

Sermon Notes

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Impossible Prayer #1 – A Life Saving Habit

February 2, 2025

Philippians 4:1-9

1. Prayer – are you a prayer warrior or a prayer amateur?
 - a. Prayer is central to our life of faith.
 - b. Jesus urged us and taught us to pray.
2. Many people struggle with prayer.
 - a. Mother Theresa.
 - b. So, abolish your guilt!
3. Paul the Prayer Warrior
 - a. Philippians 4:6-7.
 - b. Do not worry!
 - c. Jesus said the same thing in Matthew 6, Matthew 10, Mark 12, and Luke 12!
 - d. Easier said than done.
 - e. How do we not worry?
 - i. Pray – spend time with God.
 - ii. Supplication – requests for God.
 - iii. With thanksgiving – praise in your heart for God.
4. Positive Practices:
 - a. Warm your spirit – read Scripture or sing.
 - b. Use Prayers written by others:
 - i. <https://pages.faithgateway.com/prayer-challenge-before-amen/>
 - ii. Daily Prayers from Shiloh Prayer Team – sign up now!
 - c. Write Your Prayers down – carry around a notebook.
 - d. Practice with a devotional:
 - i. <https://utmost.org>
 - ii. <https://store.upperroom.org/subscribe-to-the-upper-room>
 - iii. Lectio 365 – Apple Store or Google Play.
 - iv. <https://prayingincolor.com>
 - e. Follow your wandering mind.
 - f. Prayer as service to God.