



Seven Strong is an 8-week discipleship journey designed to move us from simply believing in Jesus to truly following Him. Beginning with an introduction to what it means to be a disciple, we will then explore seven essential spiritual dimensions—Bible, Holy Spirit, Mission, Prayer, Worship, Service, and Generosity. Each week helps us grow deeper, live stronger, and become more like Christ as we build a faith that lasts.

Week 4 – Seven Strong

Dimension #3: Prayer

Text Focus: Exodus 32–35

BIG IDEA

Prayer is not optional for disciples—it is how we live in God’s presence, power, and will.

WHY PRAY?

- Prayer is fellowship with God (1 John 1:3)
 - Prayer is how God invites us to partner with Him
 - Prayer brings God’s will into human affairs
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FIVE TRUTHS ABOUT PRAYER

(From Moses & Israel – Exodus 32–35)

1. Prayer Is a Privilege

- We are invited into relationship with a holy God
- We don't settle for man-made idols
- Even after failure, God allows intercession

 *Exodus 32:11–14*

2. Prayer Is a Constant Responsibility

- Moses prayed before judgment
- Moses prayed after judgment
- Moses prayed for forgiveness, guidance, and God's presence

➡ Prayer is a lifestyle, not an emergency button

 *Exodus 32–33*

3. Prayer Is Essential in Spiritual Warfare

- Israel's sin was more than moral—it was spiritual
- Allegiance shifted from God to an idol
- Moses' prayer stopped destruction

➡ Prayer doesn't avoid battles—it engages them

 *Exodus 32:9–14*

4. Prayer Is Effective for Spiritual Work

- God relented from total destruction
- God renewed the covenant
- God continued His redemptive plan

➡ God's work moves forward when God's people pray

📖 *Exodus 33–34*

5. Prayer Brings Us Into God's Presence

- Moses didn't ask for success—he asked for presence
- “If Your presence does not go with us...”
- Moses was changed by time with God

➡ Prayer changes the one who prays

📖 *Exodus 33:15; 34:29*

HOW DOES GOD USE PRAYER?

- Healing (James 5:13–16)
 - Miracles (Acts 9:36–43)
 - Deliverance (Acts 12:5)
 - Power & boldness (Acts 4:23–31)
 - Spirit-filled living (Acts 1–2)
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OBSTACLES TO PRAYER

- Distractions & fatigue
- Discouragement or doubt
- Busy schedules
- Inconsistency

➡ The solution to prayer obstacles is... prayer.

PRACTICAL NEXT STEPS

- Set a daily time and place to pray
 - Use a simple prayer pattern (F-A-C-T-S)
 - Stay faithful—even when it feels difficult
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REFLECTION QUESTIONS

- How would I define prayer?
 - How has prayer shaped my faith?
 - What prayer goal will I set this week?
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FINAL ENCOURAGEMENT

If you walk with God, He will walk with you.