Fit for Life - Part 4 January 30, 2022

The Power - Prayer

Prayer: "Walking with God"

(Genesis 3:8, Micah 6:8, Genesis 5:24, Genesis 6:9)

To have a powerful prayer life...

1. Understand the purpose of prayer - Fellowship

"Be still, and know that I am God..."

Psalms 46:10

"In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation."

Psalms 5:3

2. Understand the roadblock to prayer - Doubt

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. Hebrews 11:6

Clean up your lives, you sinners, and clear your minds, you doubters.

James 4:8b

As far as the east is from the west, so far has He removed our transgressions from us.

Psalms 103:12

Because you are God's children, God has sent the Spirit of his Son into us to call out, "Abba! Father!" Galatians 4:6

3. Understand the solution - Move

Come close to God, and he will come close to you.

God did this so that men would seek him and perhaps reach out for him and find him, though he is not far from each one of us. 'For in him we live and move and have our being.' As some of your own poets have said, 'We are his offspring.' Acts 17:27-28

4. Expect the result - Power

"One day Jesus was praying...When he finished, one of his disciples said to him, "Lord, teach us to pray..." Luke 11:1

"...The prayer of a righteous man is powerful and effective."

James 5:16

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

Romans 8:26

"Pray in the Spirit in every situation. Use every kind of prayer and request there is...be alert. Use every kind of effort and make every kind of request for all of God's people."

Ephesians 6:18

5. Receive the blessing - Peace

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7