

Experiencing the Blessings of Prayer

- **Day One Read Philippians 4:6-7**

Where does your mind go first when you encounter difficulties? Is your default mode complaining? problem-solving? blaming? worrying? This week, whenever you have a concern, use it as a prompting to pray. What are the concerns you have right now?

Pray – Tell God about your concerns and ask Him to shift your focus from your situation to your Savior, from the outward to the inward, the seen to the unseen, and temporal to the eternal. See Him as your sympathetic high priest, and invite the Holy Spirit's help in your prayers

- **Day Two Read Acts 4:24-32; Matthew 18:19-20**

Reflect on the experiences God has given you when you have prayed with others. How did you feel? What were the outcomes? This week, try to make a conscious effort to pray not just for others, but with others.

Pray – Ask God to make you aware of opportunities to pray with others and to pray for them in their presence.

- **Day Three Read Matthew 7:8-11**

Try to remember times you have asked God for something and He answered your prayer. Now think about times you may have failed to ask and missed the blessing God had waiting for you? What are some of the things you could be asking for right now?

Pray – Ask God to make you more aware of the blessings He has waiting for you. Ask Him to give you more boldness in asking. Thank Him for the “true riches” available to you through prayer.

The Blessings of Prayer

True Riches #3

Philippians 4:6; Acts 4:24; John 14:13-14

What is Prayer?

Exodus 30:6-8 (NIV) ⁶ Place the incense altar just outside the inner curtain, opposite the Ark's cover.... I will meet with you there. ⁷ “Every morning when Aaron trims the lamps, he must burn fragrant incense on the altar. ⁸ And each evening when he tends to the lamps, he must again burn incense in the LORD's presence.

Luke 1:9-10 (NIV) ⁹ As was the custom of the priests, [Zechariah] was chosen by lot to enter the sanctuary and burn incense in the Lord's presence. ¹⁰ While the incense was being burned, a great crowd stood outside, praying. Revelation 5:8; 8:4

The Blessings of Prayer

1. Prayer relieves our personal anxiety.

Philippians 4:6-7 (NIV) ⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Prayer shifts our focus...

Romans 15:5-6 (NIV) ⁵ May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus, ⁶ so that with one heart and mouth you may glorify the God and Father of our Lord Jesus Christ. 2Thessalonians 2:16-17; Revelation 1:8; Psalm 139:13; Jeremiah 1:5; Romans 5:8; 1Peter 5:7

James 1:2-4 (NIV) ² Consider it pure joy, my brothers, whenever you face trials of many kinds, ³ because you know that the testing of your faith develops perseverance. ⁴ Perseverance must finish its work so that you may be mature and complete, not lacking anything. 2Corinthians 12:7-9

Matthew 6:25, 33 (NIV) ²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.

2Corinthians 4:16-18 (NIV) ¹⁶ Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

Prayer heals our emotions...

Hebrews 4:15 (NIV) ¹⁵ For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin.
1Peter 5:7

Romans 8:26 (NIV) ²⁶ In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express.
Philippians 4:7; Isaiah 26:3

2. Prayer unites us with other believers.

Acts 4:24, 32 (NIV) ²⁴ Then all the believers were united as they lifted their voices in prayer... ³² All the believers were of one heart and mind, and they felt that what they owned was not their own; they shared everything they had.

Matthew 18:20 (NLT) ²⁰ For where two or three gather together because they are mine, I am there among them.” Romans 12:4

Acts 13:2-3 (NIV) ² One day as these men were worshipping the Lord and fasting, the Holy Spirit said, “Dedicate Barnabas and Saul for the special work I have for them.” ³ So after more fasting and prayer, the men laid their hands on them and sent them on their way.
2Corinthians 13:1; Deuteronomy 19:15

Ecclesiastes 4:9-10 (NIV) ⁹ Two are better than one, because they have a good return for their work: ¹⁰ If one falls down, his friend can help him up.
James 5:14-16

Matthew 18:19 (NIV) ¹⁹ “Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven.

Acts 4:31 After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.
Acts 2:42-43; 12:5-16

3. Prayer releases God’s supernatural power.

Matthew 21: 22 (NIV) ²² If you believe, you will receive whatever you ask for in prayer.”

James 4:2 (NIV) ² You do not have, because you do not ask God.

Matthew 7:11 (NIV) ¹¹ If you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him.

James 1:5 (NIV) ⁵ If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.

Matthew 26:41 (NIV) ⁴¹ Watch and pray so that you will not fall into temptation.

Isaiah 40:30-31 (NLT) ³⁰ Even youths will become exhausted, and young men will give up. ³¹ But those who wait on the LORD will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint.

John 16:24 (AMP) ²⁴ Up to this time, you have not asked a single thing in My name. . .but now ask and keep on asking and you will receive.

John 14:13-14 (NIV) ¹³ And I will do whatever you ask in my name, so that the Son may bring glory to the Father. ¹⁴ You may ask me for anything in my name, and I will do it.

Matthew 7:7-8 (NIV) ⁷ Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ⁸ For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.