

Refresh Your Prayer Life
Session 1: The Secret Reasons We Don't Pray (And How to Overcome Them)
Rachel Jones – Keswick Week 2 2021

Discuss/reflect:

What are the secret reasons that you don't pray? (Or, what holds you back from praying as much or as meaningfully as you think you should?)

SECRET REASON 1:

¹³Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. ¹⁴Is anyone among you ill? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. ¹⁵And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. ¹⁶Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

¹⁷Elijah was a human being, even as we are. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. ¹⁸Again he prayed, and the heavens gave rain, and the earth produced its crops. (James 5 v 13-18)

Maybe try...

- *Keeping a prayer journal – prayer requests and thing you're grateful for*
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Discuss together: How have you seen God answer your prayer in real and tangible ways in the past?

Reflect on your own: What one thing do you want to ask God to do for you? (That perhaps you've avoided asking because you don't think he'll answer.)

SECRET REASON 2:

¹⁴For those who are led by the Spirit of God are the children of God. ¹⁵The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, 'Abba, Father.' ¹⁶The Spirit himself testifies with our spirit that we are God's children. ... ²⁶In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. ²⁷And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

(Romans 8 v 14-16, 26-17)

Maybe try...

- *Going outside, enjoying creation*
- *Hymns and songs*
- *Just keep talking!*
- *Dwell App*
-

Pray/reflect: a few moments to cry out to our Father in the power of the Spirit

SECRET REASON 3:

Maybe try...

- *Fasting*
-

Discuss/reflect: In what areas do you tend to default to self-sufficiency, and how does this show itself?

SECRET REASON 4:

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled round your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.

¹⁸ **And pray** in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. ¹⁹ Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should. (Ephesians 6 v 12-20)

Maybe try...

- *Mix it up!*
 - *Change location, time of day, body position*
 - *Write it down/out loud/while walking*
 - *Type of Scripture you're reading*
 - *Written prayers or devotionals*