



I. Review of Past Sessions

A. Session 1 – The Right Flow

1. It is connected to our way of acting, thinking, doing, and reacting.
2. The flow of our life is directly connected to the flow proceeding from within.
3. Believers have a distinct flow.
 - a. **John 7:38 (NKJV)** – *He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.*
 - b. **John 7:38 (AMP)** – *He who believes in Me [who adheres to, trusts in, and relies on Me], as the Scripture has said, “From his innermost being will flow continually rivers of living water.”*
4. **This flow of life shows up through many different streams.**

B. Session 2 – The Right Flow of Worship

1. **Our life should be one of continual worship.**
2. **The Missing Flow of Worship.**
3. **The Flow of Worship releases the supernatural into your life.**

C. Session 3 – The Winning Flow

1. **Because of the flow of life that proceeds from us, there should be a stream of victory coming forth throughout our lives.**
2. **God never created us for failure or defeat. God intends for His people to be winners!**

D. Session 4 – The Flow of Strength

1. **The Flow of Living Water (Life) is a Flow of Strength.**



2. God never intended for His people to be weak.
3. We have a supernatural flow of strength that comes from within.

E. Session 5 – The Flow of Real Life

1. When we are born again – God’s life exists within us. We are born again – ALIVE spiritually – GODS EVERLASTING – FULLNESS of life is a continuous flow within us – and proceeding from us.
2. *The Life that is in the Vine is flowing in my mortal body – THIS BODY – bringing life – in me and through me. HIS LIFE!*

F. Session 6 – The Reigning Flow

1. We are to take our position in the reigning flow.
2. The Reigning flow includes:
 - a. Love – I execute love!
 - b. Peace
 - c. Wisdom
 - d. Creativity
 - e. Strength
 - f. Forgiveness
 - g. Encouragement
 - h. Hope

G. Session 7 – The Flow of All Sufficiency

1. Sufficient – the amount needed to meet a need or purpose
2. God is all sufficient.
3. As His child, I have the flow of all sufficiency working in my life.
4. Is He enough?



5. Believe in the ALL-SUFFICIENT Flow!

H. Session 8 – The Receiving Flow

1. Our flow indicates our tendencies, practices, patterns, routines, etc.
2. Receiving
3. Staying in the Receiving Flow

II. The Prayer Flow

A. There are certain things that should become part of our flow as we grow and mature in the Lord.

1. Church Attendance
2. Giving
3. Serving
4. Prayer

B. Prayer should be in the flow of every believer!

1. It is commanded in scripture.
 - a. **Luke 18:1 (KJV)** – *And he spake a parable unto them to this end, that men ought always to pray, and not to faint*
Some other translations:
Men ought to pray and not give up
Men ought to always pray and not get discouraged
 - b. **1 Thessalonians 5:17 (NKJV)** – *Pray without ceasing*
 - c. **Matthew 26:41 (NKJV)** – *Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak*



2. Prayer is supposed to be in the flow of the believer!

a. The early church prayed often

- *They prayed when Peter was in Prison.*
- *They prayed when persecution came.*
- *They prayed for God's guidance for missionary journeys.*
- *They prayed over leadership.*

b. Most Christians will never argue against the need to pray.

However, when it comes to PRAYING, many seemingly struggle.

3. As a flow – it is my tendency to pray!

A tendency is a proneness to a particular kind of thought or action

- a. When something is in my flow – it isn't done from an atmosphere of pressure – *ITS in my FLOW!*
- b. Too many times believers pray from a position of;
 - Pressure
 - Legalism
 - Guilt
 - *I must get up an hour early – so I can spend an hour in prayer.*
 - *No joy – If You are not enjoying it, most likely God isn't!*
- c. When prayer is burdensome – we are not in the right flow of prayer.
- d. When prayer is done right, you will not have to force yourself to pray. You will have the FLOW/TENDENCY to pray.

4. Why is prayer such a struggle?

- a. The spiritual answer – *The Devil is fighting our prayer time because He knows what will happen if we pray. So, it's the Devil's fault! His fight against me praying is so fierce, I just give in and don't pray. (WRONG ANSWER)*
- b. Could it be that the issue with prayer isn't the devil at all, but rather that we are not doing prayer, right? *We have made prayer to be a burdensome and a struggle because of religious ideas about it.*

C. Reasons why people don't pray.

1. They believe they have to spend an excessive amount of time in prayer for it to be effective.

- a. Brother so and so prays for an hour a day.
- b. They watch the clock while they pray because there is something magical about an hour in prayer.
- c. **Matthew 6:7 (KJV)** – *But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking*

Matthew 6:7 (CEV) – *When you pray, don't talk on and on as people do who don't know God. They think God likes to hear long prayers*

Matthew 6:7 (ISV) – *When you are praying, don't say meaningless things like the unbelievers do, because they think they will be heard by being so wordy*

d. The Lord's Prayer:

Matthew 6:9-13 (KJV) – *⁹After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. ¹⁰Thy kingdom come, thy will be done in earth, as it is in heaven. ¹¹Give us this day our daily bread. ¹²And forgive us our debts, as we forgive our debtors. ¹³And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen*

- *66 Words in the Lord's Prayer*
- *There were times that Jesus spent the night in prayer, but we do not know everything about what occurred.*
- *When Jesus prayed at the tomb of Lazarus, he spent less time praying than most people do praying over their food.*

John 11:41-42 (NIV) – *⁴¹So they took away the stone. Then Jesus looked up and said, "Father, I thank you that you have heard me. ⁴²I knew that you always hear me, but I said this for the benefit of the people standing here, that they may believe that you sent me.*



2. The Posture of Prayer

- a. Many believe they have to be on their knees before God will answer their prayers.
- b. There is no record that Jesus knelt when He prayed at Lazarus tomb, in fact, He lifted up his eyes – Looked up
- c. When He blessed the fish and loaves
Mark 6:41 (BSB) – *Taking the five loaves and the two fish and looking up to heaven, Jesus spoke a blessing and broke the loaves.*

3. A lack of understanding of what prayer really is.

- a. Prayer is communication with God.
- b. There are different types of prayer.
- c. Prayer is keeping the lines of communication open with God at ALL TIMES!

D. Staying in the prayer flow!

1. Tommy Barnett

Talking to God – as having a conversation.

2. Pastor Dale

Walking and praying – just talking to God about everything.

Driving in the car.

Prayer while reading the Word – when scripture speaks.

Back and forth – Word – Prayer.

Set aside some time.

3. A flow of prayer

Being sensitive to the SPIRT to guide you in prayer.

- When to pray.
- How to pray.
- Who to pray for.
- What to pray for.
- The river of living water includes Prayer.