP, DROP, and ROLL!

STOP:

God's Word sent to bring comfort and stillness to His children:

Psalm 46:10 "Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth."

Matthew 6:6 "But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly."

Psalm 37:7 "Rest in the LORD, and wait patiently for him:"

When our adversary is on attack with all fiery darts and arrows, God instructs us to separate ourselves, get in our secret place and call upon Him.

Don't continue to run! Sin will continue to take you deeper and deeper if we allow it too.

Get alone and have a TALK with the Lord! Invite Him to get involved in our daily lives.

DROP:

Fire needs oxygen to continue to burn and grow, so by stopping in our pathway and being still, it prohibits the fire from increasing and spreading.

When we enter our closet, our secret place, and kneel or lay out before the Lord, we are smothering the fire by limiting the oxygen available.

By dropping you become less exposed for arrows/darts to connect and no room for flames to expand.

2 Corinthians 6:17 “Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you,”

ROLL:

Once we smother the flames, God will speak and answer then we must act upon the Word! No room for the Devil, give no place. Take all thoughts captive and assure conforms to God’s word.

- **PRAYER: Father, I praise You for who You are! You are above all in heaven and earth, and Your works are awesome and mighty! I thank you for (name things you are thankful for; i.e., salvation, healing, provision) and everything You have done for me. In Jesus’ Name, Amen.**

Assessment

If we do not want to keep struggling, we must hand over our battles to God and to do that, we need His presence but His presence can only be secured on the platform filled with Spiritual Dynamics.