



## Week 14 | Praying With Faith Exercises

### Exercise 1 - Considering Scripture

*To pray in faith means that I believe God can and I believe God will insofar as it's consistent with His glory, because God is good.* - Jerry Bridges

Begin your time by becoming comfortable, still and quiet before the Lord. Pray and ask Jesus to open your heart to hearing his message to you today. Ask that the eyes of your heart would be opened to the truth in God's word and that your faith would be strengthened in this time with Him.

Read through the following scriptures slowly, pausing between each one to listen:

*Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.* - Mark 11:24

*I call on you, my God, for you will answer me; turn your ear to me and hear my prayer.* - Psalm 17:6 (NIV)

*Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.* - Philippians 4:6

*Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.* - Hebrews 4:16

*This is the confidence which we have before Him, that, if we ask anything according to His will, He hears us. And if we know that He hears us in whatever we ask, we know that we have the requests which we have asked from Him. - 1 John 5:14-15*

**What do these scriptures say to you about our prayers to God and His response to us?**

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**Do you find this easy or difficult to believe?**

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**How do your daily prayers reflect this faith?**

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**What might God's invitation be to you today- to believe? To do? To be?**

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### **Exercise 2 - Excitement and Fear**

*The earnest prayer of a righteous person has great power and produces wonderful results. - James 5:16 (NLT)*

As you think about praying with faith, consider:

**What excites you about the idea of praying with faith?**

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**Have you ever seen a prayer that God used to produce "wonderful results"?**



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**How do the following things affect you when praying: fear, self-consciousness, feeling that you “don’t have enough faith,” other?**

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**How do you think the Holy Spirit wants to meet you in these fears or inadequacies?**

### **Exercise 3 - Learning to Pray with Faith**

*And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer." -Mark 9:28-29*

Begin to consider: **What would I like to see God do around me? What is something that only He could do?** It might be a breakthrough from a stronghold, healing for someone, or for someone to come to know Jesus. Whatever it is, pray that He would mold your will together with His (1 John 5:14-15).

Begin to pray, in Jesus’ name, for this request. Rest in the fact that it is not the size or strength of your faith that accomplishes anything (Matthew 17:20); it is only the power of God.

See today’s exercise as just that--an exercise--a sort of practice or experiment. As you continue to pray, notice how God changes your heart toward this request. Pay attention to ways that you see God move and how you see Him calling you work with Him.

*It is not the strength of your faith but the object of your faith that actually saves you. Strong faith in a weak branch is fatally inferior to weak faith in a strong branch. - Tim Keller*

