

The Power of Prayer: Praying God's Promises

Study Guide: Praying the Promises of God

(Sermon by Pastor Missy Carfield – Power of Prayer Series)

Key Theme

Praying the promises of God shifts us from performance, fear, and self-effort into deep assurance, intimacy, and victorious faith by standing on what God has already declared true.

Main Points

- **The Power of “Proved Him”** Proving Jesus means testing His faithfulness through real-life valleys and finding His promises reliable.
 - It builds a lived experience that “it works”—a life anchored in Christ’s grace, hope, and presence.
 - Goal: Filter every circumstance through God’s promises instead of human strategies, advice, or traditions.
- **Two Types of Promises**
 - Conditional (“if-then”): e.g., 2 Chronicles 7:14; 1 John 1:9.
 - Unconditional (based on God’s character): The focus today—available by grace through faith.
- **Example 1: Assurance of Salvation by Faith (Not Works)** Abraham believed God and it was credited to him as righteousness *before* the Law (Romans 4:3).
 - Key Scriptures:
 - Genesis 15:5-6
 - Acts 4:12
 - Romans 4:5
 - Philippians 3:4-8 (Paul counting credentials as loss for Christ)
 - Prayer focus: Release striving/performance and rest in grace.
- **Example 2: Trusting and Living by God’s Word** Scripture is God’s primary way of revealing His character, will, and guidance.
 - Key Scriptures:
 - Deuteronomy 31:12-13 (hear and learn to fear the Lord)
 - Psalm 32:8 (“I will instruct you and teach you in the way you should go”)
 - John 8:32 (“the truth will set you free”)
 - 2 Timothy 3:16-17 (all Scripture equips us for every good work)
 - Prayer focus: Renew hunger for the Word and confess resistance to following it.
- **Example 3: God Fights Our Battles** The battle belongs to the Lord—remember David vs. Goliath (won before it began).
 - Key Scriptures:
 - Exodus 14:14 (“The Lord will fight for you; you need only to be still”)
 - Deuteronomy 1:30

- Psalm 20:7 (“Some trust in chariots... but we trust in the name of the Lord”)
- Romans 8:37-39 (more than conquerors; nothing separates us from God’s love)
- Prayer focus: Surrender Goliaths (fear, debt, diagnosis, repeated defeat) and let God fight.

Quotable Quotes

- “When we say we proved him over and over again, that’s what we’re saying: we’ve tested it out... that living in and out of a life of faith on the very foundation and grace and hope and presence and assurance of the anchor that is Jesus Christ our Lord. It works.”
- “Our ultimate goal is to have an assurance, a confidence and intimacy with God... that we would train ourselves to engage [life]... by the promises of God.”
- “The battle was won before it even began.”
- “Don’t try to learn more. Show up in a space and sit with the promises and then honestly turn them back to him. That’ll change your life more than anything.”

Challenge / Application

Google “promises of God” for your specific situation (fear, finances, etc.). Choose 2–3 promises, read them aloud, then pray them back to God honestly—without intercession for others. Practice standing on them this week.

Questions for Further Thought / Discussion

1. Which of the three promise categories (salvation by faith, guidance through the Word, God fighting for you) do you most need to stand on right now? Why?
2. Share a time you “proved” God’s faithfulness by hanging onto a specific promise in a difficult season. How did it change you?
3. What practical step will you take this week to make praying God’s promises a regular habit rather than occasional?