

FOUNDATIONS IN PRAYER

SESSION ONE DOES PRAYER REALLY WORK?

It's a question that we all wonder about at some point in our Christian lives. Sometimes it seems like God is silent and the answers to our prayers never come. But the bible teaches that prayer is effective, and that God wants to partner with us to change the world through prayer.

Ephesians 6:12 says that in our struggles in the world, our enemy is not flesh and blood, but rather rulers, authorities and cosmic powers in the present darkness, and the spiritual forces of evil in the heavenly places. Therefore our weapons are spiritual, not material. Amongst the other armour and weaponry that Paul then commended to his readers, he instructed them to pray at all times in the spirit, to keep alert and keep praying for all God's people, and to pray for him so that he could continue to boldly declare the gospel. Prayer then is a key weapon in the spiritual battle.

The effectiveness of prayer is illustrated in the story of Moses in the battle with the Amalekites. In this story the raising of Moses' hands is a symbol of prayer. This was a posture that was commonly used in the Old Testament for prayer...

{notes}

[illegible]

QUESTIONS

Read: Exodus 17:9-13

1. What was the most important part of Moses' battle strategy?
2. How much impact did Moses' prayer have on the battle? What was the determining factor in the winning of the battle?
3. How often do you tire during prayer? What strategy does this story present for persevering in prayer when tired?
4. How often do you think about your need for others in the context of prayer? Does praying with others make it harder or easier for you to pray?
5. How can you hold up the arms of others while they pray? How can you support others in persevering in prayer?
6. What could other people do to support you in persevering in prayer? How can they hold up your arms?