

Overview

Prayer is not a monologue where we repeat the same thing every time, and it becomes vain repetition. It is a communicative model set by Christ himself when he taught his disciples to pray, according to **Matthew 6:5-15**, it was proven very early in the beginning that prayer is a communal and intentional act of seeking the presence of God, as **Genesis 4:26** describe, it also creates a bond between us and the Almighty God. This 13-week series were designed to stretch and strengthen the communal intention laid by the scriptures where we are guided to follow. We will begin with **“The Art of Listening”** and **“The Rhythm of Prayer”**, reminding us that prayer is a dialogue, not just a list of requests, but by finding a sustainable pattern to helps us stay anchored our faith when life gets tougher. From there, we will be able to understand and see the real struggles many **Saints** face and must confront it through prayer: **“Prayer in the Midst of Apathy”** speaks to spiritual weakness, while **“The Dark Nights of Prayer and Fasting”** equips us for seasons of spiritual warfare. These lessons speak to the proper tool to be use for the times ahead, even when prayer feels so hard to do, if we pursue the result will be victorious because God, even in quiet moments is always present, to help, to deliver and to give us strength as we become more resilience to sin and able to fight all battles through Christ that strengthen us. **Philippians 4:13**

These series were design to widens our knowledge of what prayer look like and is able to do. **“The Geography of Prayer”**, **“The Forgotten Posture of Prayer”**, and **“Praying with Purpose”** and **“Praying Without Ceasing”** invite us to engage Almighty God with our whole being – whether we are standing,

kneeling, sitting or whatever the case may be we seek Him. **“Prayer and the Mundane State”** that shows the lack and no interest not wanting to be in the presence of God’s. We must ensure that we create an enabling environment to communion with the Lord at all times. We will also explore **“The Prayer of Relinquishment”** - the freeing act of letting go of guilt and sin. **“Praying Against the Enemies Will and his Strong Hole”**, that we may be able to navigate the difficulties set by the devil with a transformative mind to intercede for those who’ve hurt us. and for us to remain obedient to our Lord and Savior **Jesus Christ**.

It goes deeper still, we will look into the inward and outward of, **“Prayer and the Subconscious Mind”** helps us to understand how God speaks and heals us where most of the times we don’t always understand what really happened, while **“The Legacy of Prayer”** challenges us to consider how our current prayer life shapes the faith of those who come after us. Together, these topics dismantle the idea that prayer is only for “spiritual giants” or perfect moments. Prayer is the only established communication medium between God the Almighty and his Saints where Christ is in the middle interceding on our behalf, this describes a practice of constant making up with the Father Elohim, the Son Yahshua and his people the Saints. This reveal prayer as human, honesty, embodied with a powerful practice of courage and faith that grows with us.

Brethren, if you’ve ever felt stuck, dry, distracted, or unsure in your prayer life, this series is for you. Each lesson builds not just knowledge, but practice; helping us move from ritual to relationship, from routine to intimacy with Christ. As we study, we’ll grow in

resilience, compassion, creativity, and surrendering all to Jesus. Then we become the believer whose lives reflect Christ the One we must speak to many times daily. Come ready to listen, learn, and to be changed. The Lord is inviting us deeper, and these 13 lessons are the doorway.



July 4, 2026

The Art of Listening: Prayer as a Dialogue

Scripture Reading: 1 Kings 19:9-18

Memory Verse: "Therefore Eli said unto Samuel, Go, lie down: and it shall be, if he call thee, that thou shalt say, Speak, LORD; for thy servant heareth. So Samuel went and lay down in his place." **(1 Samuel 3:9kjv)**

Introduction: In the hustle and bustle of our daily lives, it's easy to get caught up in our own agendas and forget that prayer is a dialogue, not a monologue. We often approach prayer as a time to tell God everything we need and want, without taking the time to listen to His gentle whispering voice. True prayer involves both speaking and listening, in 1 Kings 19, we see Elijah having a profound encounter with God, not in the wind, earthquake, or fire, but in a gentle whisper. This passage reminds us that God often speaks in subtle ways, and we must be attentive to His voice. As we explore the art of listening in prayer, let's ask ourselves: ***are we truly listening to God's voice, or are we just talking?***

In the Bible, we see many examples of God speaking to His people, often in unexpected ways. Samuel heard God's voice but initially didn't recognize it (1 Samuel

3:1-10). The disciples heard God's voice at Jesus' baptism, and it changed everything (Matthew 3:16-17). As we study this lesson, let's ask God to help us cultivate a listening ear, that we may hear His voice and follow and do his will.

Questions:

1. What did God say to Elijah when he was hiding in the cave? (**1 Kings 19:9, Exodus 33:21-23, Psalm 139:7-12**).
2. How did Elijah respond to God's question, "What are you doing here?" (**1 Kings 19:10, Nehemiah 9:26-31, James 5:16-18**).

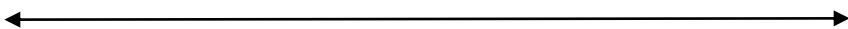
Note: *As we explore Elijah's experience, notice how God doesn't rebuke him for his emotions or frustrations. Instead, God listens and responds with compassion. This teaches us that God is a loving Father who wants to hear our cries, even when we're struggling.*

3. What was the significance of the wind, earthquake, and fire in Elijah's experience? (**1 Kings 19:11-12, Psalm 29:3-9, Hebrews 12:18-29**)
4. How did God reveal Himself to Elijah in the cave? (**1 Kings 19:12-13, Exodus 33:18-23, John 1:18**)

Note: *The Hebrew word for "gentle whisper" (1 Kings 19:12) is "kol demamah dakkah," which means "a still, small voice." This phrase suggests a quiet, intimate conversation, emphasizing God's desire for a personal relationship with us.*

5. What was Elijah's response to God's gentle whisper?
(**1 Kings 19:13, Psalm 130:5-6, Isaiah 40:31**)
6. What can we learn from Elijah's experience about listening to God's voice? (**1 Kings 19:18, Psalm 46:10, Proverbs 8:34-35**)

Conclusion: As we conclude this lesson, let's remember that prayer is a dialogue, not a monologue. God speaks in subtle ways, often in a gentle whispering voice, in order for us to hear God, we must first learn to obey and do his will. Only then are we able to listen and be attentive to His commanding voice and to His leading. Let us make listening to the voice of God a priority in our prayer life, trusting that God has something precious to say to us. May we apply our faith and respond like Samuel, "Speak, Lord, for your servant heareth." **1Sam. 3:10**



July 11, 2026

**Prayer in the Midst of Apathy: When You
Don't Feel Like Praying**

Scripture Reading: Psalm 63:1-11

Memory Verse: "O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee
ina dry and thirsty land, where no water is."

(**Psalm 63:1kju**)

Introduction: Have you ever gone through a spiritual dry spell, where praying feels like a chore rather than a delight? Perhaps you've experienced times when God's presence seemed distant, and your prayers felt like they were hitting a brick wall. You're not alone. Even the great psalmist David experienced moments of spiritual dryness, as seen in Psalm 63. In this psalm, David expresses his deep longing for God, despite feeling dry and thirsty. He reminds us that even in the driest of times, God is still worthy of our praise and pursuit. As we explore this lesson, let's ask ourselves: **what do we do when we don't feel like praying? Do we wait for our emotions to catch up, or do we press on, trusting that God is still working?**

In **Psalm 63**, David doesn't sugarcoat his emotions; he expresses his raw feelings of thirst and longing. He acknowledges his circumstances, but he doesn't let them define his worship. Instead, he chooses to focus on God's character and past faithfulness. As we explore this lesson, let's ask God to help us cultivate perseverance character in prayer, even when we don't feel like it.

Questions:

1. What was David's emotional state in **Psalm 63:1-3?**
(**Psalm 63:1-3, Psalm 42:1-2, Psalm 84:2**)
2. How did David respond to his feelings of dryness and thirst? (**Psalm 63:4-5, Psalm 34:1-3, 1 Thessalonians 5:16-18**)

Note: Notice how David doesn't try to manufacture emotions or pretend to feel something he's not. Instead, he focuses on God's character and expresses his true

feelings to Him. This teaches us that honesty in prayer is essential, even when we're struggling it will bring results.

3. What did David remember about God's character in Psalm 63:6-8? (**Psalm 63:6-8, Psalm 77:11-12, Deuteronomy 8:2-3**)
4. How did David's circumstances contrast with his confidence in God? (**Psalm 63:9-11, Psalm 27:1-3, Romans 8:35-39**)

Note: *David's confidence wasn't based on his feelings or circumstances but on God's unchanging character. This reminds us that our faith is not based on our emotions, but on the solid rock of God's Word.*

5. What can we learn from David's example about praying in times of apathy? (**Psalm 63:1-11, Luke 18:1-8, Hebrews 10:35-39**)
6. How can we apply David's approach to our own prayer life when we don't feel like praying? (**Psalm 63:5, Psalm 119:145-152, 1 Corinthians 9:24-27**)

Conclusion: As we conclude this lesson, let's remember that prayer is not just about feelings; it's about faith. Even when we don't feel like praying, we can choose to trust God's character and pursue Him. Let's resolve to persevere in prayer, trusting that God is working, even when we don't see it. May we echo David's words, "O God, you are my God, earnestly I seek you."



July 18, 2026

The Geography of Prayer: How Space and Place Affect Our Prayers

Scripture Reading: Matthew 6:5-18, Acts 3:1-10, Acts 10:1-48

Memory Verse: " But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly." (**Matthew 6:6kju**)

Introduction: Have you ever noticed how our surroundings can affect our prayer life? Perhaps you've found it easier to pray in a quiet, peaceful environment, or maybe you've experienced a powerful prayer moment in a bustling crowd. The Bible teaches us that space and place can significantly impact our prayers. In Matthew 6, Jesus instructs us to pray in secret, in a private room, away from the eyes of others. But what about praying in public, like Peter and John at the temple gate (**Acts 3:1-10**)? What about Cornelius, who prayed in his home and God responded with a powerful outpouring of the Holy Spirit (**Acts 10:1-48**)? As we explore this lesson, let's ask ourselves: **how does our environment influence our prayer life, and what can we learn from biblical examples?**

In the Bible, we see various examples of people praying in different locations in the wilderness, on the

mountains, in homes, in church, and even in prison (**Acts 16:25-34**). Each space seemed to shape their prayer experiences. As we study this lesson, let's ask God to help us understand the dynamics of space and place when we pray and how we can cultivate a vibrant habit of a Saints prayer life, no matter where we are.

Questions:

1. What did Jesus say about praying in public, and why? (**Matthew 6:5, Matthew 23:5-7, Luke 18:9-14**)
2. Where did Peter and John go to pray, and what happened? (**Acts 3:1-10, Acts 2:42-47, Psalm 122:1**).

Note: *Jesus' instruction to pray in secret doesn't mean we can't pray in public, but rather that our motivation for praying should be pure, not seeking to impress others, especially in vain repetition. Peter and John's experience shows us that praying in a familiar setting with purpose, in a communal space, is very powerful.*

3. What can we learn from Cornelius's experience about praying in different environments? (**Acts 10:1-48, Acts 9:10-19, Psalm 91:1-2**)
4. How did Jesus often use solitary places for prayer, and what can we learn from his example? (**Matthew 14:23, Mark 1:35, Luke 5:16**)

Note: *Jesus often withdrew to solitary places to pray, showing us the importance of getting away from noise and distractions to focus on God whenever the need arises. Cornelius's story also teaches us that God can*

meet us wherever we are, regardless of our circumstances and the environment.

5. How does our physical posture in prayer relate to our surroundings? (**1 Kings 8:22-54, Nehemiah 8:6, Psalm 134:1-3**)
6. What practical steps can we take to create a conducive prayer environment? (**Matthew 6:6, Psalm 27:4-5, 2 Corinthians 13:11**)

Conclusion: As we conclude this lesson, let's remember that our surroundings can significantly impact our prayer life. Whether we're praying in secret or in public, let's focus on cultivating a pure heart and seeking God's presence. Let's resolve to create spaces that foster prayer and intimacy with God, trusting that He will meet us wherever we are, only when we provide an obedient behavior towards the word and his will. David the psalmist, said, "One thing have I desired of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to enquire in his temple."
Psalm 27:4



July 25, 2026

Prayer and the Subconscious Mind:

Unlocking the Power of Your Inner World

Scripture Reading: Matthew 7:7-11, Proverbs 4:23,
Philippians 4:6-9

Memory Verse: "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

(Philippians 4:8kjv)

Introduction: Are you aware that your thoughts can shape your emotions and actions? Perhaps you've struggled with negative self-talk or found yourself worrying about things that haven't even happened. The Bible teaches us that our thoughts have power, and what we think about can impact our prayer life positively or negatively. In Matthew 7:7-11, Jesus encourages us to ask, seek and knock, implying a proper way that engages and established our minds in prayer. Proverbs 4:23 warns us to "guard our hearts," recognizing the influence of our inner thoughts and the outcome of our actions. As we study this lesson, let's ask ourselves: **how does our subconscious mind affect our prayers, and what can we do to align our thoughts with God's truth?**

Our thoughts can be like a garden, either producing weeds or good fruits, peace and joy or sadness and bitterness. The subconscious mind plays a significant

role in shaping our thoughts, emotions, and actions. As we go into this lesson, let's ask God to help us to prepare our thoughts to have this positive vibration of righteousness energy that will enable us to be effective when we pray.

Questions

1. What does Jesus promise will happen when we ask, seek, and knock? (**Matthew 7:7-11, Luke 11:9-13, James 1:5-6**)
2. What does **Proverbs 4:23** instruct us to guard, and why? (**Proverbs 4:23, Proverbs 23:7, 2 Corinthians 10:4-5**)

Note: *Jesus' instruction to ask, seek, and knock emphasizes the importance of a proper foundation of persistence when we engage God in prayer. Guarding our hearts (or minds) is crucial, as it influences our thoughts, emotions, and actions.*

3. How does **Philippians 4:6-9** guide us in managing our thoughts? (**Philippians 4:6-9, 1 Thessalonians 5:16-18, 2 Peter 1:3-8**)
4. What is the connection between our thoughts and our prayers? (**Matthew 15:18-20, Psalm 139:23-24, James 5:16**)

Note: *Our thoughts can either align us with God's righteousness and truth or be influenced by the devil with its sinful and controlling nature. Now more than ever let us focus on things that are true, noble and pure, in so doing we the Saints will create an enabling*

environment that will bring about a life of fervent and effective prayer unto God.

5. How can we apply the principle of renewing our minds to our prayer life? (**Romans 12:1-2, Ephesians 4:22-24, Colossians 3:1-2**)
6. What practical steps can we take to cultivate a positive and godly mindset? (**Psalms 119:11, 1 Corinthians 10:31, Hebrews 5:14**)

Conclusion: In concluding this lesson, let's recognize the importance of aligning our subconscious mind with God's truth. By guarding our thoughts, we bring about adjustments to our spiritual life that will help us to focus on the inner man and will place us in an excellent position where our praise and worship are worthy before the Almighty God. This will enhance your prayer life experiences with greater spiritual growth by remaining obedient to the things of God as it pertains to our salvation. Let us build a positive and Godly mindset, that shapes our character as we continue to trust God in faith, this will transform us and the LORD will answer all of our prayers. David, the psalmist writes, "Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting."

Psalm 139:23,24



August 1, 2026

The Forgotten Posture of Prayer: Exploring Different Physical Expressions

Scripture Reading: 1 Kings 8:22-54, Psalm 95:1-7,
Acts 2:1-4

Memory Verse: "And Solomon stood before the altar of
the LORD in the presence of all the congregation of Israel,
and spread forth his hands toward heaven:"

(1 Kings 8:22 kjv)

Introduction: Have you ever considered how your physical posture affects your prayer life? In many cultures, physical expressions like bowing, kneeling, or lifting hands are common in prayer, but have we lost the significance of these postures? The Bible teaches us that our physical body is the temple of the Holy Spirit (1 Corinthians 6:19-20) and our postures can reflect our inner attitudes and intentions. In 1 Kings 8, Solomon's posture in prayer is one of reverence and humility, spreading out his hands toward heaven. As we explore this lesson, let's ask ourselves: **how can our physical postures enhance or hinder our prayer life?**

Physical postures can help us focus our minds, express our emotions, and engage our hearts in prayer. Reverence in praying is very very important. It comes by kneeling down, lifting hands, folded hands to your chest, bowing down, and your face touching the ground with stretched arms full length. Our body position must participate in our prayers, making them more meaningful and respectful, that bring about an obedient position. 1 Timothy 2:8 speaks of men lifting up holy hands when praying. As we dive into this lesson, let's ask God to help us rediscover the forgotten postures of prayer and the proper use of our bodies to glorify Him.

Questions:

1. What was Solomon's posture when he prayed at the temple dedication? (**1 Kings 8:22, 1 Kings 8:54, Psalm 63:4**).
2. How does physical posture reflect our inner attitudes in prayer? (**Psalm 95:1-7, 2 Chronicles 7:3, Nehemiah 8:6**)

Note: *Solomon's posture of spreading out his hands toward heaven demonstrates reverence, humility, and dependence on God. When we pray and maintain a physical posture this influences our spiritual experience to press on to the things that matters as it shapes the inner attitudes to be better.*

3. What is the significance of kneeling in prayer, as seen in biblical examples? (**Daniel 6:10, Acts 9:40, Acts 20:36**)

4. How can lifting hands be an expression of prayer and worship? (**Psalm 63:4, Psalm 134:2, 1 Timothy 2:8**)

Note: *Kneeling and lifting hands are physical expressions that can help us focus on God and express our emotions. These postures can facilitate a deeper connection with God when praying.*

5. What does the Bible say about praying with tears or intense emotions? (**Psalm 6:6-8, Psalm 42:3, Hebrews 5:7**)
6. How can we incorporate physical postures into our personal and corporate prayer life? (**1 Corinthians 11:20-22, 1 Timothy 2:1-8, James 5:16**)

Conclusion: As we conclude this lesson, let's recognize the value of physical postures in enhancing our prayer life. By intentionally using the correct posture in prayer. It will deepen our focus, express our emotions, and engage our hearts God. Let us now learn to use the different kinds of posture when we pray that this will helps us to connect with God more meaningfully. The psalmist's said "My soul, wait thou only upon God; for my expectation is from him."

(Psalm 62:5kjv)



August 8, 2026

Praying with Your Senses: Engaging the Five Senses in Prayer

Scripture Reading: Psalm 34:1-8, John 12:1-3, 2
Corinthians 1:3-4

Memory Verse: "O taste and see that the LORD is good:
blessed is the man that trusteth in him."(**Psalm 34:8 kjv**)

Introduction: These five senses, sight, smell, hearing, taste, and touching were comprehensively installed by the Almighty God in order for us to be effective human beings, {**Saints**} designed to serve, worship, and trust him all the days of our lives. The Bible teaches us that God has created us with senses that can be used to deepen our relationship with Him. In Psalm 34, David openly admitted and said say "O taste and see" that the Lord is good, encouraging us that our senses must constantly be use in worship and prayer to God Almighty. As we explore this lesson, let's ask ourselves: **How can we use our senses to pray and be more effective in connecting with God?**

Our senses are a gift from God, and they are a set of powerful tool for prayer and worship. We see the beauty of nature, we hear each other, we taste food, we smell spring, and we touch and shake each other hands what a magnificent and mighty God he is that we should and must serve him. God has created a world that speaks to His character of love. As we delve into this lesson, let us ask God to help us to engage our senses in prayer and worship, that we may know Him more and more.

Questions:

1. What does David invite us to do in Psalm 34:8, and what sense is involved? (**Psalm 34:8, Psalm 119:103, 1 Peter 2:3**)
2. How did Mary use her sense of smell in worship, as seen in **John 12:1-3**? (**John 12:1-3, Matthew 26:6-13, 2 Corinthians 2:14-16**)

Note: *David's invitation to "taste and see" engages our senses in experiencing God's goodness. Mary's act of anointing Jesus with perfume demonstrates her love and worship, using her sense of smell to honor Him.*

3. What is the significance of God's people laying hands on the sick in the Bible? (**Mark 6:5, Acts 28:8, James 5:14-15**)
4. How can we use the sense of hearing in prayer and worship? (**Psalm 95:1-2, Psalm 100:1-2, 1 Corinthians 14:15**)

Note: *The sense of touch can convey God's love and healing, while the sense of hearing the voice of God will help us to be obedient and focus on the word and will automatically align us to respond effectively to worship and prayer to God.*

5. What does the Bible say about seeing God's glory or presence? (**Exodus 33:18-23, Psalm 27:4, Revelation 21:23**).
6. How can we incorporate sensory experiences into our personal and corporate prayer life? (**Colossians 3:16-17, 1 Corinthians 10:31, Psalm 122:1**).

Conclusion: As we conclude this lesson, let us Understanding our worth to God begins with recognizing our identity in Christ. As believers, we are chosen, loved, and valuable in His eyes. The scriptures remind us that we are made in His image, designed with purpose, and called to be His children. This identity must shift our perspective, enabling us to see ourselves as saints of the Most High God, which is incredibly empowering to us. These core values have added hope and trust that will deepen our commitment and understanding to God as we engage our senses to Him in prayer. David said, "I will praise thee, O Lord my God, with all my heart: and I will glorify thy name for evermore." (**Psalm 86:12**)



August 15, 2026

The Dark Night of Prayer: Navigating Spiritual Warfare

Scripture Reading: Ephesians 6:10-18, 1 Peter 5:8-9,
Psalm 42:1-11

Memory Verse: "Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil." (***Ephesians 6:10-11 kjv***)

Introduction: Have you ever felt like you're walking through a dark valley, where prayer feels like a struggle and God's presence seems distant? Perhaps you've experienced times of spiritual attack, where the

enemy seems to be whispering doubts and fears in your ear. The Bible teaches us that spiritual warfare is real, and as believers, we're engaged in a battle for our souls. In Ephesians 6, Paul reminds us to put on the whole armor of God that we may stand against the wiles of the devil. As we study this lesson, let's ask ourselves: **How can we navigate the dark nights of prayer? Can we ever be victorious in not praying?**

Spiritual warfare can be a daunting and overwhelming experience, but we're not alone in the battle. God has equipped us with His Word, prayer, and the power of the Holy Spirit. As we delve into this lesson, let's ask God to help us stand firm in His strength and power.

Questions:

1. What does Paul instruct us to do in **Ephesians 6:10-11, and why? (Ephesians 6:10-11, 1 Corinthians 16:13, 2 Timothy 2:1-3)**
2. What is the significance of the armor of God in spiritual warfare? (**Ephesians 6:12-17, Isaiah 59:17, Romans 13:12**)

Note: *Paul's instruction to us is to put on the whole armor of God not some, this emphasizes our need for God's strength and power in spiritual warfare. The armor represents God's provision and protection for us to be and victorious over that old devil*

3. How does Peter describe the enemy's tactics in **1 Peter 5:8-9? (1 Peter 5:8-9, 2 Corinthians 11:14-15, Revelation 12:10)**

4. What is the role of prayer in spiritual warfare, according to the Bible? (**Ephesians 6:18, 1 Thessalonians 5:17, James 5:16**)

Note: *Peter warns us to be watchful and be alert because the devil is up and down seeking to devour us. While Ephesians 6:18 emphasizes the importance of prayer in spiritual warfare.*

5. How can we apply the principles of spiritual warfare to our personal prayer life? (**2 Corinthians 10:3-5, 1 John 4:4, Psalm 144:1-2**)
6. What is the outcome of standing firm in God's power and armor? (**Ephesians 6:13, Romans 8:37, 1 John 5:4-5**)

Conclusion: As we conclude this lesson, let's recognize the reality of spiritual warfare and the importance of standing firm in God's power. By putting on the armor of God and engaging in prayer. **Note well** brethren, in order for us to put on the whole armour of GOD, our lives must shape up around **{ROT}** **R**ighteousness, **O**bedient & **T**ruth. These are the three most powerful weapon we should have in our arsenal and must be used up and down night or day without measure against the enemy. If we stand strong by faith and trust Him, we the saints must overcome and emerge victoriously in Jesus name. for he is our strength and refuge. David said, " The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower." (**Psalm 18:2kjb**)



August 22, 2026

**Prayer and Creativity: Tapping into Your
Artistic Side**

Scripture Reading: Psalm 33:1-9, Exodus 31:1-11, 1
Corinthians 10:31

Memory Verse: " Sing unto him a new song; play skillfully." (***Psalm 33:3 kjv***) "And I have filled him with the spirit of God, in wisdom, and in understanding, and in knowledge, and in all manner of workmanship" (***Exodus 31:3 kjv***)

Introduction: Have you ever felt a surge of creativity when you're in a moment of prayer or worship? Perhaps you've experienced the joy of writing a song, poem, or story that flowed from your heart to God. The Bible teaches us that creativity is a gift from God, and it can be a powerful tool for prayer and worship. In Psalm 33, David recognizes and describe the most awesome,prestigious, powerful, mighty, unexplainable skills and handy work of the Most High GOD. David's fascination and recognition to Gods handy works speaks volume of how we can measure the very skills that is within us and others. As we explore this lesson,

let us ask ourselves: **how can we tap into our creative side to deepen our prayer life?**

The skill of creativity is a way of reflecting God's character and expressing our emotions, thoughts, and experiences. We are called to engage our creative gifts in prayer and in whatever way in Christ Jesus. As we delve into this lesson, we will see the potential and creative skills of God in us and in others as we seek to do his will and give Him the praise and the glory that belongs to Him.

Questions:

1. What does **Psalm 33:1-3** say about music and worship? (**Psalm 33:1-3, Psalm 150:1-6, Ephesians 5:18-20**).
2. How did God inspire artistic creativity in the Bible, as seen in **Exodus 31:1-11**? (**Exodus 31:1-11, Exodus 35:30-35, 1 Corinthians 12:4-11**).

Note: Psalm 33:3 encourages us to sing a new song to the Lord, highlighting the connection between Godly music and the skills of Godly worship. God's unveiling plans in **Exodus 31:1-11** show His desire for beauty and excellence in worship, emphasizes God's divine appointment of skilled artisans for the Tabernacle and the sacred observance of the Sabbath, highlighting the integration of spiritual gifting, work, and rest.

3. What is the significance of using art and creativity in prayer and worship? (**Psalm 96:1-3, 1 Corinthians 10:31, Colossians 3:16-17**)
4. How can we use writing as a form of prayer and spiritual expression? (**Psalm 45:1, Psalm 139:16, 2 Corinthians 12:1.5**)

Note: *Using art and creativity in prayer can help us express emotions and thoughts that words alone cannot capture. Writing, in particular, can be a powerful way to process emotions and reflect on God's Word.*

5. How can we incorporate creativity into our personal and corporate prayer life? (**Psalm 149:1-3, 1 Corinthians 14:26, James 1:17**).
6. What benefits can we experience by tapping into our creative side in prayer? (**2 Corinthians 3:18, Ephesians 3:20, Psalm 92:1-4**).

Conclusion: As we conclude this lesson, let's recognize the value of creativity in deepening our prayer life. It is important for us to be engaging in things that becoming sound and holy for the Masters use. Then we will be able to express our emotions, thoughts, and experiences in many meaningful ways. Let us explore our creative gifts and use them to worship and pray, continually building our trust and confidence that God name will be glorified amongst the Saints. David said, "I will praise thee, O LORD, with my whole heart; I will shew forth all thy marvelous works." (**Psalm 9:1**)

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August 29, 2026

The Prayer of Relinquishment: Letting Go and Letting God

Scripture Reading: Matthew 26:36-46, 2 Corinthians
12:7-10, Psalm 131:1-3

Memory Verse: " Saying, Father, if thou be willing, remove this
cup from me: nevertheless not my will, but thine, be done."

(Luke 22:42 kjv)

Introduction: Have you ever struggled to surrender a deep desire, dream, or expectation to God? Perhaps you've wrestled with disappointment, frustration, or uncertainty, wondering if God is truly in control. The Bible teaches us that relinquishment is a crucial aspect of prayer, where we release our grip on things and trust God's sovereignty. In **Matthew 26**, Jesus set out a model prayer of relinquishment in the Garden of Gethsemane, surrendering to God's will. As we study this lesson, let's ask ourselves: **what are we holding unto, and are we willing to let go?**

Relinquishment is not a one-time event, but a lifelong journey of obedient and trust in God's goodness and wisdom. By releasing our desires, plans, and our hidden conditions within to God, we will be able to experience a deeper sense of peace and freedom as we let go. The exploration of this lesson, will equip us to ask God for help in surrender all to Him so we can do his will.

Questions:

1. What was Jesus' prayer in the Garden of Gethsemane, and what can we learn from it? (**Matthew 26:36-46, Mark 14:32-42, Hebrews 5:7-9**)
2. How does Paul's experience with the "thorn in his flesh" illustrate the prayer of relinquishment? (**2 Corinthians 12:7-10, 1 Corinthians 13:11-12, Romans 8:28-30**)

Note: *Jesus' prayer in Gethsemane shows us that even in intense struggle, we should surrender to God's will. Paul's experience with the thorn in the flesh teaches us that God's power is made perfect in our weaknesses.*

3. What does **Psalms 131:1-3** say about humility and trust in God? (**Psalms 131:1-3, Proverbs 3:5-6, 1 Peter 5:6-7**).
4. How can we apply the principle of relinquishment to our personal prayer life? (**Matthew 16:24-26, Luke 9:23-25, 2 Corinthians 4:7-11**).

Note: ***Psalms 131:1-3** David declares that his heart is not proud, nor his eyes haughty, indicating a posture of humility before God. He reflects on the importance of not involving oneself in matters too great or difficult, suggesting a reliance on God's wisdom and timing.*

5. What are some common obstacles to relinquishment, and how can we overcome them? (**Isaiah 55:8-9, Proverbs 16:9, Romans 8:6-7**)
6. What benefits can we experience by surrendering our will to God's? (**Psalms 37:5-6, Isaiah 58:11, Matthew 6:33**)

Conclusion: In conclusion, let's recognize the importance of relinquishment in our prayer life. By letting go and letting God have His way in our lives, we can experience a deeper sense of peace, trust, and freedom. Let us find a way to surrender all, not some, to God's, trusting in his word and promises that it may be well with thee, for the word said, And we know that all things work together for good to them that love God, to them who are called according to his purpose.

(Romans 8:28kjv) Jesus' words, "Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done." (**Luke 22:42kjv**)



September 5, 2026

Praying with the Enemy: Interceding for Those Who Hurt Us

Scripture Reading: Matthew 5:43-48, Luke 23:33-34,
1 John 4:7-11

Memory Verse: "But I say unto you, which hear, Love your enemies, do good to them which hate you, Bless them that curse you, and pray for them which despitefully use you." (**Luke 6:27-28kju**)

Introduction: Have you ever struggled to forgive someone who has hurt you deeply? Perhaps you've felt anger, resentment, or even hatred towards those who have wronged you. The Bible teaches us that praying for our enemies is a crucial aspect of our faith, and it's a command that requires God's help. In Matthew 5, Jesus instructs us to love our enemies and pray for those who persecute us. As we explore this lesson, let's ask ourselves: **are we willing to pray for those who have hurt us?**

Praying for our enemies is not about ignoring the hurt or justifying their actions; it's about releasing yourselves one from disobedience and second the ability to reflect on the hurt, with Jesus being at your side reaching out to heal the hurt. let us remember that the scripture does not promise an easy life it said Yea, and all that will live godly in Christ Jesus shall suffer persecution. **2Timothy 3:12**. This has been the

existing condition that separates the godly from the wicked according to the scripture. This action required plenty of prayer and constant fasting in order to conquer the evil plans thereof and the wickedness of the day. As we delve into this lesson, it will teach us how we can overcome such conditions, just as the Bible says. With GOD on our side, we will remain victorious and continue to defeat the enemy, in Jesus' name.

Questions:

1. What does Jesus say about loving our enemies in **Matthew 5:43-48? (Matthew 5:43-48, Romans 12:14-21, 1 Peter 3:8-12)**
2. How did Jesus model praying for His enemies on the cross? **(Luke 23:33-34, Acts 7:59-60, 1 Timothy 2:1-4)**

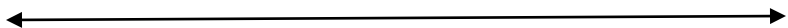
Note: *Jesus' instruction to love our enemies challenges us to go beyond our natural inclinations. This describes God's character that we should emulate through the spirit. Jesus' example on the cross shows us that forgiveness and prayer is the key to unlock every situation even in extreme circumstances.*

3. What does **1 John 4:7-11** say about God's love and our response to it? **(1 John 4:7-11, John 13:34-35, Romans 5:8-10).**
4. How can we apply the principle of praying for our enemies to our personal life? **(Matthew 18:21-22, Ephesians 4:31-32, Colossians 3:12-13)**

Note: *1 John 4:7-11* reminds us that God's love motivates us to love others, including our enemies. Praying for our enemies is a way to demonstrate obedience to the word and shows God's love in us, and this reflects His never-ending character.

5. What are some benefits of praying for those who hurt us? (**Matthew 5:44-45, Romans 12:17-21, 1 Peter 2:19-23**).
6. How can we overcome the obstacles to praying for our enemies? (**Mark 11:25, Ephesians 4:1-3, 2 Corinthians 10:3-5**).

Conclusion: As we conclude this lesson, we will realize that no man in the flesh cannot pray and love their enemy. It is only when we put on these traits that spell forgiveness laid down by our savior Jesus Christ, through the spirit. We will begin to see and experience the manifestation of God's love. Healing power on us as we continue to demonstrate faith and obedience to the word of GOD. The scripture said: "Then said Jesus, Father, forgive them; for they know not what they do. And they parted his raiment, and cast lots". (**Luke 24:34**)



September 12, 2026

The Rhythm of Prayer: Finding a Pattern That Works for You

Scripture Reading: Daniel 6:10-11, Psalm 55:17,
Matthew 6:5-15

Memory Verse: "Evening, and morning, and at noon, will
I pray, and cry aloud: and he shall hear my voice."
(**Psalm 55:17kjv**)

Introduction: It is important and highly recommended by the scripture to establish a consistent prayer life. (**Luke 18:1**) says, And he spake a parable unto them to this end, that men ought always to pray, and not to faint; Perhaps you've tried different approaches but found it hard to stick to a routine. The Bible teaches us that prayer is a vital part of our daily life that is supposed to establish a relationship with God. Finding a rhythm of praying that works for you is essentially important. In Daniel 6, we see Daniel prayed three times a day, while in Psalm 55, the psalmist David cries out to God in the evening, morning, and at noon. As we explore this lesson, the scripture is suggesting to us that we should pray three times a day. Let us ask ourselves should we maintain this rhythm patterned of prayer. The instruction given by God that we must pray is not just following a formula or routine it's about cultivating a deeper relationship with God. By you establishing a rhythm of prayer that works for you, I give room for you to grow spiritually in Christ Jesus.

As we delve into this lesson, **let's ask God to help us find a sustainable unique rhythm of prayer that we can keep just as David and Daniel kept these.**

Questions:

1. What can we learn from Daniel's prayer habits in **Daniel 6:10-11? (Daniel 6:10-11, 1 Thessalonians 5:17, Ephesians 6:18)**
2. How does the psalmist describe his prayer rhythm in **Psalm 55:17? (Psalm 55:17, Psalm 119:164, Acts 3:1).**

Note: *Daniel's example shows us that prayer is a regular part of our daily routine that maintains a constant communication with God Almighty, while Psalm 55:17 encourages us to cry out to God at various times throughout the day.*

3. What does Jesus teach about prayer in **Matthew 6:5-15? (Matthew 6:5-15, Luke 11:1-4, 1 Corinthians 14:15).**
4. How can we establish a consistent prayer rhythm in our lives? **(Psalm 119:145-152, 1 Thessalonians 5:23-24, 2 Peter 1:5-8).**

Note: *Jesus instructs His followers in Matthew 6:5-15 on the importance of genuine and true righteousness pray that comes from the heart rather than outward appearances. He contrasts the practices of the **Scribes and Pharisees**, who often performed religious acts for public recognition, with the behavior of those who seek God's approval in private and with genuine devotion.*

5. What are some benefits of having a regular prayer rhythm? (**Psalm 5:3, Mark 1:35, 1 Thessalonians 5:17**).
6. How can we adapt our prayer rhythm to different seasons and circumstances? (**2 Corinthians 12:9-10, Philippians 4:11-13, Psalm 31:15**)

Conclusion: As we conclude this lesson, let's recognize the value of finding a prayer rhythm that works for us. After we find and establish our unique rhythm with the LORD, let us keep and stick to it. This will establish consistent communication and deepen our relationship with God, and we will experience His presence in our prayer lives. David said, "Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice." (**Psalm 55:17kjv**)



September 19, 2026

Prayer and the Mundane: Finding God in Everyday Life

Scripture Reading: Luke 10:38-42, Matthew 6:25-34,
1 Thessalonians 5:16-18

Memory Verse: "See that none render evil for evil unto any man; but ever follow that which is good, both among yourselves, and to all men. Rejoice evermore. Pray without ceasing. In everything give thanks: for this is the will of God in Christ Jesus concerning you."
(**1Thessalonians 5:16-18kjv**)

Introduction: Have you ever find yourself not wanting to prayer of perhaps you've struggled to see God's presence in your everyday routines and tasks? well this describes a condition of mundane the Bible teaches us that prayer and engaging in the word is a rechargeable tool to jumpstart our spiritual life. In Luke 10:40-41, Jesus had to explain to Martha how important it is to give yourself first to spiritual things as opposed to physical things. The comparison is that the value of Mary sitting at his feet was commendable by Christ, and Martha chose to prepare meals. Christ said **to Martha, Mary hath chosen that good part which shall not be taken away from her.** As we explore this lesson, do we find ourselves in a **mundane state before Almighty?**

Questions:

1. What can we learn from Martha and Mary's different approaches to Jesus in **Luke 10:38-42? (Luke 10:38-42, Matthew 11:28-30, James 1:27).**
2. How does Jesus teach us to prioritize God's kingdom in **Matthew 6:25-34? (Matthew 6:25-34, Psalm 37:3-6, Romans 8:28).**

Note: *Jesus' teaching in Matthew 6:25-34 encourages us to trust God for our daily needs and prioritize His kingdom. Martha's service and Mary's absorption to the word both have value, Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: it clear that Mary's action was highly recommended by Christ and not the other way around as some may say.*

3. What does **1 Thessalonians 5:16-18** say about prayer and gratitude in everyday life? (**1 Thessalonians 5:16-18, Philippians 4:6-7, Colossians 3:15-17**).
4. How can we incorporate prayer into our daily routines and tasks? (**Psalms 119:145-152, Deuteronomy 6:6-9, 1 Corinthians 10:31**).

Note: *1 Thessalonians 5:16-18 encourages us to pray continually and give thanks in all circumstances. Incorporating prayer into daily routines can help us stay focused on God throughout our daily lives and our journey to eternal life.*

5. What are some benefits of praying in the midst of everyday life? (**Psalms 5:3, Matthew 18:19-20, 1 John 5:14-15**).
6. How can we overcome the obstacles to praying in the mundane? (**Isaiah 30:15, Matthew 14:23, Hebrews 4:15-16**).

Conclusion: As we conclude this lesson, the situation between Mary and Martha was examined. A recommendation was made by our Lord and savior Jesus Christ emphasizing that prayer and the word should be our utmost priority especially in the end time. The value of praying and reading the word everyday will move us away from the state of mundane and we will continue to grow in grace and in the knowledge of our Lord and savior Jesus Christ. "Rejoice in the Lord always: and again I say, Rejoice" (**Philippians 4:4**)



September 26, 2026

**The Legacy of Prayer: How Our Prayings
Impact Future Generations**

Scripture Reading: Psalm 78:1-8, 2 Timothy 1:3-5,
Genesis 17:1-8

Memory Verse: " That they might set their hope in God,
and not forget the works of God, but keep his
commandments:" (***Psalm 78:7***)

Introduction: Have you ever considered the impact of your prayers on future generations? You've been part of a family legacy of prayer. The Bible teaches us that our prayers can have a lasting impact, influencing those who come after us. In Psalm 78, the psalmist writes Give ear, O my people, to my law: incline your ears to the words of my mouth. That seems to be sending a clear message to us that we must remain focus and obedient to the word of the Lord, and it is also important to know who we are leaving behind to carry out the work of the Lord for future generations. As we explore this lesson, ensure we ask ourselves: **what kind of prayer legacy do we want to leave behind?**

Our prayer life can shape the lives of our children, grandchildren, the saints, the neighborhood, and the community even generations to come. When we pray

and teach others the way of Christ, we can create an environment of spiritual comfort that will leave a lasting legacy of faithfulness in Christ. As we delve into this lesson, let us seek to do His approachable will of prayer into our lives.

Questions:

1. What does Psalm 78:1-8 say about passing on God's works to future generations? (**Psalm 78:1-8, Deuteronomy 6:6-9, Exodus 12:26-27**).
2. How does Paul's prayer legacy impact Timothy in **2 Timothy 1:3-5**? (**2 Timothy 1:3-5, 1 Timothy 1:5, 2 Corinthians 1:3-4**).

Note: *Psalm 78:1-8* emphasizes the importance of teaching God's works to future generations. That the generation to come might know them, even the children which should be born; who should arise and declare them to their children: Paul's prayer legacy had a profound impact on Timothy, showing us the value of the generation to come and after the relationships of prayer.

3. What is the significance of God's covenant with Abraham in **Genesis 17:1-8**? (**Genesis 17:1-8, Genesis 18:19, Exodus 3:15**).
4. How can we cultivate a prayer legacy that impacts future generations? (**Psalm 145:4-7, 2 Corinthians 1:3-4, Deuteronomy 30:19-20**).

Note: *God's covenant with Abraham shows us that prayer and faith can be passed down through*

generations. Cultivating a prayer legacy requires obedient and commitment.

5. What are some benefits of leaving a prayer legacy? (**Psalm 102:18, Isaiah 59:21, Joel 2:28-29**).
6. How can we encourage others to join us in cultivating a prayer legacy? (**Hebrews 10:24-25, Colossians 4:2-3, 1 Thessalonians 5:11**).

Conclusion: As we conclude this lesson, prayer is highly important to us and the work of God. Prioritizing prayer and teaching it to others will help to create a lasting impact that honors God and influences future generations. Let us ensure we establish a prayer legacy that reflects God's love and faithfulness. David said: "That they might set their hope in God, and not forget the works of God, but keep his commandments." (**Psalm 78:7k^{jv}**)

