

THE SCHOOL OF PRAYER

**THE PRAYER CHALLENGE**

*Philippians 4:4-7      Jeff Schreve*

*Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Philippians 4:6*

**Do you want to take your prayer life to a new level?**

**1. Replace worry with prayer.**

- A. Worry about nothing.
- B. Pray about everything.

**2. Replace pitiful praying with powerful praying.**

- A. Remember that the Lord is near.
- B. Recognize that there is a simple way to pray – A.C.T.S.
  - A is for adoration.
  - C is for confession.
  - T is for thanksgiving.
  - S is for supplication.

**3. Replace procrastination with action.**

- A. Take the 7-5-2 prayer challenge.
- B. See God respond just like He promises.

# THE 7-5-2 PRAYER CHALLENGE

## **I will make prayer a priority in my home:**

- 7 -- I will pray 7 days a week for my family.
- 5 -- I will pray 5 days a week with my family.
- 2 -- I will pray 2 days a week with my spouse.

## **Why are we to pray at home?**

- It creates a stronger marriage and family.
- It creates an environment for God to work in your home.
- It helps ease tension and bring peace.

## **When are we to pray at home?**

- Pray at mealtime.
- Pray at bedtime.
- Pray at drive time.
- Pray at troubled time.

## **How are we to pray at home?**

- Silent Prayers:** Join hands and pray silently.
- Sentence Prayers:** Pray around the table in just a sentence.
- High/Low Prayers:** Share highs and lows of the day and thank God for the highs and ask help for the lows.

### **Fill-in-the-Blank Prayers:**

- God, I love you because \_\_\_\_\_
- God, I thank you for \_\_\_\_\_
- God, please help me with \_\_\_\_\_
- God, I'm sorry for \_\_\_\_\_

## **Are you willing to take the challenge?**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_