

## The Power of Prayer

### **Ready:**

“Devote yourselves to prayer; stay alert in it with thanksgiving. At the same time, pray also for us that God may open a door to us for the word, to speak the mystery of Christ, for which I am in chains, so that I may make it known as I should.” – Colossians 4:2-4

### **Set**

Who or what are you devoted to? The definition of devotion is “love, loyalty, or enthusiasm for a person, activity, or cause.”

Your sport will probably make that list if you are an athlete or coach. If you were not devoted to your sport, there wouldn't be much motivation to grow and improve. Many of us are devoted to a professional sports team we have followed all our lives. We buy jerseys and merchandise; we plan weekends to go to games and watch parties. It's hard to imagine not watching a game for the most dedicated fan.

In Colossians, Paul encourages us to have an even higher level of devotion and thanksgiving regarding our prayer life. Prayer can feel awkward and difficult when we start, but as we grow, so should our desire to engage in conversation with our Father.

Prayer is powerful, but most of us never use it to its full potential. We reserve it to meals, church, and as we fall asleep at night. Paul knew that the power of prayer was the only way that He could share the Gospel with unbelievers. When we pray for the Spirit to move and open doors, we invite God to lead and for us to follow. In its simplest form, prayer is enjoying time in God's presence and thanking Him for all He does for us, bringing requests before Him, and asking Him to show us the way and open doors for us to be lights for His Kingdom.

If we are not devoted to prayer, we lack that time with our Father. If we choose not to participate in prayer, we cannot get upset that we feel distant or far from God. We have an open connection to Him; we must choose to use it.

### **Go**

- Do you enjoy praying? Why or why not?
- Can you remember when you prayed and heard from God as a result?
- Why is it important to stay alert while praying?

### **Workout**

Jeremiah 33:3

Philippians 4:6

## **Overtime**

“Abba Father, thank You for this amazing avenue to speak and connect with You. Forgive us that we take prayer for granted. Convict us when prayer becomes a sidelined activity and help us make it a priority each day. Teach us how to pray and show us what to pray for. Help us know that You listen to our prayers and are always moving. Amen.”



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