

**Multiply God's Grace by Dividing the Enemy's Territory... And By Mastering the Art of Prayer and Praise**

**Prayer...Your First Response; Not Your Last Resort!**

- ✓ Have you ever had a weak moment of faith?  
We really want to trust God....and we often pray words of faith, but our heart betrays us and it yields to our doubt and lack of faith.
- ✓ How do we gain more faith?  
**WE PRAY!**

*"Few subjects evoke a greater sense of guilt in the hearts of believers than when we begin to talk about prayer. We know that we ought to pray; we know that we need to pray; and yet, the vast majority of us know that we don't pray." Del Fehsenfeld*

*This lesson is not intended to heap guilt upon you. Rather, it is intended to encourage and challenge you to grow in faith, embracing prayer and its possibilities.*

- ✓ What are some of the obstacles you face in having a consistent and effective prayer life?
- ✓ Do you feel that you are worthy enough for the God of the Universe, the One who put the stars in place, the One who made it possible for us to be with Him, to converse with you on a daily basis?

**What the Bible teaches us about Prayer:**

*"Devote yourselves to prayer, being watchful and thankful. And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should. Be wise in the way you act toward outsiders; make the most of every opportunity." Colossians 4:2-5*

**Paul first encourages us to be consistent in prayer.**

**When he says, "devote yourself to prayer," the word devote means "to persist at."**

**It means, "to remain at something" or "to cling to something" or "to continually be available for something."**

- ✓ *What would it look like if you really devoted yourself to prayer on a daily basis?*

*Please share with us.*

- ✓ *What does it mean to be “watchful” in prayer?*
- ✓ *What does it mean to be “thankful” in prayer?*

**Hebrews 4:14-16**, “Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. <sup>15</sup> For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. <sup>16</sup> Let us then approach God’s throne of grace with confidence and boldness, so that we may receive mercy and find grace to help us in our time of need.”

- ✓ *Regarding prayer, how and why and when should we approach Christ, our great high priest?*
- ✓ *What do you think it means to approach God with “boldness.”?*

**As you look forward to tomorrow...and to growing in Christ, what are some of the “doors” in your life that need to be opened for healing...for restoration?**

- ✓ **The “door of time” opening in your schedule to participate more fully in praying for the needs of the church...the Bible Study class.**
- ✓ **The “door of courage” opening for you to invite a family member, Christian friend, or non-Christian neighbor to church...our class.**
- ✓ **The “door of trust” opening for you to take a step of faith and just give testimony of your faith in Christ.**
- ✓ **The “door of your heart” opening for you to become passionate about prayer.**
- ✓ **The “door of humble servanthood” opening for you to be more available to God during this important time of our lives.**

**Isaiah 40:31**, “...they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

**What do we learn from this?**

- **In God’s waiting room there are no chairs!**
- **Prayer warriors shall not sit and feel sorry.**  
**Note: In the Scripture above, when we wait...**
  - ✓ **we shall be renewed,**
  - ✓ **shall fly,**
  - ✓ **shall run,**
  - ✓ **shall walk...**
- **Prayer warriors don’t give up...they give in!**  
**Remembering...It takes time to make a mountain! It also takes time to make Mountain Movers!**

***I have learned through waiting in prayer that:***

- 1. God is not in a hurry...***
- 2. He has His time and place...***
- 3. Everything has its time to produce...***
- 4. Faith strengthens with use...***
- 5. Instant prayers do not mature us...***
- 6. Patience in most Christian's greatest need...***
- 7. Waiting is good training...***
- 8. I must have faith in God and not in my prayers!***

***Mark 11:22, "Have faith in God, Jesus answered."***

***During these moments...let us pray for a more committed life of prayer....and a more committed heart to see others:***

- Know Christ***
- Grow in Christ***

***Prayer is the key to it all....***

***Praise—A Spiritual and Scriptural Way to Honor God  
Prayer and Praise work together to bring about blessings  
and honor to the Our God.***

***"Praise and Prayer, Like a Straight Line, is the Shortest Distance Between A Born-Again Believer and His God!"***

### **Phrases and Praises Worth Repeating...**

- "Praise is an impenetrable defense before the enemy and an indefensible weapon in Spiritual Warfare."***
- "Praise is the most powerful tonic for a tired soul and greatest therapy for a heavy spirit."***
- "Praise is the Church's secret weapon against which the enemy has no defense and before which His ranks fall into confusion and disarray."***
- "Praise Douses Doubts and Waters Faith at the Same Time."***
- "Praise is a Powerful Disinfectant That Kills on Contact a Myriad of Germs Which are allowed to Proliferate in a Praiseless Atmosphere."***
- "Praise Crowns Obedience and Puts the Praiser Over into the Victory Column."***

- ***“While Praise is the Highest of Spiritual Exercise it is Something We Become Before it is Something We Do.”***
  - ***“Our Lives First Become Songs of Praise....Then Out of Our Lives Issue Meaningful Songs of Praise.”***
  - ***“Praise is a Decisive Down-Payment on and Plays the Greatest Role in Mental Health and Emotional Stability.”***
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## **Reasons for Lifting the Hands in Praise:**

### **1. Lifting the Hands is a Scriptural way of expressing thanks to God!**

*Psalm 63:3-4, “Your unfailing love is better than life itself; how I praise you! <sup>4</sup> I will praise you as long as I live, lifting up my hands to you in prayer.”*

### **2. Lifting The Hands is an appropriate way to Worship God in the Sanctuary.**

*Psalm 132:4, “Lift your hands toward the sanctuary, and praise the LORD.”*

### **3. It is God’s Will that We Worship in this Way.**

*1 Timothy 2:8, “In every place of worship, I want men to pray with holy hands lifted up to God, free from anger and controversy.”*

### **4. Lifting Hands is a Symbolic way of expressing Ascending Worship.**

*Psalm 141:2, “Accept my prayer as incense offered to you, and my upraised hands as an evening offering.”*

### **5. Lifting the hands is a way of expressing Spiritual Thirsting.**

*Psalm 143:6, “I lift my hands to you in prayer. I thirst for you as parched land thirsts for rain.”*

***“God is restoring Praise to His church and with it the graces that will make the Bride-elect both Bride-conscious and Bride-beautiful.” Jack Taylor***

*Note: Some passages and comments are from the book, The Hallelujah Factor, by Jack Taylor*