

Cultivate Reflection Guide

How to Pray Through Our Weakness Pastor Alfredo Ramos | July 23-24, 2022

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If there's one thing that seasoned Christians and new Christians can relate to, it's the struggle with prayer. What are we supposed to say to the God who created the universe? Does he really hear us? What if we get the words wrong? As a church, we'll explore these questions and more as we learn how to pray.

Our Reflection Guide is a tool to help you grow spiritually wise, relationally kind and emotionally healthy. Use it to start a REAL conversation in community or to cultivate God's word into your life through personal bible study. Choose the questions that encourage you to reflect and respond to what we're learning. Pair it with your bible, a journal or any resource that helps you learn. *It's not about getting through the content, but getting the content through you!*

Read: [Matthew 6:9-13](#) and [Ephesians 6:12](#)

Reflect: As we close our "How to Pray" series on The Lord's Prayer, what have you learned or how have you grown in your understanding of yourself, God or others?

Respond:

1. Jesus teaches us to pray so that **we see our real enemy**.
 - Consider your daily rhythms, routines and relationships. Where might you be vulnerable to the enemy's ploys to tempt, distract or isolate you? This could be an ongoing struggle, battle or conflict with yourself, God or others. *Take courage – the enemy does not want you to unveil this!*
 - While **God uses tests** to shape our character, the **devil uses temptation** to chip away at our character one compromise at a time. What might the enemy be trying to steal from you with his lies and deceit?
2. Jesus teaches us to **pray our weaknesses** SO THAT He can meet us with mercy and grace.
 - [Read Hebrews 4:15-16](#). What do these verses tell you about Jesus' ability to understand what you're going through? How do these verses challenge your willingness to ask God for help?
 - Approach God with confidence – tell Him what you need and let His generous mercy and grace wash over you. This may not change your circumstances immediately, but it can change how you see them.
 - God also uses His people – our spiritual family – to be His hands and feet in times of need. Who else can you invite to stand with you and how can they best support you? Reach out and be honest with them about the help that you need. *Keep in mind – the enemy wants to isolate you, so if this feels like a challenge or burden, fight back.*
3. We experience **God's power** when we **remember and remain in Christ**. As you go about this week, find a few moments each day to simply pause and reflect on God's goodness in the way that feels life giving to you – sing a worship song, admire the beauty of creation or give thanks for His provision. There is power in the truth that, as you follow Him, God is working all things together for your good!

Prayer: God, I am weak, and you know it. I confess I'm struggling with _____. But where I am weak, I believe you are strong. Remind me that I'm not just fighting *for* victory, I'm fighting *from* victory. Compel me to turn to you in prayer, confidently and courageously every day, and ask for what I need. Pour out your grace, mercy and supernatural power so that I can overcome the temptations of the enemy. I love you and thank you for all you have done for me. Amen.

Dig Deeper Opportunity

[Read Ephesians 6:10-18](#). The enemy wants to kill, steal and destroy, but when we engage in spiritual disciplines [prayer, bible reading, connecting in community, sabbath rest, communion, worship, service, giving], we put on the armor of God and equip ourselves to push back the darkness. What practices do you need to cultivate into your life so that you are battle ready to guard against the enemy?