

# UNLEASHING GOD'S PROMISES



## THROUGH THE POWER OF PRAYER

**I Thessalonians 5:6, 17-18**

*Therefore let us not sleep, as do others; but let us watch and be sober.*

*Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you.*

# WHAT IS PRAYER?

According to [Gotquestions.org](http://Gotquestions.org), **Prayer is “talking to God.”** It is **the communication of the human soul with the Lord who created the soul.** Prayer is the primary way for the believer in Jesus Christ to communicate his emotions and desires with God and to fellowship with God. Prayer can be audible or silent, private or public, formal or informal.

God’s Word *“is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.”* (**Hebrews 4:12**).

God desires to fellowship/commune with us; He is drawing us to Himself (**James 4:8**)

The best way to get to know God is by spending time alone with Him. Hearing and Studying God’s Word are how believers come to know God and develop a personal relationship with Him. Prayer is the believer’s basic way of staying connected to the source of power. God Himself placed the desire for us to have a relationship with Him, but often we try to fill that longing with material or superficial things that have no lasting or sustaining value (**Mark 8:36**).

Sometimes we may feel unworthy to approach the Father in prayer. Because of Jesus’ sacrifice for our sins, we can boldly approach the throne of God.

Since prayer is communication with God and communication requires a two-way transmission, prayer, therefore, is also a time for believers to hear from God. Spending time in prayer with God not only provides the believer with power, but with vision, clarity, and direction.

Whether kneeling, standing, or lying prostrate, believers can pour out their deepest heart’s desires and feelings to God and express their gratitude to God for who God is and for all God’s provisions. When we don’t know what to pray, our intercessor, The Holy Spirit fills in the gaps.

All prayer must be offered in faith (**James 1:6**), in the name of the Lord Jesus (**John 16:23**), and in the power of the Holy Spirit (**Romans 8:26**).

Through this 6-week series of Bible study we will examine more closely **what prayer is, why it is important in the life of every believer, and how to Unleash God’s Promises Through The Power Of Prayer.**

## **WEEKLY FOCUS**

**WEEK I: Why Prayer is Important-** Examines what prayer is and why it is important in the lives of believers

**WEEK II: How Do I Pray-** This lesson will familiarize participants with the different types of prayers and how and why believers should align themselves with God in prayer

**WEEK III: Confidently Trusting God Through Difficulties-** This lesson examines what the believer should do after she has prayed. It also examines the assurances God gives believers concerning prayer

**WEEK IV: What To Pray For:** This lesson looks at our Intercessor who fills in the gaps when we don't know what to pray.

**WEEK V: Praying With Power (Part I)-** This lesson looks at the various names of God and examines how God's power and promises are revealed in His name

**WEEK IV: Praying With Power (Part II)-** This lesson is a continuation of the examination of the various names of God and how God's power and promises are revealed in His name

## WEEK I: WHY PRAYER IS IMPORTANT

**Emphasis: This lesson examines what prayer is and why it is important in the lives of believers**

**Scripture Passages: Ephesians 6; I Peter 5:8; John 10:10; II Corinthians 10:4**

### **A. WE ARE IN A SPIRITUAL BATTLE; MUST PREPARE DAILY/STAY READY!!!!**

*And the great dragon was **cast out**, that old serpent, called the Devil, and **Satan**, which deceiveth the whole world: he was **cast out** into the earth, and his angels were **cast out** with him. (Revelation 12:9)*

Satan was **kicked out of heaven** and is **wreaking havoc** on unsuspecting believers.

### **HOW SATAN ATTACKS**

**All believers are in a spiritual battle. Many believers are not even aware** there is a spiritual war going on and that **they are the direct targets of the enemy (ignorant: lack of knowledge or information (of the facts))**. They believe that once they **accept Jesus** as their Lord and Savior that their lives will be **smooth sailing**.

**The Bible gives us clear instructions** that we are in a spiritual battle, who our enemy is (Satan), and how to combat that enemy (**Ephesians 6**). The enemy comes to steal, kill, and to destroy (**John 10:10**).

**\*(I Peter 4:12, 14, 16)**.

*Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: <sup>14</sup>Count it a blessing when you suffer for being a Christian. This shows that God's glorious Spirit is with you. Don't be ashamed to suffer for being a Christian. Praise God that you belong to him.*

### **B. WE NEED TO KNOW OUR OPPONENT**

The “wiles” of the devil (**Ephesians 6:11**) **are the strategies or plans of war**. Satan is at war with those who would spread the gospel and defeat his plans. He wants to devour everything that could be used for Christ’s purposes. As believers, we must understand his “wiles” in order to guard and defend ourselves against them.

**\*John 10:10** *The thief cometh not, but for to **steal**, and to **kill**, and to **destroy***

### **He wants to steal our . . .**

- visions/dreams/potential
- voice
- identity

### **He wants to destroy our**

- hope
- joy
- Spirit
- relationships (God, each other)

### **He wants to kill God's people**

- testimony
- influence
- our lives/health/strength

**\*I Peter 5:8** *Be sober, be vigilant; because your adversary the devil, **as a roaring lion**, walketh about, seeking whom he may devour:*

**In military battles victory is won when the enemy is killed, captured, or gives up and retreats.** In the spiritual battle, **the enemy is invisible** and the **heart, soul, and mind** are the battlefields. **Our fight is not against other people, but Satan would like for us to think that it is (Ephesians 6:12).**

**Victory is won when the sinful nature is put to death; we replace our old nature with a new one**

### **\*WE CANNOT AFFORD TO BE SUNDAY MORNING CHRISTIANS!!!!**

- \*Matthew 10:28** *fear Him that kill the body and the soul*
- Mark 12:30** *love the Lord thy God w/heart, soul, mind, strength*
- Romans 6:11-23** *whom ye yield yourselves servants to*
- 12:1-2** *be transformed by the renewing of your mind*
- John 3:1-7** *that which is born of the flesh - born of the spirit*
- Galatians 5:1, 16-18** *be not entangled; walk in the spirit*
- Galatians 5:19-23** *works of the flesh - fruit of the spirit*

**Our slackness in prayer** has left us **vulnerable** to the enemy's attacks

### **SATAN'S TACTICS**

Satan wants to **devour** believers: **eat hungrily or quickly**  
**to be total absorbed by a powerful feeling**

The tactics that Satan uses serve to **keep the believer from focusing** on what **God's word** says and **God's purpose** for the believer.

Satan knows our weaknesses (**1 Peter 5:8-9**). Lions primarily attack prey that is weak, old, diseased, or slow.

- discord (**disagreement** between people)
- dissension (disagreement that **leads to discord**)
- division (disagreement **between two or more groups**, typically producing **tension or hostility**)
- deceit (making someone believe something that is **not true; concealing or misrepresenting the truth**)
- doubt (**uncertainty or lack of conviction**)
- discouragement (**lack of consensus or approval**)
- desires (a **strong feeling of wanting** to have something or **wishing for** something to happen)
- distraction/busyness (a thing that **prevents** someone from **giving full attention** to something else)
- distress (a type of stress that **results from being overwhelmed by** demands, losses, or perceived threats.)
- despair (the complete loss or **absence of hope**)
- distrust (the feeling that someone or something **cannot be relied upon**)
- defenses (the act of **resisting an attack** made on someone or something)
- \*\*discredit (**harm the good reputation** of someone or something)

\***John 8:44** CEV

*Your father is the devil, and you do exactly what he wants. He has always been a murderer and a liar. There is nothing truthful about him. He speaks on his own, and everything he says is a lie. Not only is he a liar himself, but he is also the father of all lies.*

**ADVERSARY:** one that contends with, opposes, or resists :

The word “wrestle” (**Ephesians 6:12**) is a term that implies **great intensity**; a man with a grip on another, pressing hard, straining every muscle to pin him to the ground. For believers it is the **straining** of every “**spiritual (moral) muscle**” (**Genesis 32:24-30**).

The words “**enemy**” and “**enemies**” occur **381** times in the Bible (349 of those occurrences are found in the Old Testament)

**SATAN’S HIERARCHY:** Just as the military has hierarchy in rank, Satan has an army working alongside him helping to carry out his mission

- Principalities in the Greek means “**head officers**”
- Powers has to do with “**staff officers**”
- Rulers are **divisional commanders**
- Spiritual Hosts of Wickedness are the **rank and file**

## C. WE NEED TO KNOW OUR WEAPONS

### THE BELIEVER'S WEAPON AGAINST SATAN

The believer must be. . . (**I Peter 5:8**)      **What Comes To Mind?**

-**VIGILANT**: alertly watchful, especially to avoid danger

-**SOBER**: serious, sensible, and solemn (in his right frame of mind;  
focused)

-Believers must be **properly prepared** for the war against Satan (**Ephesians 6:11-18**). It is the believer's responsibility to "appropriate" (devote to a special purpose) the armor of God and to **follow God's instructions** (obey) on how to put it on **in order to be protected** from the enemy and ultimately defeat the enemy.

-In order to be effective and efficient in battle against Satan, we **must be familiar with** our weapons (**I Samuel 17:38-40**); we must be **proficient** (competent or skilled in doing or using something).

-**Wisdom and understanding are key components to knowing what our weapons are and when and how to use them.**

-**Proverbs 3:13 4:5-7 15:32 16:16 19:8**

**KNOWLEDGE IS POWER!!!!**

### BATTLE FATIGUE

**War is exhausting,**

-physically

-mentally

-spiritually

We cannot defeat Satan in our own strength. Since we are not fighting a physical enemy, our **weapons** are not **physical/carnal** (**II Corinthians 10:4**).

**Prayer, along with the word of God (Sword of the Spirit), is our primary defense against the attacks of the enemy.** If Jesus, who was God in the flesh, **felt it necessary to pray**, how can we as mortal, frail, feeble men and women of God think we can defeat Satan or live a life pleasing to God without prayer.

**False teachers were wreaking havoc on the church Paul had founded in Corinth.** These deceivers were **stirring up division, causing many to resist Paul's authority.** In **2 Corinthians 10**, Paul challenged these rebels, including the false teachers, and reinforced his apostolic ministry. As part of his defense, Paul stated, "*For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds*" (**2 Corinthians 10:4**, NKJV). In this context, *pulling down strongholds* refers to **demolishing walls of resistance in people's minds**, particularly how the rebellious Corinthians were thinking about Paul and the nature of his apostleship.

\*If the enemy can keep believers from spending time in studying the word of God and connecting with God through prayer, he can **weaken our defenses** and **make us vulnerable** to his attacks. When our defenses are weakened, we are unable to successfully know or fulfill the purpose for which we were called and created.

- \* **Matthew 26:41** *watch and pray that ye enter not*
- \* **John 10:28-29** *no man can pluck them out*
- 19:30** *it is finished (**John 10:10; I John 3:8**)*
- **II Corinthians 10:3-6** *weapons are not carnal*
- **Ephesians 6:13, 17-18** *armor of God*
- **II Timothy 2:15** *study to shew*

The believer's approach to **pulling down strongholds** is to **present the truth of God's Word** and **let the Holy Spirit reshape** the other person's thoughts, heart attitudes, and perceptions (**Galatians 5:15; Hebrews 4:12**).

### WHAT IS PRAYER

Prayer is "talking to God; a conversation with God." It is the communication of the human soul with the Lord who created the soul. It is a "turning of the soul to God".

(**Psalm 25:1**) *Unto thee, O LORD, do I lift up my soul.*

\*Prayer is the primary way for the believer in Jesus Christ

- to **communicate** his **emotions** and **desires with God**
- to **fellowship** with **God**.
- to **receive guidance** from our "Commander- in- Chief"
- to **stay connected** to their **source of power**.

(**Nehemiah 4:6-9**) *Nevertheless we made our prayer unto our God, and set a watch against them day and night, because of them (**v. 9**).*

Prayer is our defense against the attacks of Satan (**Ephesians 6:18**).

### PRAYER IS NOT

- bargaining with God
- making demands of God
- only asking God for things
- a therapeutic, meditation-type exercise (transcendental)
- bothering God and taking up His time
- a way to control the Lord
- a way to show off one's spirituality before others

Not only does prayer affect our lives and the lives of others, but it is also a way to communicate with the Lord and grow in our relationship with Him.



At the heart of **prayer is an act of worship to the Lord. Ultimately, the main purpose of prayer is worship.** When we pray to the Lord, recognizing Him for who He is and what He has done, it is an act of worship.

**Prayer can be audible or silent, private or public, formal or informal.** It should **come as naturally as breathing.** However, many believers struggle with finding time to pray and what to say.

### **BENEFITS OF PRAYER**

**Prayer is important in the life of a believer because** it connects us to the source who

- delivers
- heals (sickness (physically, spiritually, mentally)
- brings us closer to our source (God)
- breaks chains (addictions, abuse, toxic relationships, disobedience)
- changes things
- changes/strengthens (us)
- helps us to forgive (others/ourselves)
- peace of mind (**Isaiah 26:3**)
- understanding/clarity/truth
- power to overcome obstacles
- hope

**NO PRAYER – NO POWER  
LITTLE PRAYER – LITTLE POWER  
MUCH PRAYER – MUCH POWER**

---

**The ultimate example of how *not* to engage in spiritual warfare is the seven sons of Sceva, a Jewish priest, who went around driving out evil spirits by trying to invoke the name of the Lord Jesus over those who were demon-possessed. One day the evil spirit answered them, “Jesus I know, and I know about Paul, but who are you?” Then the man who had the evil spirit jumped on them and overpowered them all. He gave them such a beating that they ran out of the house naked and bleeding” (**Acts 19:13-16**). The seven sons of Sceva were using Jesus’ name, but because they did not have a relationship with Jesus, their words were void of any power or authority. They were not relying on Jesus as their Lord and Savior, and they were not employing the Word of God in their spiritual warfare. As a result, they received a humiliating beating. May we learn from their bad example and conduct spiritual warfare as the Bible instructs.**

**WEEK I NOTES: WHY PRAYER IS IMPORTANT**

---

**Who is our enemy?** \_\_\_\_\_

---

---

---

---

**Why should believers know who the enemy is?** \_\_\_\_\_

---

---

---

---

---

---

---

---

**What is prayer?** \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

**Why is prayer important to the believer?** \_\_\_\_\_

---

---

---

---

**What are the benefits of prayer?** \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

## WEEK II: HOW DO I PRAY

This lesson will familiarize participants with the different types of prayers and how and why believers should align themselves with God in prayer

**Scripture Passages: Matthew 4:1-11; 5:7; 6:9-13; 17:14-21; Luke 11:1; 18:3; 22:40-44; Hebrews 11:6; James 4:6**

### **THE MODEL PRAYER**

**James 5:16** reminds us that the prayers of the righteous should be **fervent** (have great warmth or intensity of spirit, feeling, enthusiasm; zealous, passionate) in order for it to be effective in its purpose.

How we pray is important to whether or not our prayers are received by God. When we come to God, it should not only be when we are asking for something from Him or for Him to do something. When we develop a personal relationship with God through study and meditating on God's Word, our prayers will align with what God desires for us.

Jesus taught his disciples a "**MODEL PRAYER**" to demonstrate to them **how to pray** to the Father (**Matthew 6:9-13**) and **the purpose for prayer**.

*Our Father which art in heaven, Hallowed be thy name.*

*<sup>10</sup> Thy kingdom come, Thy will be done in earth, as it is in heaven.*

*<sup>11</sup> Give us this day our daily bread.*

*<sup>12</sup> And forgive us our debts, as we forgive our debtors.*

*<sup>13</sup> And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever.*

*Amen.*

**Some people treat the Lord's Prayer as a magic formula**, as if the words themselves have some specific power or influence with God. **The Lord's Prayer** is not a prayer we are to memorize and recite to God. It **should be understood as an example, a pattern, of how to pray**. It gives us the "**ingredients**" that should go into prayer—worship, trust in God, requests, confession, and submission.

**-praise and worship of God (V. 9)**

-whom to address our prayers to—the Father.

-to worship God, and to praise Him for who He is.

God is the maker and creator of the heavens and the earth. We are His children (**I John 3:1**)  
God deserves our praise for who He is and for all that He has done and continues to  
do in our lives. (**Psalm 9:1-2**)

**-praying for God's will to be done (trust) (V. 10)**

-a reminder to us that we are to pray for God's plan in our lives and not our own plan.  
God knows the plans He has for our lives (**Jeremiah 29:11**). Sometimes what we want does  
not always align with God's plans. When we pray for God's will to be done, we surrender our  
plans to His (which is always greater than ours) (**I Corinthians 2:9**)

**-supplication for ourselves and others (requests) (V. 11-12)**

-to ask God for the things we need

God already knows our needs. He stands ready to supply all our needs. When we  
come to Him in prayer, asking, we acknowledge that God is our provider (**Matthew 7:7-8**;  
**Ephesians 6:18**)

**-strength to deal with temptation (confession and submission) (V. 13)**

-reminds us to confess our sins to God and to turn from them,

-to forgive others as God has forgiven us.

-a plea for help in achieving victory over sin and a request for protection from the  
attacks of the devil.

Confession acknowledges that we are not perfect and that we need God to help us to live  
according to His will (**I John 1:9**). Confession also humbles us so that we can extend to  
others the same forgiveness for their faults and shortcomings that God has shown us.

**PRIVATE -vs- OPEN PRAYER**

Jesus also taught his disciples the importance of praying in secret and not for  
recognition of other men (**Matthew 6:1-8, 16-18**). Prayer is communicating with God and is  
not to be used as a way of boasting or bragging about the words we speak or how long our  
prayer is. Prayer strengthens our relationship with God.

There are times when open prayer may be necessary (Corporate Prayer). In those  
instances, our focus should always be on who we are praying to and what we are praying  
for.

Jesus warned against using “**vain repetitions**” when we pray. The word vain means  
“empty” or “useless”; repeating worthless phrases in our prayers will not help them be  
heard by God. There is nothing wrong with praying for something more than once (**I Samuel**  
**1:1-16**), but we should be focused on God in prayer and honor Him in our hearts. Then we  
can allow our words to flow from our hearts and not use worthless or “vain repetitions” to  
take up space in our prayers. Each of us must consider our hearts to determine if whether  
or not we are truly “persistently” seeking God in prayer or if we are repeating words and  
phrases that are easy or comfortable.

## **TWO PARABLES ON HOW TO PRAY (Luke 18:1-14)**

Jesus gave two examples on how believers ought to pray.

### **-The Unrelenting Widow (v. 1-8)**

Jesus told his disciples a story about how they should keep on praying and never give up. Because of the widow's persistence, her request was granted. **If an unjust judge will respond to us simply because we keep asking, how much more will our righteous Heavenly Father respond to us when we keep seeking Him in prayer? That does not mean that God will always answer our prayers the way we want. God is sovereign, He knows what is best.**

### **-The Pharisee & the Publican (v. 10-14)**

Corporate prayer is not to show off to others, but it is a time for people to come together (**collectively**) in prayer to God. **It should be God-honoring, selfless, and based on a true desire to speak to God and not to men.** When we pray together with other believers, it edifies and unifies us as we share our common faith (**John 17:22-23**). **Just as in our private prayer-time, we should always approach God's throne in humility, focused on Him.**

## **OTHER VERSES ON HOW WE SHOULD PRAY**

- Psalm 27:8; 63:1 (seek God's face, not His hands)
- Psalm 62:5 (whether or not you feel Him)
- Psalm 119:2 (with your whole heart)
- Psalm 139:23-24 (confession/ surrender)
- Luke 18:1 (not faint)
- Luke 22:44 (earnestly; with sincere and intense conviction; serious)
- John 16:23 (in Jesus' name)
- Ephesians 6:18 (with perseverance)
- Philippians 4:6 (in everything)
- I Thessalonians 5:17 (without ceasing)
- Hebrews 4:16 (boldly/bravely)
- Hebrews 10:19-22 (with a pure heart and conscious free from evil)
- James 1:10; I Peter 5:6 (humbly)
- James 4:3 (unselfishly)
- I Peter 5:7 (casting all your cares on Him)

Having the proper motives (**the underlying reason for any action**) when we pray also contributes to whether or not our prayers are answered the way we want (**James 4:3**).

**Proverbs 16:2** says, "All a person's ways seem pure to them, but motives are weighed by the LORD."

Pride, anger, revenge, a sense of entitlement, or the desire for approval can all be catalysts for our actions. **Any motivation that originates in our sinful flesh is not pleasing to God (Romans 8:8).**

**CONSECRATE** is the separation of oneself from things that are unclean, especially anything that could contaminate one's relationship with a perfect God. **As true believers in**

Christ, the act of consecration involves our lives being a living sacrifice to Him; totally separated from the defilement of the world (**Romans 12:1-2**). Sin is a defilement and believers must be truly clean to approach God (**Psalms 51:2-3, 7**). The blood of Jesus covers us so that we can approach God's throne (**I John 1:7**).

Our prayers require a **conscious effort** (mind); clearing away the distractions from our busy lives that might hinder us from drawing near to God. **It is important for us to "tune out" all distractions during prayer time so that our focus is on God, and we are able to hear clearly from Him and share with Him what is in our hearts.**

### **SACKCLOTH and ASHES**

**Used in Old Testament times as a symbol of debasement, mourning and/or repentance.** An outward sign of one's inward condition. It was not the act of putting on sackcloth and ashes itself that moved God to intervene, but the humility that such an action demonstrated.

- Genesis 37:34**
- 2 Samuel 3:31**
- Esther 4:1**
- Jonah 3:5-7**

### **TYPES OF PRAYER**

In **1 Timothy 2:1** all four of the main Greek words used for prayer are mentioned

- supplications: **prayer of requests (Philippians 4:6; Ephesians 6:18)**
- intercessions: **requests for others (John 17)**
- thanksgivings: **or thanks to God for what He has done (Philippians 4:6)**
- consecration: **setting ourselves apart to follow God's will (Matthew 26:39)**
- corporate: **prayer of agreement (Acts 1:14; 2:42; 4:31)**
- worship: **similar to thanksgiving except it focuses on who God is (Acts 13:2-3)**

### **POSITIONS OF PRAYER**

**The Bible records many positions in which people offered up prayers to God**

- prostrate **Numbers 20:6; Ezekiel 11:13-14)**
- standing **1 Chronicles 23:30**
- kneeling & bowing down **2 Chronicles 6:13; Psalm 138:2; Daniel 6:10**
- hands lifted **1 Timothy 2:8**

God does not answer our prayers based on when we pray, where we are, what position our body is in, or in what order we word our prayers. **God answers prayer requests based on whether they are asked according to His will and in the name of Jesus (to bring glory to Jesus).**

While physical representations of worship are important, and our entire being should be engaged in worship of God, the posture of our hearts is of more importance than the position of our bodies. **When the posture of our hearts is humility and awe, our bodies often yearn to express that in physical ways.**

Kneeling, bowing, lying facedown, bowing our heads, and lifting our hands are all physical expressions of the attitudes of our hearts. **How we pray has more to do with our heart than our physical stance.** A. W. Tozer wrote, “The goal of every Christian should be to live in a state of unbroken worship.” (gotquestions.org)

- **1 John 5:14-15**

- **John 14:13-14**

- **Psalm 51:17**

### **WHEN WE SHOULD PRAY**

There are times we need to set aside to unplug from the world and be quiet and plug into God’s power source. However, there is no “magic” time/length of time we are called to spend in prayer. Our time with God should be unhurried and unrushed so we can not only speak to God, but also hear from Him.

Some people choose to pray early in the morning before their day become busy. Others may choose to pray at night after they have wound down from a busy day. Our hearts can be in a continual state of worship and prayer, even as we go about our days. **The time we choose to spend alone with God should be based on whether or not we can approach God, fully engaged, without interruptions, distractions, or having to rush off to something else.**

### **FASTING**

In fighting this battle against Satan, there are times and things that require that believers go the extra mile, beyond normal prayers, in order to defeat demonic forces. Jesus spoke of prayer and fasting when he delivered the man’s son who was vexed with evil spirits (**Matthew 17:14-21**). “*Howbeit this kind goeth not out but by prayer and fasting.*” Usually, fasting is the abstaining from food for a certain period of time, but there are different types of fasting in the Bible, not all of which involve food.

### **TYPES OF FASTS**

-**The regular fast** is done by abstaining from all food, both solid and liquid, except for water. (**2 Chronicles 20:3, 24–27; Ezra 8:21; Luke 4:1-2**).

-**Another type of biblical fasting is the partial fast;** fasting from certain foods. (**Daniel 10:2–3**).

-**The absolute fast, or the full fast,** where no food or water is consumed (**Esther 4:16; Acts 9:9; Deuteronomy 9:9; 1 Kings 19**).

-**The sexual fast** (**Exodus 19:15; 1 Corinthians 7:5**) in order to devote oneself to prayer.

Scripture does not command Christians to fast. God does not require or demand it of Christians. At the same time, the Bible presents fasting as something that is good, profitable, and beneficial. The book of Acts records believers fasting before they made important decisions (**Acts 13:2; 14:23**). Fasting and prayer are often linked together (**Luke 2:37; 5:33**). Fasting along with prayer seems to indicate the sincerity of the people praying

and the critical nature of the situations in which they find themselves. Prayer is a ready weapon in the spiritual battle, and fasting helps to focus prayer and give it resolve.

Too often, the focus of fasting is on the lack of food. Instead, **the purpose of fasting should be to take your eyes off the things of this world to focus completely on God.**

- a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him.
- gain a new perspective and a renewed reliance upon God.
- is not a way to get God to do what we want.
- changes us, not God.

In the Old Testament, fasting with prayer had to do with a sense of need and dependence, and/or of abject helplessness in the face of actual or anticipated calamity. Prayer and fasting are combined in the Old Testament in times of mourning, repentance, and/or deep spiritual need. (**Nehemiah 1:1-4; Daniel 9:3-5**). In several instances in the Old Testament, fasting is linked with intercessory prayer (**2 Samuel 12:16; Esther 4:16**).

Abstaining for a short while from such normal and good things as food and drink or other activities, allows the believer to enjoy a time of uninterrupted communion with our Father. **Fasting, whether it is regular, partial, absolute, or sexual, is a seeking after God's heart, all other blessings and benefits are secondary to God Himself.**

#### **THE ACTS MODEL FOR PRAYER**

-**Adoration:** means worship—glorying and exalting God. Through adoration, we show our loyalty and admiration of our Father.

-**Confession:** means “to agree with.” When we confess our sins, we agree with God that we are wrong and that we have sinned against Him by what we have said, thought, or done. (**1 John 1:9**).

-**Thanksgiving:** focuses on what God has done (**Philippians 4:6**)

-**Supplication:** refers to prayer for our and others' needs; a request or petition (Philippians 4:6). We may pray for mercy (**Psalm 4:1**), leading (**Psalm 5:8**), wisdom (**James 1:5**), and much more. (**Ephesians 6:18, ESV**), which means to pray diligently for our brothers and sisters in Christ.

The acronym **A.C.T.S. itself is not found in the Bible**, but it can serve as a guide, especially when we are learning how to pray. Prayer isn't a formula, and each prayer doesn't have to cover every type of prayer. **God wants us to talk from our hearts and express ourselves to Him.** As we grow in our love for Jesus Christ, we will naturally desire to talk to Him more.



## **FIVE FINGER PRAYER**

The five-finger prayer is a method to help people remember categories of people to pray for. It is a memory device used as an aid to prayer.

**The little finger**, or the pinkie, is the smallest finger, and it represents the individual who is praying. We need to pray for ourselves, but in humility we need to remember that we are the least important.

**The ring finger** this is usually the weakest of our fingers, and it reminds us to pray for the weak and the sick among us.

**The middle finger** is the tallest finger, and it reminds us to pray for our leaders.

**The pointer finger**, or the index finger, reminds us to pray for people who point the way—teachers and church leaders.

**The thumb** is the thickest and strongest digit, and when the hand is at rest, the thumb is the nearest to the rest of the body, reminding us to pray for family and friends—people who are closest to us.

**WEEK II NOTES: HOW TO PRAY**

---

**Does God care about how we pray?** \_\_\_\_\_

---

---

---

---

---

**Are you an early bird or a night owl? Is there a specific time of day we should pray?** \_\_\_\_\_

---

---

---

---

---

**Does it matter how many times a day we should pray (Daniel 6:10)?**

---

---

---

---

---

---

---

**Why did Jesus emphasize how we should pray?** \_\_\_\_\_

---

---

---

---

---

---

**Why is The Lord's Prayer important for believers to know?** \_\_\_\_\_

---

---

---

---

---

---

## **WEEK III: Confidently Trusting God Through Difficulties**

**This lesson examines what the believer should do after they have prayed. It also examines the assurances God gives believers concerning prayer.**

**Scripture Passages: John 4:24; Hebrews 11:6; Isaiah 40:31; I John 5:14-15**

### **WHY BELIEVERS GO THROUGH DIFFICULT TIMES**

Because sin entered the world, trials, troubles, temptations and tribulations are a part of every believer's life. Trouble covers all the painful, sorrowing, grievous events of life. The causes of our troubles may be varied. They don't arrive by chance or accident.

-Job 5:6-7

-Genesis 3:14-18

-Matthew 5:45

-John 16:33

-Acts 14:22

-Romans 5:12

Sometimes it may feel as if our problems will get the best of us. Sometimes it may feel that God has forgotten about us (**Matthew 27:46**).

There are numerous accounts of men and women of the Bible who endured hardships because of their faith.

-**Genesis 12:1-4; 21:5** Abraham was 75 years old when he first received the promise, and **Genesis 21:5** tells us he was 100 years old when Isaac was born. Sarah was 90. So Abraham and Sarah waited 25 years for the fulfillment of God's promise.

-**Daniel 6** Daniel was thrown into the lions' den

-**Daniel 2-4; 3:17-18** Shadrach, Meshach, Abednego were thrown into the fiery furnace

-**Acts 16:16-40** Paul & Silas were cast into prison

-**Job** lost everything he had and was stricken with sores

### **TYPES OF TROUBLES**

Troubles may be self-imposed (**Genesis 16**) or as a result of someone else (**Luke 10:30**). Jesus himself faced trials and temptations (**Matthew 4:1-11**). The night before his crucifixion, at the Mt. of Olives, Jesus called on God to take away from him the bitter cup he had to drink from. Jesus' ultimate desire though, was to do the Father's Will (**Luke 22:39-44**).

God's highest aim in allowing us to go through trouble is to develop Christian character in us. Sometimes God allows us to go through our trials, troubles, and tribulations

- to bring God glory (**Matthew 15:31; Mark 2:12; John 11:4**)

-for our spiritual growth (**Job 1:6-12; 2:1-7, 9-10; James 1:4; 1 Peter 5:9-10**)

-to chastise us because of our disobedience (**Hebrews 12:5-11**)

-a blessing in disguise (**Psalms 119:71**).

Sometimes our troubles are imaginary (they have no existence other than in our mind).  
Some troubles are anticipated (which never manifest)  
Some troubles are in our past, which we should not worry about (II Timothy 1:7).

Trouble makes earth less desirable and causes heaven to be more desirable in comparison

-Romans 8:18

-Revelation 7:13-17

### **HOW BELIEVERS SHOULD FACE DIFFICULT TIMES**

God Himself demonstrates patience toward us as sinful people, not because He has to, but because He cares about us (I Timothy 1:15-16; II Peter 3:9).

Waiting on God requires patience. Patience is a virtue that has been forgotten. Fast food, microwaves, and Google are convenient for modern-day believers, but the immediate gratification concept is often contrary to God's plan. When things don't happen according to our timetable, or we become uncomfortable in a situation, we may tend to try to take matters into our own hands.

Pressure from others may cause us to move too quickly. Family, friends, and loved ones may have good intentions, but they may miss the mark when it comes to waiting on God (Job 42:1-6, 10-16).

**Patience involves waiting "with a purpose".** Patience works while it waits; it is an attribute that is actively working and persevering toward a God-honoring end. It has two legs

-endurance (stand still with some resolve to hold on to the truth) Acts 16

-perseverance (continuing in work that you're convinced God has called you to)  
Genesis 37-50

Patience means "keeping your anger in check" for a long time, enduring hardship, waiting for goodness, truth, and righteousness to prevail, striving a long time to reach perfection. The Hebrew word translated "longsuffering" is the word most commonly used in the Old Testament. The term "slow to anger" is also used in many Bible versions.

The two Greek words commonly used for patience are differentiated by their reference point:

- patience regarding things and circumstances
- patience in reference to people

How we wait on God during our times of trouble is crucial and can reveal our level of faith. It is not a desperate waiting in doubt, but a hopeful waiting in confidence (Hebrews 11).

### **CONSEQUENCES OF NOT WAITING ON GOD**

Waiting is not always easy, but it is necessary in order for believers to obtain the virtues to become more Christ-like (Galatians 5: 22-23). Godly patience involves more than enduring the passing of time. It carries an attitude of faith that God is in control.

Impatience is a trait of self-centeredness, which is a mark of immaturity. There are consequences to taking matters into our own hands that may negatively affect us, someone we love, our relationship with others or our relationship with God.

- untimely death
- physical pain and suffering
- broken/unfulfilled dreams
- stunted character growth
- compromised integrity
- eternal damnation

**At its heart, patience is faith in the existence of God**, the compassion of God, and the promises of God (**Hebrews 11:1**).

The book of Job is a prime example of what happens when we're faced with trouble and it seems that God has forgotten about us. When **Job reached his limit, he began to question God** (**Job 6:8- 7:21; 10:1-22; 13:20-42; 24:1; 27:1-31**).

**Troubles will either draw us closer to God or drive us away from Him.** Prayer opens our eyes to see God's hand in trouble. Prayer during the time of trouble (if we allow trouble to have it's perfect work) will bring us into perfect submission to the Will of God. Prayer recognizes God in times of trouble

- Psalm 37:7-8**
- Psalm 40:1-3**
- Ecclesiastes 7:8**
- Acts 9:6**
- I Peter 5:7**

### **GOD'S ASSURANCE IN TIMES OF TROUBLE**

**Patently waiting on God acknowledges God's sovereignty.** It shows that although we may not understand why we may going through a situation, we know that God is working things out for our good (**Romans 8:28**; ). Through every trial, trouble, tribulation, or temptation we can trust that God hears our cry and He knows what we need; what is best for us.

As followers of Jesus we will sometimes have to "suffer long", we will be misunderstood, and sometimes taken advantage of by others. God stands ready to deliver us from our troubles (or sustain us in them) when we cry out to Him. We may be unknowingly leading others to Christ (**II Thessalonians 1:4**). When we wait on God, He has promised to renew our strength.

- |                            |                               |
|----------------------------|-------------------------------|
| - <b>Job 38:1- 41:34</b>   | - <b>Romans 8:35-39</b>       |
| - <b>Psalm 34:4, 6; 19</b> | - <b>II Corinthians 1:3-7</b> |
| <b>91:14-15</b>            | - <b>Hebrews 11</b>           |
| - <b>Proverbs 3:5-6</b>    | - <b>James 1:2-4, 12</b>      |
| - <b>Isaiah 40:31</b>      | - <b>I John :14-15</b>        |
| <b>43:1-3, 7</b>           | - <b>Isaiah 54:17</b>         |

**WEEK III NOTES: CONFIDENTLY TRUSTING GOD THROUGH DIFFICULTIES**

---

**After we become saved does that mean we won't have any problems?**

---

---

---

---

**Why does God allow suffering?** \_\_\_\_\_

---

---

---

---

---

---

**How should a believer respond to troubles and suffering?** \_\_\_\_\_

---

---

---

---

---

**How long should we wait for God to answer our prayer?** \_\_\_\_\_

---

---

---

---

**What is the danger in not waiting on God's answer ?** \_\_\_\_\_

---

---

---

---

---

## WEEK IV: What To Pray

This lesson looks at our Intercessor who fills in the gaps when we don't know what to pray.

**Scripture Passages: Matthew 6:25-34; John 15:7; James 4:1-4; III John 2**

### THE WORD OF GOD

All scripture is inspired by God, written by men divinely instructed by the Holy Spirit (**II Timothy 3:16-17**). God uses His Word to reveal Himself to mankind. God's Will, His characteristics, His power, and His plan for mankind are all revealed in His Word.

Sometimes believers may become so overwhelmed or distracted by the cares of life, reach their wits end, and are unable to articulate in prayer what they really want to say. Studying and understanding God's word helps believers to align their prayers with God's Word, God's Will, and God's plans for their lives. Jesus understood the Word, and was able to fulfill his purpose on earth (**Luke 4:17-22**).

**God is not a genie in a bottle for us to rub when we want something.** Prayer is not to be approached as if we are waiting for God to grant our wishes.

### **Prayer is a time to**

- commune with God
- develop a closer relationship with God
- share our deepest feelings, secrets, and desires with God
- for us to "hear from" God (**James 4:8-10**).

### WHAT WE WANT – vs- WHAT GOD PROMISES

The Scriptures tell us to ask, seek, and to knock (**Matthew 7:7-11**). Sometimes what we ask or seek after, or doors we want opened are not always in line with God's plans for us (**Jeremiah 29:11**). God's thoughts are higher than our thoughts (**Isaiah 55:8-11**).

It is impossible for us to know the Will of God without spending time in studying God's word, meditating on it, and praying to God for clarity. Prayer is not a formula for gaining wealth or getting whatever we want (**Proverbs 16:2**).

We "cannot serve both God and money." We must seek to be content with what we have, and seeking after materialism is the exact opposite of that contentment (**Luke 16:13**). **It causes us to strive for more and more and more, while telling us that this will be the answer to all our needs and dreams.** A person's "life is not in the abundance of the things which he possesses" (**Luke 12:15**).

**True prayer seeks God Himself, not the things He can provide (**John 15:7**).** It doesn't mean that we should neglect the reasonable and daily duties that help sustain our lives.

But for the Christian, there should be a difference in attitude toward them. **God promises to give us wisdom when we ask for it. James 1:5.**

If we are taking care of God's business as a priority—seeking His salvation, living in obedience to Him, and sharing the good news of the kingdom with others—then He will take care of our business as He promised (**Matthew 6:25-34**).

**Most of us have struggled in prayer, wondering whether to pray for deliverance from our suffering, miraculous relief and rescue, or the strength to endure through it.**

- Paul** the apostle pleaded with the Lord to take away his “thorn in the flesh,” only to be told that God’s “power is made perfect in weakness” (**2 Corinthians 12:7-9**).
- Jesus** prayed to have the cup removed from him, but in the end surrendered his will to that of the Father (**Luke 22:39-44**).

God has promised to provide for His own, supplying every need (**Philippians 4:19**), but His idea of what we need is often different from ours, and His timing will occasionally meet our expectations. **Because the human heart is very deceitful (Jeremiah 17:9), we can easily fool ourselves about our own motives. Any motivation that originates in our sinful flesh is not pleasing to God (Romans 8:8).**

For example, we may see our need as riches or advancement, but perhaps God knows that what we truly need is a time of poverty, loss or solitude. Only God knows what tomorrow brings. No matter **how good something may seem to us**, they are not what is **best for us**.

- John 15:7**
- Matthew 6:19-21, 30-34**
- Luke 18:18-25**
- James 4:14-15**

### **GOD'S WILL FOR US**

**1 Thessalonians 5:12-24** outlines many things that are God's will for us. The better we understand God's Word, the better we will know what to pray for. The better we know what to pray for, the more often God will answer “yes” to our requests.

It is always God's will that we

- praise Him
- thank Him
- confess our sins
- share what is in our hearts (**Psalm 103:13**)
- pray for our enemies (**Matthew 5:44**)
- become Christ-like (**Romans 12:1-2**)

### **IN JESUS' NAME**

To pray in Jesus' name means to pray in the authority of that name (just as if we were to use the phrase “in the name of the law” to assert authority of the law).



The use of Jesus' name is more than a **postscript** (an additional statement or action that provides further information) on our prayers. To pray effectively in Jesus' name, we must be "in Him" (in union with his life and death) **John 17:26**.

Praying in Jesus' name does not give our prayer extra power. We are told to pray in Jesus' name not as some magic formula, but to put our own spirits and thinking in line with Him and His/God's Will (**Matthew 7:21-23**). This means that we must be willing to accept whatever answer God gives us, including "no", which means God has a better plan for us.

Real authority always flows from the author or originator, which means we must be connected to God.

### **OUR INTERCESSOR**

**An Intercessor is a person who intervenes on behalf of another, especially in prayer.**

**The Bible declares that** The Holy Spirit is God, the third Person of the Trinity. The Bible also tells us that the Holy Spirit is a divine person, a being with a mind, emotions, and a will. Scriptures confirm the powerful nature of the Holy Spirit. He is more than a warm, fuzzy feeling.

- <b>Acts 5:3-4</b>	<i>can be lied to</i>
- <b>1 Corinthians 2:10-11</b>	<i>searches all things</i>
- <b>Ephesians 4:30</b>	<i>can be grieved</i>
- <b>1 Corinthians 12:7-11</b>	<i>distributes gifts to believers</i>
- <b>John 14:16, 26;</b> <b>15:26</b>	<i>abides with us, teaches us Spirit of truth, testifies of Christ</i>

When our words fall short during prayer, **God has provided the Holy Spirit as our Intercessor, to fill in the gaps.** He comes alongside to lend assistance as He sustains us before the throne of grace (**Romans 8:26-27**). *Since Jesus is no longer physically present on earth, but in heaven serving as our mediator, the only way for us to present our requests to God is through the Holy Spirit.* The phrase rendered in English "**groanings that cannot be uttered**" means "indescribable, wordless groans" in the original Greek language. The Holy Spirit will teach you how to express yourself to God in worship, praise, and thanksgiving.

**Like Paul, we often think we know what we need, but we're not always good judges of God's perfect will.** *What a relief it is to realize that the effectiveness of our prayers does not depend on us.* We don't have to have the knowledge or the words to express what we need because "*the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will*" (**Romans 8:27, NLT**).

Today there are many people who **know about Jesus** (some facts about Him, they might commit some Bible verses to memory), but they have **never allowed the facts to become their personal reality.** They hold knowledge in their heads without allowing the truth to penetrate their hearts. Meditating on God's Word allows it to penetrate our hearts and not

just our heads. Once God's Word enters our hearts, the Holy Spirit can bring back to our memory what we ought to pray and bring our prayer in line with God's Will.

### **WHAT BELIEVERS SHOULD PRAY FOR**

Praying according to God's will is praying for things that honor and glorify God and/or praying for what the Bible clearly reveals God's will to be.

If you find it difficult to express your feelings in your own words, reading aloud some Psalms may be helpful (**Psalm 6; 23; 27; 30:1; 73; and 131**), or other scriptures relevant to your prayer requests.

Praying scripture reminds us of what God has promised and helps increase our faith. God will not deny His word. However, God knows our hearts, therefore, He knows our reasons for praying. If we pray for something that is not honoring to God or not God's will for our lives, God will not give what we ask for.

- **Isaiah 40:29 ESV).**
- **Isaiah 41:10 GW**
- **Exodus 14:4 NIV**
- **1 John 1:9 ESV**
- **Deuteronomy 31:8 AMP**
- **Philippians 4:19 MEV**
- **Psalm 23:4 NASB**
- **Psalm 86:5 CEV**

As Believers we can pray for

- God's Will
- Others Needs
- Self
- Pastor/Church Leaders
- Leaders/Government Officials
- Family & Friends
- Church Members
- Confess sins
- Situations
  - health
  - finances
  - rebellious/wayward children
  - peace
  - joy
  - comfort
  - troubles/cares
- Requests (**Philippians 4:6**)
- Forgiveness
- Mercy

God is not concerned with our wording during prayer as He is with the condition of our heart (**Matthew 6:7**). The more we learn about God and the more time we spend in God's

word, the more we will understand our shortcomings, the more our attitudes and our words will align with God.

**WEEK IV NOTES: WHAT TO PRAY**

---

**Does God reveal His Will to believers? How? \_\_\_\_\_**

---

---

---

---

---

**Is it important believers align themselves with God's Will? Why? \_\_\_\_\_**

---

---

---

---

---

---

---

---

**Who is our intercessor? \_\_\_\_\_**

---

---

**What is the role/purpose of an intercessor? \_\_\_\_\_**

---

---

---

---

---

---

---

---

**Does God care what we say when we pray? \_\_\_\_\_**

---

---

---

---

---

---

---

---

---

---

---

---

## WEEK V: Praying With Power (Part I)

This lesson looks at the various names of God and examines how God's power and promises are revealed in His name

**Scripture Passages:** (included in the description of each name)

At times, things seem so overwhelming that we find ourselves in complete despair. Despair can be caused by financial, emotional, spiritual, or physical hardships. The Bible promises us that if we approach God with a righteous heart (**Proverbs 18:10**), He will deliver us from out of the midst of our troubles, just like He delivered Hannah and David, Shadrach, Meshach, and Abednego, and many others who trusted in Him. He is the same God; He never changes.

The name of God, as revealed in the Hebrew Scriptures, is *YHWH*. Throughout both the Old and New Testaments, God inspired the human authors of Scripture to refer to Him using generic terms for "God" and "Lord." Beyond *YHWH*, God chose to reveal Himself using many other names and titles.

Each of the many names of God describes a different aspect of His many-faceted character. **God's name is power.** When we acknowledge God in prayer, surrendering to His Will, calling on His name, it gets God's attention and releases His wonder-working power into our situation. **God's name brings healing, deliverance, and breaks the bonds that hold us captive. God cannot and will not deny Himself nor His promises.** It is up to the believer to reflect upon God's names and how they speak to them and their situation personally and to have faith that God will do just what He promises.

### NAMES OF GOD THE FATHER

**ADONAI:** The Lord, My Great Lord (God is the Master and Majestic Lord; God is our total authority) **Psalm 8; Isaiah 40:3-5; Ezekiel 16:8; Habakkuk 3:19**

**EL:** The Strong One (He is more powerful than any false god. God will overcome all obstacles. We can depend on God) **Exodus 1:2; Numbers 23:22; Deuteronomy 7:9; Mark 15:34**

**EL ELOHE YISRAEL:** God, the God of Israel (The God of Israel is distinct and separate from all false gods of the world) **Genesis 33:20; Exodus 5:1; Psalm 68:8; Psalm 106:48**

**EL ELYON:** The God Most High (He is the Sovereign God in whom we can put our trust. He has supremacy over all false gods) **Genesis 14:17-22; Psalm 78:35; Daniel 4:34; Acts 16:17**

**ELOHIM:** The All-Powerful One; Creator (God is the all-powerful creator of the universe (omnipotent). God knows all (omniscient), creates all, and is everywhere at all times (omnipresent); the plural of EL) **Genesis 1:1-3; Deuteronomy 10:17; Psalm 68; Mark 13:19**

**EL OLAM:** The Eternal God; The Everlasting God (He is the Beginning and the End, the One who works His purposes throughout the ages. He gives strength to the weary)  
**Genesis 21:33; Psalm 90:1,2; Isaiah 40:28; Romans 1:20**

**EL ROI:** The God Who Sees Me (there are no circumstances in our lives that escape His fatherly awareness and care. God knows us and our troubles)  
**Genesis 16:11-14; Psalm 139:7-12**

**EL SHADDAI:** The All Sufficient One, The God of the Mountains, God Almighty (God is the all-sufficient source of all of our blessings. God is all-powerful. Our problems are not too big for God to handle)  
**Genesis 17:1-3; 35:11; 48:3; 49:25; Psalm 90:2**

**JEHOVAH:** “I AM”, The One Who Is, The Self-Existent One (God never changes. His promises never fail. When we are faithless, He is faithful. We need to obey Him)  
**Exodus 3:14; 6:2-4; 34:5-7; Psalm 102**

**JEHOVAH JIREH:** The Lord Will Provide (Just as God provided a ram as a substitute for Isaac; He provided His son Jesus as the ultimate sacrifice. God will meet all our needs.)  
**Genesis 22:13,14; Psalm 23; Mark 10:45; Romans 8:2**

**JEHOVAH MEKADDISHKEM:** The Lord Who Sanctifies (God sets us as a chosen people, a royal priesthood, holy unto God, a people of His own. He cleanses our sin and helps us mature.)  
**Exodus 31:12, 13; I Peter 1:1, 16; Hebrews 13:12; I Thessalonians 5:23, 24**

**JEHOVAH NISSI:** The Lord Is My Banner (God gives us victory against the flesh, the world, and the devil. Our battles are His battles of light against darkness, and good against evil.)  
**Exodus 17:15, 16; Deuteronomy 20:3,4; Isaiah 11:10-12; Ephesians 6:10-18**

**JEHOVAH RAPHA:** The Lord Who Heals (God has provided the final cure for spiritual, physical, and emotional sickness in Jesus Christ. God can heal us.)  
**Exodus 15:25-27; Psalm 103:3; 147:3; I Peter 2:24**

**JEHOVAH ROHI:** The Lord Is My Shepherd (The Lord protects, provides, directs, leads, and cares for His people. God tenderly takes care of us as a strong and patient shepherd.)  
**Psalm 23:1-3; Isaiah 53:6; John 10:14-18; Hebrews 13:20; Revelation 7:17**

**JEHOVAH SABAOTH:** The Lord of Hosts; The Lord of Armies (The Lord of the hosts of heaven will always fulfill His Purposes, even when the hosts of His earthly people fail.)  
**Samuel 1:3; 17:45; Psalm 46:7; Malachi 1:10-14; Romans 9:29**

**JEHOVAH SHALOM:** The Lord Is Peace (God defeats our enemies to bring us peace. Jesus is our Prince of Peace. God brings inner peace and harmony.)  
**Numbers 6:22-27; Judges 6:22-24; Isaiah 9:6; Hebrews 13:20**

**JEHOVAH SHAMMAH:** The Lord Is There; The Lord M Companion (God's presence is not limited or contained in the Tabernacle or Temple, but is accessible to all who love and obey Him.) **Ezekiel 48:35; Psalm 46; Matthew 28:20; Revelation 21**

**YAH or JAH:** "I AM", The One Who Is; The Self-Existent One (God never changes. His promises never fail. When we are faithless, He is Faithful. God promises His continuing presence) **Exodus 3:14; 15:2; Psalm 46:1; 68:4; Isaiah 26:4**

**YHWH:** "I AM", The One Who Is The Self-Existent One (God never changes. His promises never fail. When we are faithless, He is faithful.) **Exodus 3:14; Malachi 3:6**

### **NAMES OF GOD THE SON (JESUS)**

**ALMIGHTY:** Jesus Is All-Powerful (Christ is the All-Powerful Lord. Nothing is beyond His reach or impossible for Him) **Revelations 1:8**

**AUTHOR AND FINISHER:** Jesus Is Our Start and Finish (Jesus was at the beginning of creation and will be there to the end. He is both the author of all that is and the one who sees His creation through to the end.) **Hebrews 12:2**

**BELOVED:** Jesus is at the Center of God's Love. (Christ is the Beloved Son of the Father, and as such, the desire of all people who love God. All who love God will be drawn to Jesus.) **Ephesians 1:6**

**BRANCH:** Jesus is the Shoot From David's Line (Jesus is the offshoot of the line of David and paradoxically also the root. He is the vine on which we depend for life and nourishment) **Isaiah 11:1; Jeremiah 23:5; Zechariah 3:8; 6:12**

**BREAD OF LIFE:** Jesus is Our Sustenance (Jesus was born in Bethlehem, which means "the house of bread". He is our spiritual nourishment and the sustenance of the world. All things are kept alive by Him.) **John 6:32-35**

**BRIDEGROOM:** Jesus Leads and Cares for Us (Jesus is the bridegroom and His church is the bride. He is the head of the church and cares for her.) **Matthew 9:15; John 3:29; Revelation 21:9**

**BRIGHT MORNING STAR:** Jesus Lights the Way (Jesus is the brightest star in the heavens and the Light of the World. We shall not lose our way in His light.)  
**Revelation 22:16**

**CARPENTER:** Jesus is One of Us (Jesus, the creator of wood, became a worker of wood, and died on a cross of wood for us.) **Mark 6:3; Galatians 3:13**

**CHOSEN ONE:** Jesus is God's Chosen One (Jesus is God's Chosen One, chosen for glory and great sacrifice. We, in Him, are God's Chosen people.) **Luke 23:35**

**CHIEF CORNERSTONE:** Jesus is Our Rock of Safety (Jesus is the cornerstone which the religious leaders rejected, but which God chose from eternity to build His house, a temple of living stone! We can rely on Him as our solid foundation.) **Isaiah 28:16; Psalm 118:22; Ephesians 2:20; I Peter 2:6**

**DOOR:** Jesus is Our Gateway (Jesus is our opening to God. He is the only way to heaven.) **John 10:9**

**EMMANUEL/IMMANUEL:** Jesus is God With Us (Jesus was born on earth as a real human being. He entered space and time to become one of us so we might be with God forever.) **Isaiah 7:14- 8:8; Matthew 1:23**

**ETERNAL FATHER:** Jesus is Forever (Christ had not beginning and has no end. He is the source of time, space, and all creation.) **Isaiah 9:6; I John 1:1-3**





## **WEEK VI: Praying With Power (Part II)**

**This lesson is a continuation of the examination of the various names of God and how God's power and promises are revealed in His name.**

**Scripture Passages: (included in the description of each name)**

At times, things seem so overwhelming that we find ourselves in complete despair. Despair can be caused by financial, emotional, spiritual, or physical hardships. The Bible promises us that if we approach God with a righteous heart (**Proverbs 18:10**), He will deliver us from out of the midst of our troubles, just like He delivered Hannah and David, Shadrach, Meshach, and Abednego, and many others who trusted in Him. He is the same God; He never changes.

The name of God, as revealed in the Hebrew Scriptures, is *YHWH*. Throughout both the Old and New Testaments, God inspired the human authors of Scripture to refer to Him using generic terms for "God" and "Lord." Beyond *YHWH*, God chose to reveal Himself using many other names and titles.

Each of the many names of God describes a different aspect of His many-faceted character. **God's name is power.** When we acknowledge God in prayer, surrendering to His Will, calling on His name, it gets God's attention and releases His wonder-working power into our situation. **God's name brings healing, deliverance, and breaks the bonds that hold us captive. God cannot and will not deny Himself nor His promises.** It is up to the believer to reflect upon God's names and how they speak to them and their situation personally and to have faith that God will do just what He promises.

### **NAMES OF GOD THE SON (JESUS)**

**FAITHFUL AND TRUE WITNESS:** Jesus is Faithful (Christ is Truth in the flesh. His witness is always faithful. We can trust His word.) **Revelation 1:5; 3:14**

**FIRSTBORN:** Jesus is Our Elder Brother (Christ is the firstborn of the dead, the first-fruits of a new humanity, resurrected in new form. As our eldest brother, He is heir of all things.) **Hebrews 12:23; Hebrews 2:1; Revelation 5**

**GOD:** Jesus Is God (Christ is in His very nature God and all the fullness of that essence is in Him. He is worthy of our worship.) **John 1:1, 14-18; Romans 9:5; Titus 2:13; Hebrews 1:8**

**HEAD OF THE CHURCH:** Jesus Leads the Church (Jesus is the leader and Lord of the church. True believers will follow Him as He cares for them and directs their way.) **Ephesians 5:23**

**HIGH PRIEST, APOSTLE:** Jesus is Our Prophet and Priest (An apostle is someone who has directly communicated with God and is authorized to speak for Him. A High Priest is God's appointed person to represent the people to Himself. Jesus is both God's spokesman and our representative to God.) **Hebrews 3:1-2**

**HOLY ONE:** Jesus is Perfect (Christ is without sin and evil. Because of this, He became the only perfect man to walk upon the earth. Therefore, He is the only one who could die to save us.) **Mark 1:24; Acts 2:27; 3:14; Psalm 16:10**

**HOPE:** Jesus is Our Confidence (Jesus is our only source of hope in the world. His conquest of death gives us confidence now and for the future.) **I Timothy 1:1**

**IMAGE OF THE INVISIBLE GOD:** Jesus is the Perfect Picture of God (Because Christ and the Father are one in nature, Jesus perfectly reflects God. When we look at Him we see what God looks like as a man.) **II Corinthians 4:4; Colossians 1:15**

**JESUS:** Jesus Saves (Jesus is the Greek form of the Hebrew Yeshua (Joshua).) The name means “Yahweh (Jehovah) is salvation”. **Matthew 1:21**

**JUDGE/RULER:** Jesus is Our Judge As Well As Our Advocate and Lawyer (Jesus, the very one who is our Advocate before the bar of God’s justice, has been made the Judge of all.) **John 5:22, 23; Micah 4:3; Matthew 26:67; Acts 10:42; Romans 8:33, 34**

**KING OF KINGS:** Jesus is King Over All (Christ is King over all kings and rulers. As subjects in His kingdom, we owe Him our complete allegiance.) **Revelation 17:14**

**LAMB OF GOD:** Jesus is Our Sacrifice (Jesus is the fulfillment of the whole sacrificial system, especially as our Passover Lamb. As the Lamb of God, Jesus’ sacrifice pays for our sins past, present, and future.) **John 1:29, 36; I Peter 1:19; Revelation 5:6-12; 7:17; Hebrews 7:26-29**

**LAST ADAM:** Jesus is the Father of a New Human Nature (The first Adam brought sin and death. Jesus is the Last Adam, bringing life. From Him flows eternal life.) **I Corinthians 15:45**

**LIGHT OF THE WORLD:** Jesus Is The Light (Jesus’ radiance reveals God. Knowing Jesus is to know and see what God is like. Those who follow Him will not walk in darkness.) **John 8:12**

**LION OF THE TRIBE OF JUDAH:** Jesus is David’s son (Jesus fulfills the Old Testament prophecies, being from the tribe of Judah and the lineage of David.) **Genesis 49:9, 10; Revelation 5:5**

**LIVING WATER SPIRIT:** Jesus is Our Spiritual Drink (Christ is the fountainhead of the life that wells up inside every believer like an unending spring.) **John 4:10; 7:38**

**LORD OF LORDS:** Jesus is Lord (Jesus is Lord over all!! He has this title by right as the Son of God and Creator of the cosmos. It is also a title He has earned by His humble work of becoming human in order to redeem us through His death.) **Revelation 19:16; I Timothy 6:15.**

**MAN OF SORROWS:** Jesus Bore Our Sorrows (Jesus did not come to enjoy life of happy kingship over the world. He came to carry the world's sins and sorrows, that we might have eternal joy with Him and God the Father.) **Isaiah 53:3**

**MASTER:** Jesus is Our Teacher (Master means "teacher" or "rabbi". Jesus is the final source of truth concerning God. He is the only teacher who can show us the way to go.) **Matthew 8:19**

**MESSENGER OF THE COVENANT:** Jesus is God's Final Messenger (Messenger and angel are the same word in both the Old and New Testaments. Christ is God's ultimate messenger of the New Covenant of God's grace and head of God's angelic armies.) **Malachi 3:1**

**MESSIAH:** Jesus is Messiah (Messiah is the Hebrew word, translated into Greek, as Christ. Both words mean "Anointed One" (one especially appointed by God for His plan and purpose.)) **Daniel 9:25; John 1:41; 4:25**

**PRINCE OF PEACE:** Jesus is Our Peace (Christ is our peace. He has ended the conflict between God and man by His death on the cross. He has also given us internal peace by the love that is planted in our hearts by His Spirit.) **Isaiah 9:6**

**PROPHET:** Jesus is the Prophet foretold (Long before Jesus was born, Moses and others prophesied that a prophet like him would come speaking God's words. Jesus is that Prophet, the ultimate and final spokesman for God.) **John 6:14; 7:40; Deuteronomy 18:15-22; Luke 7:16; Matthew 21:11**

**REDEEMER:** Jesus is Our Redemption (Christ's death is the payment that redeems us from the debt we owe to God's law, ransoming our lives and guaranteeing us a place in His family.) **Job 19:25**

**RESURRECTION AND THE LIFE:** Jesus is Life (Christ is Life itself. Death could not hold Him nor can it hold any who are in Him.) **John 11:25**

**SAVIOR:** Jesus is Our Salvation (Christ is the Savior of the World we came to deliver us from the power of death. He is the one who seeks and saves the lost.) **Luke 1:47-2:11; John 4:42; I John 4:14**

**SHEPHERD:** Jesus is the good shepherd (Jesus came to care for and to lead lost sheep, lost men and women. His sheep know His voice and no one can take them from His hands.) **I Peter 2:25**

**SHILOH:** Jesus is Our Promised Peace (Shiloh may be translated as "to whom the scepter belongs," or as a name derived from the Hebrew word for peace. Jesus fulfills the prophecy by being the King to whom the scepter belongs and our Prince of Peace.) **Genesis 49:10**

**SON OF GOD:** Jesus is the Son of God by Nature (Christ is the only “natural” Son of God, which means He partakes in the Divine nature fully. We become God’s children by adoption and inherit all creation in, and with, Christ.) **Luke 1:35; Hebrews 4:14**

**TRUE VINE:** Jesus is Our Evergreen Source of Life (Jesus is our connection to the source of life. As God He has life in Himself. Having become a man He extends that life to all who believe.) **John 15:1**

**THE WAY, THE TRUTH, AND THE LIFE:** Jesus is Our Path to God (Jesus is the Way to God. He is the path to truth and life. No mere human teacher, He is the map, the road, the destination, and the one who has gone ahead of us.) **John 14:6; Acts 9:2**

**WISDOM OF GOD:** Jesus is Our Wisdom from God (Though the reference in Proverbs is not a strict prophetic word about Christ, the concept of wisdom as a person and associate of God is fulfilled in Jesus. To know Jesus is to be connected to the wisdom of the ages.) **I Corinthians 1:24, 30**

**WONDERFUL COUNSELOR:** Jesus is Our Defense Attorney (Christ is our Wonderful Counselor before God. He comforts, consoles, and counsels us as our Mediator and Intercessor. As our Advocate before God, He defends us like a lawyer before the bar of God’s justice, offering Himself as a payment for our crimes.) **Isaiah 9:6**

**WORD:** Jesus is God’s Word (Jesus is the speech uttered by God the Father, impelled by the breath of God’s Spirit. He is not merely information, but the effective, powerful Word that calls creation out of nothing and life out of death.) **John 1:1, 14**

**YAHWEH (JEHOVAH\*):** Jesus Has God’s Name (The holy name Yahweh means “He who is”. It expresses the idea that only God has self-existent being. The name was so holy that the Jews would not utter it out loud. Christ possesses this name.) **Isaiah 40:3-5; Matthew 3:3; 28:19; Philippians 2:6-11; Exodus 3:14**

### **NAMES OF GOD THE HOLY SPIRIT**

**BREATH OF THE ALMIGHTY:** The Holy Spirit Is The Life-Giving Breath Of God (The Holy Spirit is the source of life from God. He is the one, through Christ, who connects us to God.) **Job 33:4**

**COUNSELOR, COMFORTER:** The Holy Spirit Comforts, Counsels, and Gives Strength (The Holy Spirit is our strength and comfort. We are to turn to Him when we are in trouble and when we are weak, being assured that He intercedes with and for us.) **John 14:16, 26; 15:26; Romans 8:26**

**SPIRIT OF COUNSEL:** The Holy Spirit Counsels and Teaches Us As We Grow in Christ (We need to make use of God’s guidance by letting the Holy Spirit lead us and teach us.) **Isaiah 11:2**

**ETERNAL SPIRIT:** The Holy Spirit is Eternal God (The Spirit is no mere created force. He is the timeless Creator who loves us eternally.) **Hebrews 9:14**

**FREE SPIRIT:** The Holy Spirit is God's Generous and Willing Spirit (God gives us His willing Spirit to change our hearts and give us freedom.) **Psalm 51:12**

**GOD:** The Holy Spirit is the Third Person of the Trinity. He is God (The Holy Spirit is not a thing, a force, nor mere power. He is personal, and we are to worship and obey Him as God.) **Acts 5:3-4**

**GOOD SPIRIT:** God's Good Spirit Will Teach And Lead Us In All That Is Good (The Holy Spirit is God's good gift to us for help in the present.) **Nehemiah 9:20; Psalm 143:10**

**HOLY SPIRIT:** Spirit of Holiness. God is Spirit and that Spirit is Holy. (The same Holy Spirit given to us for life is given to make us holy as well.) **Psalm 51:11; Luke 11:13; Ephesians 1:13; 4:30**

**LORD:** The Holy Spirit is Lord. Like Jesus and the Father (The Holy Spirit is God present with us. He is our Lord.) **II Corinthians 3:16-17**

**POWER OF THE HIGHEST:** The Spirit is God's Power; the greatest power there is (God's power, the Holy Spirit can accomplish things through us that we cannot do ourselves.) **Luke 1:35**

**SPIRIT:** The Holy Spirit is Sometimes Simply Called "Spirit" (The Spirit is the integral essence of life, love, and truth; the source of all life.) **Matthew 4:1; John 3:6; I Timothy 4:1**

**SPIRIT OF MIGHT:** The Holy Spirit is the Spirit of Strength (Jesus' Spirit is God's strength given to us.) **Isaiah 11:2; Acts 1:8**

**SPIRIT OF ADOPTION:** The Spirit by Which We Are Made God's Children (God's love toward us as His children comes through the Holy Spirit. As the Spirit persuades us, we become part of God's family.) **Romans 8:15**

**SPIRIT OF BURNING:** The Spirit is God's Fire of Purification (God's Spirit cleanses us and cleanses us from evil.) **Isaiah 4:4; Matthew 3:11; Acts 2:3**

**SPIRIT OF JUDGEMENT:** The Spirit of God Brings Conviction and Judgement (God's Spirit discerns and divides good from evil.) **Isaiah 4:4; 28:6; John 16:8**

**SPIRIT OF CHRIST (JESUS CHRIST):** The Holy Spirit is Jesus' Own Spirit of Love Shared With the Father (Jesus has shared the Spirit of love with those who believe Him.) **Romans 8:9; I Peter 1:11; I John 1:3**

**SPIRIT OF GLORY:** The Spirit Always Gives Glory To Christ (Christ's life is what the Spirit focuses us on; shaping our lives into the glorious pattern of Christ.) **I Peter 4:14**

**SPIRIT OF GOD:** The Holy Spirit is the Spirit of the Triune God (God is Spirit and Truth.)

**Genesis 1:2; I Corinthians 2:11; Job 33:4; John 4:24**

**SPIRIT OF YAHWEH (SPIRIT OF THE LORD YAHWEH):** The Spirit Has The Sacred Name Of God-Yahweh (The Spirit can be called by the sacred name because He is God.)

**Isaiah 11:2; 61:1; Matthew 28:19**

**SPIRIT OF GRACE:** God's Spirit is a Merciful Spirit (We come to Know God's grace only when the Spirit opens our hearts and we receive God's grace through faith.)

**Zechariah 12:10; Hebrews 10:29**

**SPIRIT OF KNOWLEDGE:** The Spirit is the Spirit of clarity of mind (The Spirit does not lead to confusion but to true knowledge.)

**Isaiah 11:2; I Corinthians 14:33**

**SPIRIT OF LIFE:** The Holy Spirit is life-giving (Just as our biological life requires breath and breathing, we need God's Spirit, His breath to truly live.)

**Romans 8:2;**

**John 6:63; 14:6**

**SPIRIT OF THE LIVING GOD:** The Holy Spirit is the Spirit of the God of Life (The Spirit of God is living and the giver of life to us; the source of life to the world.)

**II Corinthians 3:3**

**SPIRIT OF PROPHECY:** It is the Holy Spirit who Inspires True Prophecy (Because the Spirit is the source of prophecy, He helps us understand God's word.)

**Revelation 19:10; II Timothy 3:16**

**SPIRIT OF REVELATION:** God's Spirit reveals His Truth (It is the work of the Spirit to reveal God and His truth to us.)

**Ephesians 1:17**

**SPIRIT OF THE FATHER:** The Holy Spirit is the Spirit of The Father Shared With Jesus (The Spirit of the Father and of Jesus has been sent to us by them.)

**Matthew 10:20**

**SPIRIT OF THE FEAR OF THE LORD:** The Spirit of Reverence Toward the Lord (The Holy Spirit inspires us to have an attitude of awe towards God and will always lead us to revere God.)

**Isaiah 11:2**

**SPIRIT OF THE LORD (GOD):** The Spirit is the Presence of the Lord (We are to worship and obey the Spirit as Lord.)

**Acts 5:9**

**SPIRIT OF THE SON:** The Spirit of Jesus, the Son, Whom He Shares With the Father (The loving spirit of the Son of God is now given to us; it draws us into fellowship that is between the Father and the Son.)

**Galatians 4:6**

**SPIRIT OF TRUTH:** The Holy Spirit is About Truth, Not Falsehood (The Spirit leads us to truth, not error.)

**John 14:17; 15:26**

**SPIRIT OF UNDERSTANDING:** The Spirit is Understanding Itself (Not merely technical knowledge, the Spirit comprehends and understands our needs and helps us understand.) **Isaiah 11:2; John 16:12-15**

**SPIRIT OF WISDOM:** The Holy Spirit is Wise (The Spirit is not merely intellectual, but personal as well: He is wise in the way he leads us.) **Isaiah 11:2; Ephesians 1:17; Proverbs**





## RESOURCES

**Spiritual Warfare:** Dr. David Jeremiah; Turning Point for God

**The Essentials of Prayer:** E. M. Bounds; Whitaker House Publishing

**Prayer:** John White; InterVarsity Press

**What Does The Bible Say About Patience:** Martin R. De Haan II;

RBC Ministries

**Bible Basics, Names of God & Other Bible Studies:** Rose Publishing

**GotQuestions.org**

**BibleGateway.com:** King James Version, Contemporary English Version,

New International Version

**Armed and Dangerous, Ephesians 6:11 Straight Answers From the Bible;**

Barbour Publishing, Inc.

**Quick Scripture Reference For Counseling:** John G. Kruis; Baker Academic

**Quick Scripture Reference For Counseling Women:** Patricia A. Miller;

Baker Book House, Co.