

**A Powerful Prayer Life**  
Discussion Notes | July 20, 2025

1. Who's someone in your life you consider a strong prayer warrior and what kind of fruit or impact have you seen come from their prayers or their walk with God?

A powerful prayer life begins with aligning our prayers to God's will, trusting that He hears us when we pray according to His purpose. God often reveals His will through deep conviction or godly desires as we walk closely with Him. Rather than giving us all the details at once, God calls us to walk by faith, trusting the Instructor more than the information. Our faith is key—believing in prayer opens the door for God to move, and often, heaven responds after we take a step of obedience. In every situation, no matter how impossible it seems, God is present, powerful, and will make a way.

**Read Matthew 26:36-44**

*"Then Jesus went with them to a place called Gethsemane, and he said to his disciples, 'Sit here, while I go over there and pray.' And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, 'My soul is very sorrowful, even to death; remain here, and watch with me.' And going a little farther he fell on his face and prayed, saying, 'My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.' And he came to the disciples and found them sleeping. And he said to Peter, 'So, could you not watch with me one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.' Again, for the second time, he went away and prayed, 'My Father, if this cannot pass unless I drink it, your will be done.' And again he came and found them sleeping, for their eyes were heavy. So, leaving them again, he went away and prayed for the third time, saying the same words again."*

In the Garden of Gethsemane, we see one of the most powerful moments of surrender in all of Scripture. Jesus, fully aware of the suffering ahead, poured out His heart in agony—yet ultimately chose the Father's will over His own. While His closest friends couldn't even stay awake, Jesus modeled what it means to pray honestly, wrestle deeply, and still surrender completely.

2. How did the story of Jesus in Gethsemane affect your view of surrender?

**Read Exodus 17:9-13**

*"So Moses said to Joshua, 'Choose for us men, and go out and fight with Amalek. Tomorrow I will stand on the top of the hill with the staff of God in my hand.' So Joshua did as Moses told him, and fought with Amalek, while Moses, Aaron, and Hur went up to the top of the hill. Whenever Moses held up his hand, Israel prevailed, and whenever he lowered his hand, Amalek prevailed. But Moses' hands grew weary, so they took a stone and put it under him, and he sat on it, while Aaron and Hur held up his hands, one on one side, and the other on the other side. So his hands were steady until the going down of the sun. And Joshua overwhelmed Amalek and his people with the sword."*

In Exodus 17, Israel is in their first battle after leaving Egypt, and victory doesn't come just through fighting—but through faith and obedience. As Moses lifts his hands in dependence on God, Israel prevails, but when he lowers them, the enemy gains ground. This powerful image shows how our spiritual posture—our trust, prayer, and perseverance—matters deeply, and how we often need others to come alongside us to help us keep going when we grow weary.

3. What might be a “Moses moment” in your life where you need to keep your hands raised?

### **Read Mark 11:22-24**

*“And Jesus answered them, ‘Have faith in God. Truly, I say to you, whoever says to this mountain, ‘Be taken up and thrown into the sea,’ and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.’”*

All throughout Scripture, we see a consistent thread: prayer is not just about speaking words—it's about believing the One we're speaking to. Jesus often emphasized that faith is the key to seeing prayers answered, saying things like, *“Whatever you ask in prayer, believe that you have received it, and it will be yours”* (Mark 11:24). Even in the Old Testament, stories like Joshua commanding the sun to stand still or Elijah calling down fire from heaven reveal bold, faith-filled prayers that trusted in God's power. Yet, for many of us, believing in what we're praying for can be the hardest part. We doubt, hesitate, or feel unsure—especially when we don't see immediate answers.

4. What doubts do you wrestle with when it comes to prayer or God's willingness to respond?

### **Read John 15:4-5**

*“Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”*

We often seek information, answers, and solutions, but God desires intimacy with us first. It's in that close, abiding relationship that is rooted in trust and surrender that our prayers align with His heart and true transformation begins. When we prioritize intimacy over information, we discover the power and peace that come from walking closely with our faithful God.

5. How can you deepen your trust in God when you don't have all the answers?

### **Closing/Prayer**

- Pray for a deeper intimacy and trust in God's will.
- Pray for perseverance and strength to keep praying faithfully.
- Pray for a heart that surrenders honestly and fully to God.