

How to Pray with Power When You Feel Powerless

Jesse Berthold / April 8, 2026

Evening Service

HOW TO PRAY WITH POWER WHEN YOU FEEL POWERLESS

Why we lose the feeling of power in our prayer life...

Spiritual Exhaustion

Unresolved Issues in Your Heart

Discouragement from Unanswered Prayer...

[Proverbs 13:12](#) (NLT)

“Hope deferred makes the heart sick...”

Spiritual Warfare...

You Don't Know What to Pray...

Examples of people in the Bible that struggled to pray...

Hannah - When You're Too Broken to Pray

[1 Samuel 1:9–16](#) (NLT)

9 Once after a sacrificial meal at Shiloh, Hannah got up and went to pray. Eli the priest was sitting at his customary place beside the entrance of the Tabernacle. 10 Hannah was in deep anguish, crying bitterly as she prayed to the Lord. 11 And she made this vow: “O Lord of Heaven’s Armies, if you will look upon my sorrow and answer my prayer and give me a son,

then I will give him back to you. He will be yours for his entire lifetime, and as a sign that he has been dedicated to the Lord, his hair will never be cut.”

12 As she was praying to the Lord, Eli watched her. 13 Seeing her lips moving but hearing no sound, he thought she had been drinking. 14 “Must you come here drunk?” he demanded. “Throw away your wine!”

15 “Oh no, sir!” she replied. “I haven’t been drinking wine or anything stronger. But I am very discouraged, and I was pouring out my heart to the Lord. 16 Don’t think I am a wicked woman! For I have been praying out of great anguish and sorrow.”

David - When God Feels Silent

[Psalm 13:1](#) (NLT) “O Lord, how long will you forget me? Forever? How long will you look the other way?”

Verse 5... “I will trust in your unfailing love...”

Elijah - When You Don’t Even Want to Pray Anymore...

Jesus - When Prayer Feels Heavy...

How to Move from Feeling Powerless Back to Feeling Power Again...

Pray Honestly...

Pray Anyway

Ask the Holy Spirit Help You

[Romans 8:26–27](#) (NLT) And the Holy Spirit helps us in our weakness. For example, we don’t know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. 27 And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God’s own will.

Use Scripture as Your Prayer

Take Care of Yourself

Just Keep Showing Up