

**Body Building God's Way**  
**Spiritual Body Building With Prayer**

**PERSONAL APPLICATION**

Review the main lesson outline briefly

1. Describe a time when you were worried about something and God took care of it after you prayed. Give some details. What did this do for your faith & prayer life?

**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** – Matthew 26:41

*Thought:*

**Tuesday** – Philippians 4:6-8

*Thought:*

**Wednesday** – 1 Peter 5:8-9

*Thought:*

**Thursday** – Acts 12:5-19

*Thought:*

**Friday** – Genesis 45:4-8

*Thought:*

**Saturday** – Hebrews 10:24-25

**Sunday** – “*What Do I Get Out of Church*”

**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!**

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***Spiritual Body Building with Prayer***

How Does Prayer Change My Life?

***Philippians 4:6-8***

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**NOTES**

**I. Greater Awareness of Spiritual Things-** Matthew 26:41;  
Ephesians 6:18

1. Satan's tactics – 1 Peter 5:8-9, 2 Corinthians 2:11
2. Our own weaknesses – James 1:14-15
3. Our Character – Ephesians 4:26-27
4. God's purpose – Genesis 45:4-8, 50:20; Job 1:20-22

**II. Greater Peace in our Life** – Philippians 4:6-8

1. We trust more & worry less – Matthew 6:25-34
2. We become more concerned with God's plan and less concerned with our needs – Philippians 4:10-13
3. We become more thankful!

**III. Greater Faith** –Mark 9:14-2

1. God delights in doing the unexpected – Acts 12:5-19
2. God works for his purpose to be accomplished – Acts 16:25
3. As we see God do the unexpected & accomplish His purpose, our faith grows!