



Word Notes: Sunday 22/09/19

Still Standing: the Real Battle

The Bible, the Word of God brings Truth and freedom to our lives yet comes with many challenges. One such challenge is not to be anxious about anything. This may seem like an impossible task with so many things going on in our lives, communities and the world yet the answer is to be found in the very same verse as the challenge – we should pray (Philippians 4:6). Pray on all occasions, in all kinds of ways, in the Spirit, for all the Lord's people and persevere. If you're starting out in prayer there are many examples in the Bible of people praying – here's just two: In Luke 11:1-13 Jesus responds to the disciples request of how to pray and by Acts 4:23-31 they've got the hang of it.

- 1) In 1 Thess 5:17 Paul says to "Pray continually".
  - a) What does that mean to you?
  - b) How do you work it out in your daily life?
- 2) Rounding off his instruction to put on the whole armour, Paul says to "...pray in the Spirit on all occasions with all kinds of prayers and requests", discuss:
  - a) What occasions are you used to praying in, and when do you hold back?
  - b) What is your "prayer range" – ie what kinds of prayers do you naturally flow in and what kinds less so? Could you widen your range, if so how?
  - c) Are your prayers limited to requests? How would you feel if your own kids simply asked for stuff?
- 3) Do you "pray in the Spirit"? What does that mean to you and could you grow?

Pray together to grow in your prayer lives in whatever way is appropriate. Pray for the Holy Spirit to fill those who either need a fresh infilling or a first-time baptism in the Spirit.