

# unplug!!

## Reflections on Significant Prayers in Scripture

### Ephesians 1:15-23

- Reflect on Paul's request for the Ephesians, especially vss. 17-19
- Spend some time thinking about God's power and authority described in vss. 19-23. Are these truths about God evident in your spiritual life?
- Pray for God's power and authority to be manifested in your life and our church.

### Ephesians 3:14-21

- Paul prays for the Ephesians to grow in their awareness of the love of God.
- How full is your sense of God's love? Are you "rooted and established in love"?
- What will help you to experience God's love and power more fully?
- Pray for your life to overflow the love of God.

### Matthew 6:5-15

- List the principles of prayer Jesus emphasizes in His model prayer. Which of the principles do you practice? Which do you neglect?
- Pray for God's kingdom to come, for His will to be done. Ask God to show you areas to surrender to Him.

### Mark 14:32-36

- Jesus turns to God in a place of great darkness and oppression.
- Where do you turn in the hard times of life?
- Is there a hard time in your life where you need to pray, "Not my will, but your will be done?" If so, give that area to God.

### John 17:1-26

- 1-5-Jesus opens with focus on God being glorified through his redemptive work. Think about what eternal life means to you. Spend some time thanking God for your life in Him.
- 6-19-Notice the requests Jesus makes for His followers. Are any of these requests appropriate for you to pray on behalf of those close to you? If so, pray.
- 20-26-Jesus prays for unity among His followers. Ask God where you contribute or distract from unity. Ask God to help you bring harmony.

### Acts 4:23-31

- After the release of Peter and John, the believers spent the majority of their prayers praising God for His past faithfulness before they brought their requests. Do you spend adequate time in praise and thanksgiving?
- Spend some time reflecting on God's faithfulness in your experience. Turn those reflections into specific prayers of thanksgiving.

### Other Amazing Prayers in the Bible (look for lessons about God or encouragement for us):

Psalms 86 (A Prayer of David); Daniel 9:1-23 (Daniel's humble seeking after God); 2 Chronicles 6:12-7:3 (Solomon's dedication of the temple); 1 Samuel 2:1-11 (Hannah's praise); Luke 1:46-55 (The Magnificat of Mary); Luke 1:67-79 (Zechariah's song of praise); 1 Kings 18:36-37 (Elijah and the Prophets of Baal)

## Unplug From Worry, Fear and Stress ... and Plug into God's Presence

### The Prayer of the Desperate:

- Matthew 15:21-Leaving that place, Jesus withdrew to the region of Tyre and Sidon.
- 22-A Canaanite woman from that vicinity came to him, crying out, "Lord, Son of David, have mercy on me! My daughter is suffering terribly from demon-possession."
- 23-Jesus did not answer a word. So his disciples came to him and urged him, "Send her away, for she keeps crying out after us."
- 24-He answered, "I was sent only to the lost sheep of Israel."
- 25-The woman came and knelt before him. "**Lord, help me!**" she said.
- 26-He replied, "It is not right to take the children's bread and toss it to their dogs."
- 27-"Yes, Lord," she said, "but even the dogs eat the crumbs that fall from their masters' table."
- 28-Then Jesus answered, "Woman, you have great faith! Your request is granted." And her daughter was healed from that very hour.

### The Prayer of the Fallen:

- Matthew 14:27-But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."
- 28-"Lord, if it's you," Peter replied, "tell me to come to you on the water."
- 29-"Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus.
- 30-But when he saw the wind, he was afraid and, beginning to sink, cried out, "**Lord, save me!**"
- 31-Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"
- 32-And when they climbed into the boat, the wind died down.
- 33-Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

### The Prayer of the Broken:

- Job 34:32- "**Teach me what I cannot see**; if I have done wrong, I will not do so again."
- Psalms 25:4-Show me your ways, O Lord, teach me your paths;
- Psalms 86:11-Teach me your way, O Lord, and I will walk in your truth; give me an undivided heart, that I may fear your name.

### The Prayer of the Struggling:

- Mark 9:20-So they brought him. When the spirit saw Jesus, it immediately threw the boy into a convulsion. He fell to the ground and rolled around, foaming at the mouth.
- 21-Jesus asked the boy's father, "How long has he been like this?" "From childhood," he answered.
- 22-"It has often thrown him into fire or water to kill him. But if you can do anything, take pity on us and help us."
- 23-"If you can?" said Jesus. "Everything is possible for him who believes."
- 24-Immediately the boy's father exclaimed, "**I do believe; help me overcome my unbelief!**"
- 25-When Jesus saw that a crowd was running to the scene, he rebuked the evil spirit. "You deaf and mute spirit," he said, "I command you, come out of him and never enter him again."
- 26-The spirit shrieked, convulsed him violently and came out. The boy looked so much like a corpse that many said, "He's dead."
- 27-But Jesus took him by the hand and lifted him to his feet, and he stood up.

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