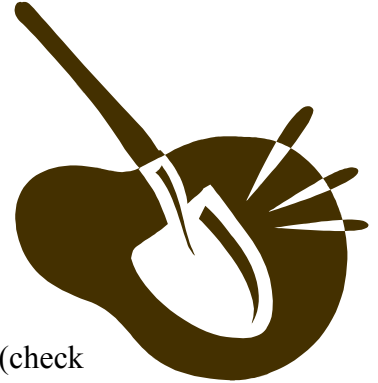


DIGGING DEEPER

Series: A Call to Arms
Sermon: **The Ability-Prayer**
Scripture: Ephesians 6:18-20; Selected Scriptures



GETTING STARTED

Which of the following statements mirrors your own attitude about prayer? (check as many as apply.)

- I don't know how to pray.
- I don't know what to pray for.
- I feel funny praying—like I'm talking to myself.
- I question the effectiveness of prayer.
- I don't seem to have a very powerful prayer life.
- I don't have time to pray.
- My mind wanders when I pray.
- My prayer life isn't perfect, but I think it is strong overall.
- Other:

BIBLE STUDY

1. According to Ephesians 6:18, when is it appropriate to pray?
2. In Sunday's message, Pastor Paul drew a contrast between prayer as an act and being in a "state of prayer". What does that mean? What is the distinction?
3. In Ephesians 6:18, we are told to remain "alert" as a part of our prayer life. What does this mean, and why are we commanded to be alert?
4. As a group, come up with a one sentence prayer for each of the pieces of armor that could be helpful to you in employing that piece of armor effectively against Satan.

The Belt of Truth: _____

The Breastplate of Righteousness: _____

The Gospel of Peace: _____

The Sword of the Spirit: _____

The Helmet of Salvation: _____

The Shield of Faith: _____

APPLY IT

Which of the following could help you to develop a more disciplined prayer life? What else can you think of that would help?

- _____ Set aside a regular time each day to pray.
- _____ Write down prayer requests, and use that list when I pray.
- _____ Have someone hold me accountable for my prayer life.
- _____ Use time when I am usually alone (e.g. driving to work) to pray.
- _____ Other: