

Body Building God's Way
Spiritual Body Building With Prayer

PERSONAL APPLICATION

Review the main lesson outline briefly

1. Describe your prayer life now. Do you have a set time to pray? What do you pray about? Do you have a prayer list? Do you track answers to prayer? Etc...
2. What is the hardest part about praying for you?

PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day
Write down your daily thought under each day

Monday – Jeremiah 33:1-3

Thought:

Tuesday – Hebrews 4:14-16

Thought:

Wednesday – Philippians 3:20-21

Thought:

Thursday – Romans 8:28-39

Thought:

Friday – Mark 6:45-46

Thought:

Saturday – Luke 11:1-4

Sunday – “How Do I Pray?”

Body Building God's Way
Spiritual Body Building With Prayer

Body Building God's Way
Spiritual Disciplines & Why They are Important



Spiritual Body Building
With Prayer!

Body Building God's Way
Spiritual Body Building With Prayer

Spiritual Body Building with Prayer

What will Prayer Do for Me?

Jeremiah 33:1-3

- I. Causes us to focus on God not ourselves
 1. ***"Call to me"***
 2. Focus is commanded – Hebrews 12:1-2
 3. Focus is life changing – Matthew 14:29-31, 26:40-41
 4. Focus is controlled – Romans 8:5-9; Proverbs 4:23-27
- II. Strengthens our faith & relationship with God
 1. ***"...and I will answer you"***
 2. God will answer – yes, no maybe
 3. God's answer is for His glory & my good – Romans 8:28-29; John 16:14
 4. Prayer is learned when practiced – Luke 11:1
 5. Answered prayer strengthens my faith – Mark 9:14-29; Jeremiah 32:17, 26
- III. Helps give us guidance according to God's plan
 1. ***"...and tell you great & unsearchable things you do not know."***
 2. The Holy Spirit is our guide – John 16:13-15, 14:25-26; Romans 8:12-16, 26-28
 3. Examples:
 - a. Daniel – Daniel 9:2-4, 20
 - b. Zechariah – Luke 1:10-13
 - c. Paul – Acts 9:11-2, 22:17-21
 - d. Paul & Silas – Acts 16:25
 - e. Peter – Acts 10:9

Body Building God's Way
Spiritual Body Building With Prayer

NOTES