



ACTIONS + ATTITUDES  
THAT MAKE YOU MORE  
THAN HAPPY!

## LESSON 10 // PRACTICING PRAYER, PART 2

**Big Idea:** Our joy is maintained by a prayer-filled life. It's sustained as we pray in faith, keeping the hope of answered prayers alive. Prayer is a key to joy because it connects us with the Source of joy, cures our worries, adjusts our perspective and produces real changes in us, others and our circumstances.

**Philippians 4:6-7 (NLT)** *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

**Psalms 16:11 (NIV)** *You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.*

**1 Peter 5:7 (NLT)** *Give all your worries and cares to God, for he cares about what happens to you.*

**2 Kings 6:15-17 (NLT)** *When the servant of the man of God got up early the next morning and went outside, there were troops, horses, and chariots everywhere. "Ah, my lord, what will we do now?" he cried out to Elisha. <sup>16</sup> "Don't be afraid!" Elisha told him. "For there are more on our side than on theirs!" <sup>17</sup> Then Elisha prayed, "O LORD, open his eyes and let him see!" The LORD opened his servant's eyes, and when he looked up, he saw that the hillside around Elisha was filled with horses and chariots of fire.*

### Start Talking:

Describe a time when you saw an answer to prayer make a real difference in you, someone you know or your circumstances.

### Start Thinking:

**Read Philippians 4:6-7.** How can prayer help you "experience God's peace"? In what ways does this peace "guard your hearts and minds"?

**Read Psalms 16:11.** David says in this verse that God fills us with "eternal pleasures." What are some of these eternal pleasures that can bring us joy even in the midst of hardship and challenges we face?

**Read 1 Peter 5:7.** What are some practical ways you can "give all your worries and cares to God"?

**Read 2 Kings 6:15-17.** What difference can prayer make in your perspective and attitude about your circumstances?

### Start Praying and Doing:

Pray for a biblical eternal perspective to take root in your heart, so that your desires and focus are more and more on what's most important, rather than temporal, less important things. Let this be the theme of your prayer times this week as you meditate on passages like 2 Kings 6:15-17, Psalms 16:11 and 2 Corinthians 4:16-18 that encourage this kind of eternal mindset.

Take note of the peace and joy that come as you fix your eyes "not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal" (2 Corinthians 4:18).