



PRAYING WITHOUT FEAR

What are some examples of times when we should pray silently?

Matthew 6:5-6 (NIV)

"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full. ⁶ But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."

1) When we are tempted to pray only to _____

Why should we pray silently in this case?

Do you sometimes find that you are concerned with what others think when you pray?

Matthew 26:36 (NIV)

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."

2) When we are praying _____

Why should we pray silently in this case?

1 Corinthians 14:16-17 (NIV)

If you are praising God with your spirit, how can one who finds himself among those who do not understand say "Amen" to your thanksgiving, since he does not know what you are saying? ¹⁷ You may be giving thanks well enough, but the other man is not edified.

3) When praying out loud does NOT _____

Why should we pray silently in this case?



What are some examples of times when our prayers don't build up the church?

Matthew 6:7-8 (NIV)

And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him

4) When you have _____

Why should we pray silently in this case?

What are some reasons to pray out loud?

Acts 1:14 (NIV)

They all joined together constantly in prayer, along with the women and Mary the mother of Jesus, and with his brothers.

1) Praying together was _____ by Christ and the early church.

Why did the church pray this way?

Matthew 18:19-20 (NIV)

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. ²⁰ For where two or three come together in my name, there am I with them.

2) Praying together _____ with the family and purposes of Christ.

If we all pray silently, how might that hinder the unity of the church?



Ephesians 5:19-20 (NIV)

Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, ²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

1 Corinthians 14:16-17 (NIV)

¹⁶ If you are praising God with your spirit, how can one who finds himself among those who do not understand say "Amen" to your thanksgiving, since he does not know what you are saying? ¹⁷ You may be giving thanks well enough, but the other man is not edified.

3) Praying together _____ the kingdom of God.

How does praying out loud build up the church?

How does it make you feel when you hear someone else take your name before the throne of God?

Notice how in Ephesians 5:19 it says speak to one another with psalms, hymns, and spiritual songs. Then it says make music in your heart to God.

What do you think this quote means?

"What comes out of our mouths in worship is more for the benefit of those around us than it is for God."

James 5:14-15 (NIV)

Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. ¹⁵ And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven.

4) Praying together effects _____

Why is praying together part of the key of effective prayer?



What are some barriers to praying out loud?

1) Fear of _____

What are some fears of inadequacy that might come up when praying out loud?

YOU ARE NOT INADEQUATE - you know how to talk!

2) Fear of _____

What types of thoughts might people believe others are thinking about them?

Galatians 1:10 (NIV)

Am I now trying to win the approval of men, or of God? Or am I trying to please men? If I were still trying to please men, I would not be a servant of Christ.

The goal in prayer is not to make others think highly of you but for you to simply come to God in humility and share what is on your heart and is important to the group.

3) _____

How might getting distracted keep us from praying out loud?

What are some helpful hints you've discovered to stay focussed when others are praying?



Helps:

- Listen to what the other person is praying and pray the same request but in your own words.
- Affirm what the other person is saying with phrases like “yes God”, “amen”, “Lord, I agree with that”, “thank you Lord” etc. Anything that helps you stay a part of the conversation.
- Don’t pray long prayers yourself when in a group setting. Pray for one or two things and then let others jump into the conversation.

In real life we don’t give long monologues saying everything we want to say all at once. We let others join in with their thoughts and then respond with something else that is on our minds.

4) Spiritual _____

How might spiritual oppression keep us from praying out loud?

Guilt:

Evil Spirits:

**One of the goals of Phase 2 is to turn our church into a PRAYING church.
That will ONLY happen when we learn to conquer our insecurities and take community prayer seriously.**



Old Testament (39 books)		
History (17)	Poetry (5)	Prophecy (17)
The Law (5) Pentateuch		Major Prophets (5) Large
Genesis	Job	Isaiah
Exodus	Psalms	Jeremiah
Leviticus	Proverbs	Lamentations
Numbers	Ecclesiastes	Ezekiel
Deuteronomy	Song of Songs	Daniel
Other Historical books (12)		Minor Prophets (12) Small
Joshua		Hosea
Judges		Joel
Ruth		Amos
1 Samuel		Obadiah
2 Samuel		Jonah
1 Kings		Micah
2 Kings		Nahum
1 Chronicles		Habakkuk
2 Chronicles		Zephaniah
Ezra		Haggai
Nehemiah		Zechariah
Esther		Malachi

This week is Old Testament review.

Each day try to recite the books of the Old Testament and the various categories from memory.



This week we will focus on prayers that convey intense emotion. Often our prayers are dry and lack passion, touching neither our heart nor the heart of God. Let these prayers inspire you to pray to God from your heart.

(Sometimes you will see the word "Selah" at the end of a phrase. Scholars are not entirely sure what the word means. It could be a note to the choir master, a note to include a musical interlude or simply a break in the song. Whatever the case, it is an opportunity to reflect on what has been spoken previously and affirm it in your heart, somewhat similar to saying "Amen".)

Do not merely listen to the word, and so deceive yourselves. Do what it says. James 1:22 (NIV)

PASSAGE	THOUGHTS TO CONSIDER	APPLY 1 POINT TODAY
<p>DAY 1</p> <p>When you feel Anger towards others.</p> <p><i>Psalms 139:19-24 (NIV)</i> <i>If only you would slay the wicked, O God! Away from me, you bloodthirsty men! ²⁰ They speak of you with evil intent; your adversaries misuse your name. ²¹ Do I not hate those who hate you, O Lord, and abhor those who rise up against you? ²² I have nothing but hatred for them; I count them my enemies.</i></p> <p><i>²³ Search me, O God, and know my heart; test me and know my anxious thoughts. ²⁴ See if there is any offensive way in me, and lead me in the way everlasting.</i></p> <p>For a Psalm that expresses Anger toward God, read Psalm 44.</p>	<p>The first 18 verses of this Psalm relate the wonders of God's love for us. When we get an awe inspiring perspective of God it is sometimes easy to get angry when we see injustice.</p> <p>Can I recount times when I got angry at others because they violated righteousness?</p> <p>David suddenly shifts perspective in verse 23. Why did he do this?</p> <p>Sometimes in our righteous indignation we can become judgemental of the sins of others. Here, David has just asked God to slay the wicked, but before he lets go completely of that thought he suddenly stops to realize he too may have wickedness in him. Where would that leave him?</p> <p>It is easy to note the sins of others, but what about my own sin? Am I truly righteous or are there areas in my life I need to clean up?</p> <p>David prays a prayer asking God to search his heart and root out the bad stuff in him.</p> <p>Perhaps this is a prayer each of us needs to pray daily.</p>	<p>What can you apply from this passage today?</p>



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PASSAGE	THOUGHTS TO CONSIDER	APPLY 1 POINT TODAY
<p>DAY 2</p> <p>When you feel Anxious about Life</p> <p><i>Psalms 62:1-8 (NIV)</i> <i>My soul finds rest in God alone; my salvation comes from him. ² He alone is my rock and my salvation; he is my fortress, I will never be shaken.</i></p> <p><i>³ How long will you assault a man? Would all of you throw him down-- this leaning wall, this tottering fence?</i></p> <p><i>⁴ They fully intend to topple him from his lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse. Selah</i></p> <p><i>⁵ Find rest, O my soul, in God alone; my hope comes from him. ⁶ He alone is my rock and my salvation; he is my fortress, I will not be shaken. ⁷ My salvation and my honor depend on God; he is my mighty rock, my refuge.</i></p> <p><i>⁸ Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. Selah</i></p>	<p>Whenever I feel anxious about anything, what would God want to say to me?</p> <p>Which adjective in verse 2 speaks the strongest to me?</p> <p>What does it mean to me that God is my rock, salvation and fortress?</p> <p>What harm can man really do to me?</p> <p>What is the key to peace in my life?</p> <p>How can I practise "not being shaken"?</p> <p>Is God really my salvation in all things? Is my life really, truly safe in his hands?</p> <p>Will I reflect that in how I approach today?</p>	<p>What can you apply from this passage today?</p>



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<p>DAY 3</p> <p>When you feel Abandoned and Alone</p> <p><i>Psalms 22:1-11 (NIV)</i> <i>My God, my God, why have you forsaken me? Why are you so far from saving me, so far from the words of my groaning? ² O my God, I cry out by day, but you do not answer, by night, and am not silent.</i></p> <p><i>³ Yet you are enthroned as the Holy One; you are the praise of Israel. ⁴ In you our fathers put their trust; they trusted and you delivered them. ⁵ They cried to you and were saved; in you they trusted and were not disappointed.</i></p> <p><i>⁶ But I am a worm and not a man, scorned by men and despised by the people. ⁷ All who see me mock me; they hurl insults, shaking their heads: ⁸ "He trusts in the Lord; let the Lord rescue him. Let him deliver him, since he delights in him."</i></p> <p><i>⁹ Yet you brought me out of the womb; you made me trust in you even at my mother's breast. ¹⁰ From birth I was cast upon you; from my mother's womb you have been my God.</i></p> <p><i>¹¹ Do not be far from me, for trouble is near and there is no one to help.</i></p>	<p>When is a time I have felt truly alone and abandoned?</p> <p>When did God not seem to hear or care? Did I honestly tell him my frustration?</p> <p>How does remembering the past help my faith in the present?</p> <p>Have I ever been ridiculed for my faith and hope in God?</p> <p>Have there been times when I've begun to wonder about my faith?</p> <p>When God seems distant why should I still turn to him?</p> <p>If I don't turn to God, to what might I be tempted to turn?</p>	<p>What can you apply from this passage today?</p>



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<p>DAY 4</p> <p>When you feel Depressed</p> <p>Psalms 88:1-18 (NIV) <i>1 O Lord, the God who saves me, day and night I cry out before you. 2 May my prayer come before you; turn your ear to my cry. 3 For my soul is full of trouble and my life draws near the grave. 4 I am counted among those who go down to the pit; I am like a man without strength. 5 I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your care. 6 You have put me in the lowest pit, in the darkest depths. 7 Your wrath lies heavily upon me; you have overwhelmed me with all your waves. Selah</i></p> <p><i>8 You have taken from me my closest friends and have made me repulsive to them. I am confined and cannot escape; 9 my eyes are dim with grief. I call to you, O Lord, every day; I spread out my hands to you. 10 Do you show your wonders to the dead? Do those who are dead rise up and praise you? Selah</i></p> <p><i>11 Is your love declared in the grave, your faithfulness in Destruction? 12 Are your wonders known in the place of darkness, or your righteous deeds in the land of oblivion? 13 But I cry to you for help, O Lord; in the morning my prayer comes before you. 14 Why, O Lord, do you reject me and hide your face from me? 15 From my youth I have been afflicted and close to death; I have suffered your terrors and am in despair. 16 Your wrath has swept over me; your terrors have destroyed me. 17 All day long they surround me like a flood; they have completely engulfed me. 18 You have taken my companions and loved ones from me; <u>the darkness is my closest friend.</u></i></p>	<p>This may be a song more meant to be felt than studied. Approach it that way on your first read-through.</p> <p>I think we've all been there to some degree or other. The closing line is very forceful, "the darkness is my closest friend".</p> <p>After reading through the Psalm and trying to relate to what the Psalmist is going through, go back to the starting point and read verse 1 again.</p> <p>Why did the Psalmist start this song/prayer with this verse?</p> <p>What is your hope when you are in despair?</p>	<p>What can you apply from this passage today?</p>



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PASSAGE	THOUGHTS TO CONSIDER	APPLY 1 POINT TODAY
<p>DAY 5</p> <p>When you need to Praise God</p> <p><i>Psalms 108:1-5 (NIV)</i> <i>My heart is steadfast, O God; I will sing and make music with all my soul. ² Awake, harp and lyre! I will awaken the dawn. ³ I will praise you, O Lord, among the nations; I will sing of you among the peoples. ⁴ For great is your love, higher than the heavens; your faithfulness reaches to the skies. ⁵ Be exalted, O God, above the heavens, and let your glory be over all the earth.</i></p>	<p>How do I express sincere, heartfelt gratitude to God?</p> <p>For the psalmist it starts with his soul and then spreads to proclaiming God to others. Why might this be a natural progression?</p> <p>When I am excited about God, do others hear more about him from me?</p> <p>Do I ultimately desire that the whole world praise God?</p> <p>How can I influence that?</p> <p>How can I glorify God today?</p>	<p>What can you apply from this passage today?</p>

