

you **matter.**

## Week #5: Your Prayers Matter

### Reasons we struggle with prayer:

1. I'm \_\_\_\_\_ with prayer.
2. My life is too full of \_\_\_\_\_.
3. I don't think prayer \_\_\_\_\_.

### Reasons our prayers matter:

- Prayer brings me into \_\_\_\_\_.

*Where can I go from your Spirit?*

*Where can I flee from your presence?*

*If I go up to the heavens, you are there;*

*if I make my bed in the depths, you are there.*

*If I rise on the wings of the dawn,*

*if I settle on the far side of the sea,*

*even there your hand will guide me,*

*your right hand will hold me fast.*

Psalm 139:7-10 (NIV)

- Prayer teaches me to recognize \_\_\_\_\_.

*My sheep know my voice, and I know them. They follow me...*

John 10:27 (CEV)

- Prayer connects me to \_\_\_\_\_.

*We live in the bold confidence that God hears our voices when we ask for things that fit His plan. And if we have no doubt that He hears our voices, we can be assured that He moves in response to our call.*

1 John 5:14-15 (VOICE)

### **How we P.R.A.Y.:**

- **P**\_\_\_\_\_.

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

Psalm 46:10 (NIV)

- **R**\_\_\_\_\_.

*Celebrate always, pray constantly, and give thanks to God no matter what circumstances you find yourself in.*

1 Thessalonians 5:16-18 (VOICE)

- **A**\_\_\_\_\_.

*Pray in the Spirit at all times with all kinds of prayers, asking for everything you need. ...*

Ephesians 6:18 (NCV)

- **Y**\_\_\_\_\_.

*Surrender your heart to God,  
turn to him in prayer,  
and give up your sins—  
even those you do in secret.  
Then you won't be ashamed;  
you will be confident  
and fearless.  
Your troubles will go away  
like water beneath a bridge,  
and your darkest night  
will be brighter than noon.  
You will rest safe and secure,*

*filled with hope  
and emptied of worry.*  
Job 11:13-18 (CEV)

### **Discussion Questions**

1. What does prayer mean to you? Do you have a regular prayer practice? What does that look like?
2. This week we were given a simple acrostic to help guide our prayer. Pause, Rejoice, Ask, Yield. Which of these are you more comfortable doing and which of these can you use more practice in? Think of and practice ways you can cultivate your ability to pause, rejoice, ask, and yield this week.
3. Whom can you pray with or for this week? How can we pray for you this week? Email us at [prayer@eastlake.church](mailto:prayer@eastlake.church).

### **Recommended Resources**

#### **Books:**

- *How to Pray: A Simple Guide for Normal People*, by Pete Greig
- *Prayer: Does it Make Any Difference?*, by Phillip Yancy

#### **Apps:**

- *Bible in One Year*
- *One Minute Pause*

#### **Websites:**

- [EastLake.church/prayer-and-fasting](http://EastLake.church/prayer-and-fasting)
- [Pray.com](http://Pray.com)

**NIV (New International Version)**  
**VOICE (The Voice)**

**CEV (Contemporary English Version)**  
**NCV (New Century Version)**

## Week #5: Your Prayers Matter - **FILL COPY**

### Reasons we struggle with prayer:

1. I'm **uncomfortable** with prayer.
2. My life is too full of **noise**.
3. I don't think prayer **works**.

### Reasons our prayers matter:

- Prayer brings me into **God's presence**.

*Where can I go from your Spirit?*

*Where can I flee from your presence?*

*If I go up to the heavens, you are there;*

*if I make my bed in the depths, you are there.*

*If I rise on the wings of the dawn,*

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*even there your hand will guide me,*

*your right hand will hold me fast.*

Psalm 139:7-10 (NIV)

- Prayer teaches me to recognize **God's voice**.

*My sheep know my voice, and I know them. They follow me,*

John 10:27 (CEV)

- Prayer connects me to **God's mission**.

*We live in the bold confidence that God hears our voices when we ask for things that fit His plan. And if we have no doubt that He hears our voices, we can be assured that He moves in response to our call.*

1 John 5:14-15 (VOICE)

### How we P.R.A.Y.:

- **Pause**.

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

Psalm 46:10 (NIV)

- **Rejoice**.

*Celebrate always, pray constantly, and give thanks to God no matter what circumstances you find yourself in.*

1 Thessalonians 5:16-18 (VOICE)

- **Ask.**

*Pray in the Spirit at all times with all kinds of prayers, asking for everything you need. ...*

Ephesians 6:18 (NCV)

- **Yield.**

*Surrender your heart to God,  
turn to him in prayer,  
and give up your sins—  
even those you do in secret.*

*Then you won't be ashamed;  
you will be confident  
and fearless.*

*Your troubles will go away  
like water beneath a bridge,  
and your darkest night  
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*You will rest safe and secure,  
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