



# Week 1 Study Sheet

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## A Prayer for Power

### Introduction

There are many powerful events in the Bible – the parting of the Red Sea, manna from heaven, walking on water – just to name a few. The Old and New Testament point to God performing powerful miracles on behalf of his people. Have you ever thought about what led up to those moments? What preceded the miracle? Well, a problem mostly. Yet, there is often another event that takes place before the miracle. The Bible often relates this event as a conversation between someone and God. We label this conversation as prayer. Prayer simply defined is a conversation with God. In these moments of prayer, God moves on behalf of his people in powerful ways. Take a moment and think about the powerful ways in which God has answered prayers in your life.

### Pray

“Grant, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.” Book of Common Prayer

### Consider

The Book of Joshua reflects a transitional time in Israelite history. The Israelites are reoccupying their ancestral land. They are learning to live under the Mosaic Covenant. They have transitioned from Moses’ leadership to Joshua’s leadership. As they reconquer areas of the land, they face opposition from different tribes and nations. As he often does, God responds to the prayers of his people in a powerful way.

### Read

[Joshua 10:12-15](#)

### Discuss

- What themes, phrases, or words resonate as you read through these verses?
- How does Joshua’s prayer help God’s people?
- How does God’s response help his people?
- What does this miracle teach the people about following Joshua and God?
- What does Joshua’s prayer reveal about the character of God?
- Where else in Scripture have we seen God answer prayer in a powerful way?



# Week 1 Study Sheet Cont.

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## A Prayer for Power

- Consider** The church at Ephesus was established by Paul, and led by Timothy, a local elder. Ephesus, a port city known for the Temple to Artemis (One of the Seven Ancient Wonders of the World), served as a strategic location for the early church. The Apostle John was also known to reside within the same area according to early church history.
- Read** [Ephesians 1:15-23](#)
- Discuss**
- What phrases or words capture your attention?
  - How does Paul's prayer for the church help us shape our prayers for others?
  - What is the work of the Spirit in this prayer?
  - What is the power of God and how is God's power at work in the lives of believers?
  - What do you think is the difference between power and strength?
- Reflect** God is all knowing, all powerful, and all loving. A great way to remember the power of God through your prayers is by naming a corresponding attribute: God is Almighty. Meditate on Psalm 8 celebrating God's majesty: LORD, our Lord, how majestic is your name in all the earth! (Psalm 8:1, NIV)
- Practice** Use Paul's example of prayer to intercede for someone where you live, work, learn, or play. Remember God Almighty and pray God's power over others who may need a "sun stand still" moment.
- Pray** Each day set aside a time to pray Paul's prayer from Ephesians 1 for yourself and for others by name.  
*Father, may \_\_\_\_\_ know your incomparably great power for us who believe.*  
(From Ephesians 1:19, NIV)



# Week 2 Study Sheet

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## A Prayer for Strength

**Introduction** We measure strength in different ways. A person exercising their body can measure their strength by the amount of weight or reps they can push through. A person can measure the strength of their character, skills, or talents by taking a personal assessment. Our strength can also be measured by how we respond to the obstacles we face in life. We often discern someone's emotional strength based upon their reaction to bad news. If there is an overreaction or negative response to a tough situation, we may declare that person as weak. Paul faced many difficult situations – persecution, jail, physical harm – it is no wonder that Paul regularly prayed for strength. Paul often prayed for spiritual strength: to be a faithful witness. He would also pray for others to experience strength. Take a moment to consider the current measure of your faith.

**Pray** “Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love only what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I may always be holy.”  
Augustine of Hippo (Algeria/354-430 A.D.)

**Consider** A teaching on prayer is nestled within Jesus' only documented sermon. It appears after a brief message on how we should give and before his teaching on fasting. One aspect that connects these teachings is humility. Those who humbly seek and come before God find their true strength to face trials in life.

**Read** [Matthew 6:5-15](#)

**Discuss**

- What themes, phrases, or words resonate as you read through these verses?
- What key characteristics of the Lord's prayer can you identify?
- How can the Lord's prayer influence the way we pray?
- How does Jesus' teaching on prayer influence us?

**Consider** Paul's prayer life is often on display in the letters that he sends to the churches. Within those prayers, we can exegete deep theological truths on Paul's view of Christ and our connection with one another.

**Read** [Ephesians 3:14-21](#)

**Discuss**

- What phrases or words capture your attention?
- Who gives us strength? How is it given?
- How does that strength impact our prayer life?
- How does God strengthen us through our prayers?



# Week 2 Study Sheet Cont.

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## A Prayer for Strength

- Reflect** We can receive strength when we pray. Jesus gives us a great example of how to pray. Paul encourages us to strengthen our faith, knowing that God's power is given to us and is solidified through our relationship with others.
- Practice** Connect with someone where you live, work, learn or play. Pray for areas of life that you can mutually strengthen each other on during this week.
- Consider** Each day set aside a time to pray Paul's prayer from Ephesians 3 for yourself and for others by name.  
*Father, may \_\_\_\_\_ know the love of Christ that surpasses knowledge and be filled with all the fullness of God.*  
(From Ephesians 3:19, ESV)



# Week 3 Study Sheet

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## A Prayer for Guidance

- Introduction** Life is full of questions. Each new day can bring new challenges. Every new year brings with it new opportunities. Many of us seek counsel from others as we navigate through these opportunities. Others research all the possibilities and create lists to reach an educated decision. All these things can help us with the decisions we make but there is also something else that can be just as beneficial. Seeking God's guidance through prayer can be one of the best ways to navigate through these challenges and opportunities. Paul reminds us, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." (Philippians 4:6, NIV)
- Pray** "O God in Heaven, have mercy on us! Lord Jesus Christ, intercede for your people, deliver us at the opportune time, preserve in us the true, genuine Christian faith, collect your scattered sheep with your voice, your divine Word, as Holy Writ calls it. Help us to recognize your voice, help us not to be allured by the madness of the world, so that we may never fall away from you, O Lord Jesus Christ. Amen."  
Albrecht Durer (Germany/1471-1528)
- Consider** The Psalms have been described as David's diary. Though mostly written by David, the Book of Psalms contains not only the words of King David, but also the writings of a few other authors. In Psalms, different genres of poetry work together as David celebrates, laments, and even questions God's involvement within his life. As you read, notice how David's Psalm, written in chiasmic form, builds up to the main point and then follows up with other points that support that main thought.
- Read** [Psalm 16](#)
- Discuss**
- What themes, phrases, or words resonate as you read through these verses?
  - What do you believe is David's main point in this Psalm?
  - How does David support his main thought with other phrases in the Psalm?
  - How does God show David the right path?
  - How does God help you when you need guidance?
- Consider** Paul led many believers to faith during one of his first missionary journeys to Philippi. Acts 16 helps us identify some of the believers including Lydia and her family and the Philippian jailor. Paul wrote the letter to the Philippians while in jail on his way to Rome. Known to be one of his softer letters, Paul writes to the church in Philippi weaving prayers, practical instructions, and encouraging words to help a church under persecution.
- Read** [Philippians 1:9-11](#)
- Discuss**
- What phrases or words capture your attention?
  - How do you describe love? How does Paul describe love in this passage?
  - Why is love an important part of knowing God's will?
  - What is righteousness? How would Paul describe it from this passage?
  - What does it mean to be "filled with the fruit of righteousness?"



# Week 3 Study Sheet Cont.

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## A Prayer for Guidance

- Reflect** David and Paul both faced many difficult but rewarding decisions in their lives. Through the Psalms and Paul's letters to the churches we find priceless words of wisdom to live by. Maybe the most important instruction, paraphrased from Paul's words to the Philippians (4:6), is to "take everything, in every situation, to the Lord in prayer."
- Practice** Take time this week to ask someone where you live, work, learn or play about an important decision or choice coming up in their life. Instead of giving them advice, take time to pray with them in that moment. Dedicate time in your own prayer life to pray over their request this week and follow up with them to see how God is leading them.
- Pray** Each day set aside a time to pray Paul's prayer from Philippians 1 for yourself and for others by name.  
*Father, may \_\_\_\_\_ live pure and blameless until the day of Christ's return.*  
(From Philippians 1:10, NLT)



# Week 4 Study Sheet

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## A Prayer for Wisdom

### Introduction

Knowing how to do something is different than being able to complete the task. For example, you can watch many YouTube videos on how to install a filter on your car, change a lightbulb in your house, or install software on your device. However, when it comes to accomplishing the task, something is bound to go differently than how it was taught. As you practice, you gain a better understanding of not just how, but also why something is done. You might learn a better technique or discover an important step that was not mentioned. This is the process of moving from knowledge to wisdom. Wisdom applies skill to the knowledge you have on a subject. Wisdom is something that we should all desire, but how do we gain wisdom? James encourages us, “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.” (James 1:5, NIV).

### Pray

“Grant me, O Lord, to know what I ought to know, to love what I ought to love, to praise what delights Thee most, to value what is precious in Thy sight, to hate what is offensive to Thee. Do not suffer me to judge according to the sight of my eyes, nor to pass sentence according to the hearing of the ears of ignorant men; but to discern with a true judgment between things visible and spiritual, and above all things always to inquire what is the good pleasure of Thy will.” Thomas A Kempis (Germany/C. 1380-1471)

### Consider

After the passing of David, young Solomon became king. Though his oldest brother had died at birth due to David’s sin with his mother Bathsheba. Solomon would still have to establish himself as the rightful heir to the kingdom amongst many other brothers and suitors of the throne. At this crucial time of transition, Solomon faced his toughest test at the question of God. How would you respond to God’s question of, “what do you desire?”

### Read

[1 Kings 3:4-15](#)

### Discuss

- What themes, phrases, or words resonate as you read through these verses?
- How would you characterize Solomon from this passage?
- How would you characterize God from this passage?
- What does this reveal about the nature of our relationship with God through prayer?
- How can you relate to Solomon through this passage?
- Have you been at a point like this in your life where you needed God to give you wisdom?



# Week 4 Study Sheet Cont.

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## A Prayer for Wisdom

- Consider** Believed to be one of the earliest prison epistles of Paul, the letter to church at Colosse was written to a church that Paul may have never visited. With Epaphras believed to be the local elder, the church at Colosse was a growing congregation. However, as they grew, they were faced with controversial teachings, specifically the supremacy of Jesus, that Paul needed wisdom to address.
- Read** [Colossians 1:9-12](#)
- Discuss**
- What phrases or words capture your attention?
  - How do we get wisdom?
  - What is the purpose of wisdom?
  - How does this passage help us understand the wisdom of God?
  - How can this passage help you deepen your own wisdom?
- Reflect** Wisdom often comes from experience. Both Solomon and Paul experienced God throughout their earthly ministry. The best experiences they had for building their own wisdom was the practice of prayer. Prayer aligned them with God's heart, invited his Spirit to work in their hearts, and strengthened and guided them in the application of their knowledge.
- Practice** Take time this week to gain experience in the practice of prayer. Invite God to help you gain wisdom through prayer, for your current life situations. Use Solomon's and Paul's examples to guide your requests.
- Pray** Each day set aside a time to pray Paul's prayer from Colossians 1 for yourself and for others by name. *Father, may you give \_\_\_\_\_ complete knowledge of your will, spiritual wisdom, and understanding.*  
(From Colossians 1:9, NLT)