

# 10 ESSENTIALS FOR MEN

Spirit | Week Nine

## 9. PRAYER

### Thought

We live in a world of constant connectivity. Think back to the last time you worked diligently on a task or project and noticed only twenty percent battery remaining on your device. What do you do? Most of the time, we would immediately locate a charger. The same thing can happen in our lives as we look at our to-do lists, appointments, and responsibilities. We quickly find that we are running out of the power we need to finish the task at hand. How might things be different if you knew an unlimited power source was available? Ephesians 3:20 shows us that we can connect to “him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.” In this verse, we see that the power of prayer connects us to God’s power.

### Scripture

*“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”*

— 1 Thessalonians 5:16-18 NIV

### Discussion Questions:

- Do you believe God is genuinely concerned with every part of your daily life? Explain why you think so.
- Do you believe you can bring every part of your life to Him in prayer? Why or why not?
- Jesus gave us an example of prayer in our lives by having a specific time, place, and plan for prayer. How could you incorporate each of these into your daily life to create your own plan for prayer?

### Action Step

Commit to intentionally living in the power of God each day by dedicating time to prayer. (There are excellent resources to help you accomplish this on the Pray First App, including many outlines to guide you through your own time in prayer.)



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