



1 Thess. 5:16-18 Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Joshua 1: 6-9 Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.

“Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I

not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

2 Timothy 1:7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

1 Corinthians 16:13 13 Be on your guard; stand firm in the faith; be courageous; be strong.

Acts 4:13 When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus.

Icebreaker: Does it surprise you that 94% of American adults have prayed in the last 6 months? Why or why not?

Dave's Personal Prayer Journey

History of earnest deep prayers

1. When in your life have you prayed the hardest (with the most earnestness)?
2. Dave said when all we can do is groan in prayer, he believes the Holy Spirit of God takes our groaning and interprets it for God. Have you ever had a prayer where all you could do was groan?

Daily efforts to pray

- ACTS Prayer (Adoration, Confession, Thanksgiving, Supplication)
 - On my Knees
 - Written Prayers
 - Running or Walking
 - Prayer List
 - Prayers of others
 - Surrender with Hands
3. Where do you most identify with Dave's journey of praying? Why do you think Dave strongly encouraged everyone to write down their own prayer journey?
 4. What are some things you've tried to do in your journey with regular praying?
 5. What is currently your most helpful way to pray?
 6. Dave made a special effort to affirm everyone in every way they pray because, "Prayers are powerful only because they are heard by almighty God." When you think about your prayers, what feelings or thoughts come to your mind?

Challenge: Consider this prayer, "God please give me courage..... Name a few ways you would finish this prayer? What might God be asking you to have courage for?"

