

Refresh Your Prayer Life
Session 2: Overcoming Common Ruts and Roadblocks
Rachel Jones – Keswick Week 2 2021

Ruts	Roadblocks	

PRAYER POINTS:

1 SING!

"Sing to the LORD a new song ... Proclaim his salvation day after day. Declare his glory among the nations, his marvellous deeds among all peoples" (v 1-3).

Give thanks to God for his salvation through Jesus Christ. Praise him for his "marvellous deeds"—both those recorded in the pages of the Bible and those that have played out in your own life. Pray that your times of sung worship at church on Sunday would be a heartfelt response to God's "marvellous deeds".

2 THE ONLY GOD

"Great is the LORD and most worthy of praise; he is to be feared above all gods. For all the gods of the nations are idols..." (v 4-5).

Human beings can't help but worship—yet often the possessions, relationships or roles we have (or want to have) become our idols. We prize them as more worthy of our time, attention, praise, love or fear than the Lord. What idols are you worshipping? Repent of them before God.

3 ALMIGHTY CREATOR

"The LORD made the heavens" (v 5).

Thank God for all the good things he has made that you can see out of your window (even if you have to look hard to see the beauty!). Pray that living in God's created world would lead you to greater worship of its Creator.

4 HOLY LORD

"Worship the LORD in the splendour of his holiness; tremble before him, all the earth" (v 9).

God is completely other than us, blistering in his holiness and purity. Thank him for the miracle that, through Christ, you are able to approach him personally. Yet this shouldn't mean we approach him casually—ask God to give you deeper appreciation of his holiness and a greater reverence towards him.

5 RIGHTEOUS JUDGE

"Let all creation rejoice before the LORD, for he comes, he comes to judge the earth. He will judge the world in righteousness and the people in his faithfulness" (v 13).

God is coming to put the world to right—rejoice in that truth now. Thank him that we no longer need to fear his judgment because Christ has faced it on our behalf. Pray that this truth would lead you to live a life of grateful worship as you wait for his coming.



PRAYING THAT I WOULD BE A

MAN OR
WOMAN OF
PRAYER

PRAYER POINTS:

1

4

2

5

3