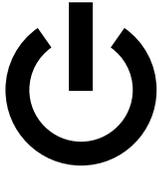


Title: How the Gospel Ignites our Prayer Lives

Speaker: Courtney Cherest

Key Verses: Matt. 7:7-11; John 10:10: 15:1-16; Romans 8:32; 10:9-13; 2 Cor. 5:21

Summary: A better prayer life starts with bigger belief in the true Gospel.



Power Up: Take a moment to prepare

Courtney provides a personal **prayer assessment** at the beginning of her talk. Read her questions listed on the next page. How's your prayer life?



Replay: Take some time to watch

Note Courtney's four points: **1)** The gospel is our catalyst for prayer. **2)** The gospel is our comfort in prayer; **3)** The gospel is our confidence in prayer; **4)** The gospel gives us our completeness for prayer.



Comment: Take some time to talk

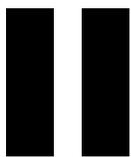
Courtney solicits prayer definitions from students before reading a definition from Timothy Keller. ***What is the essence of prayer?***

Courtney challenges a narrow definition of the Gospel, applied only to the moment of salvation. She sees it as a daily truth for every believer. ***How would you define the Gospel? Why "preach it daily" to ourselves?***

Courtney says, "Prayer is fellowship with the most gracious, joyful, magnificent being – I think that will affect our mood!" ***When have you experienced the comfort and joy of prayer in times of pain or loss?***

Consider the typical content in your prayers. ***What level of confidence do you reflect? Are you "eating the buffet" or boring God?*** Explain.

Courtney explains a weak prayer life "is not a time or energy thing; it's a belief thing." ***What false beliefs about God do you need to replace?***



Pause: Take a moment to pray

Ask God for a better prayer life. Tell Him you want to want Him more. Ask for His joy, presence, favor, pleasure, fruit and the rest of the buffet.



Take Action: Take a step forward

Prayer happens when we prioritize it. Make a point to set aside five minutes, undistracted (i.e. NO phone) at the beginning and end of each day to talk with God. Use Jesus' prayer as a launching point (Matthew 6:9-13). A prayer journal or prayer partner may help you stay consistent.

Bonus Features | Additional Notes and Quotes from Courtney Cherest

Power Track Summary: Prayer. It's arguably the most basic and fundamental of all Christian disciplines. It's also one of the greatest, weightiest, and most sacred privileges of the child of God. In the New Testament, we read about the early Christians praying boldly, powerfully, and effectively. So the question is: why are so many of our prayer lives weak, timid, ineffective, passionless, obligatory, powerless, or just straight BORING? Many of us need encouragement and improvement in this all-important practice, just like Jesus' first disciples who said, "Lord teach us to pray" (Luke 11:1).

About the Speaker: Courtney Cherest, worship leader, teacher speaker - **one19ministries**

Student Definition of Prayer

"Communication with the Lord... intimate, two-way conversation with God."

Definition of prayer (Timothy Keller, *Prayer*, excerpts from pp. 45-52)... "a personal communicative response to the knowledge of God... Through the Word and Spirit, prayer becomes answering God—a full conversation. All prayer is responding to God. In all situations, God is the initiator. Hearing always precedes our asking... Prayer is continuing the conversation. Continuing a conversation that God started with his word and grace..."

Prayer Survey Questions:

1. How often do you pray and how long?
2. Do you have a regular time set and planned for it?
3. Why do you pray? What are the typical circumstances?
4. How expectant are you to see answers to those prayers?
5. How often do you see them answered?
6. Is prayer boring you? Is it hard to focus?
7. How often do you pray with others? (And do you take initiative?)
8. What is your comfort level (1-10) in regards to praying aloud (big and small groups)?
9. Does your speech change when you start praying?
10. How long have you been a follower of Christ?

Prayer is our birthright → Jesus is Lord (Romans 10:9-13) is our primal response to God.

"The Bible is a buffet table of promises from God... Favor (Psalm 119), presence (John 14), pleasure (Psalm 16:11), joy (John 10:10), fruit (John 15)"

"God will give you more of himself because there's an infinite amount of himself."

Does God ever say, "I'm bored with your prayers"? "

"[Lack of prayer] is not a time or energy thing. It is a belief thing. If you really believe the creator of the heavens and earth is sitting on the throne because he's the king, you would ask.

"Prayer is never going to be the thing that earns us points with God. Jesus already earned them and he gave them to us."