

GUARDRAILS
A Healthy Prayer Life
Pastor Steve

Key Verses of the Day

Devote yourselves to prayer, being watchful and thankful. And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should. Colossians 4:2-4 NIV

Key Thought of the Day

Prayer is an immediate conduit connected to the very heart of God that manifests itself in real-time _____ to our life.

Jesus often withdrew to lonely places and prayed. Luke 5:16 NIV

A Healthy Prayer Life...

- Practices _____.

Devote yourselves to prayer...

Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:12 NIV

A Healthy Prayer Life...

- Remains _____.

Devote yourselves to prayer, being watchful...

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." Then he returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" he asked Peter. "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done." When he came back, he again found them sleeping, because their eyes were heavy. So he left them and went away once more and prayed the third time, saying the same thing. Then he returned to the disciples and said to them, "Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners. Matthew 26:36-45 NIV

Grab This!

To be watchful in prayer is to look for situations that _____ prayer.

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. Ephesians 6:18 NIV

A Healthy Prayer Life...

- Expresses _____.

Devote yourselves to prayer, being watchful and thankful.

"Prayer doesn't exist without praise and praise doesn't exist without prayer – the one fuels the other." RC Lucas

Don't Miss This!

Thankfulness is a _____ against discouragement.

"If you don't think you have anything to be grateful for, keep looking. You can't wait for things to be great and then be grateful for that. You've got to behave in a way that promotes that." Michael J. Fox

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people... 1 Timothy 2:1 NIV

A Healthy Prayer Life...

- _____ for others for God's will to be done.

And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should. Colossians 4:3-4 NIV

Epaphras, who is one of you and a servant of Christ Jesus, sends greetings. He is always wrestling in prayer for you, that you may stand firm in all the will of God, mature and fully assured. Colossians 4:12 NIV

The Bottom Line

A _____ is persistent, vigilant, thankful and outwardly focused.

The Challenge

1. How could you be more devoted to prayer in your life?
2. Where do you need to be more vigilant in prayer?
3. In what area of your life could you express more gratitude to God?
4. Who are two or three people that you could seek out and ask them how you can pray specifically for them?