



# Power of Prayer

Adapted from “Spiritual Warfare” series by Dennis Marquardt

Paul spent considerable time in Ephesians 6 explaining the gospel armor of the Christian. He also tells us where the battlefield is. Our battle is not against “flesh and blood” but against “the powers of this dark world...and the spiritual forces of evil in the heavenly realms” (Eph 6:12). Paul then tells us this battle is fought mainly in prayer.

We underestimate the power of prayer. We also undervalue the importance of it. So many Christians have weak or non-existent prayer lives. The biggest loser when you fail to pray is you. Prayer has the power to change everything.

The loss of prayer cannot be made up by the hard physical labors we do as Christians. A well-dressed soldier is of little value if he or she stands idle on the edges of the battlefield. Prayer is the underlying power to all that happens spiritually in our lives. The lack of

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prayer in our lives can have severe consequences, and the practice of an active prayer life can have dramatic power.

The following story illustrates what prayer does:

One night my 11-year-old daughter, Eva, noticed I was distracted as I tucked her in to bed. I told her about a friend's teenage daughter, Amy, whose hair was mysteriously falling out, and I encouraged Eva to pray for her.

Her simple words, "Jesus, please hold Amy's hair on her head," touched me. As the doctors experimented with different treatments, Amy continued to lose her hair. Eva continued to pray the same prayer. After six weeks, the doctors determined Amy had alopecia, an extremely rare disorder where hair loss is unpredictable but can be total and permanent.

When I told Eva, she took my hand and closed her eyes. This time her prayer was different. "Dear Jesus, if you won't hold Amy's hair on her head, would you please hold Amy?" Tearfully, I realized



how sometimes God doesn't move mountains; he moves us.<sup>1</sup>

The scriptures teach us that prayer is the key to all the spiritual influences in our lives. A failure to develop a personal prayer life can leave us spiritually ineffective and weak. The spiritual battlefield is our prayer closet. It is there we make serious war against Satan and sin.

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<sup>1</sup> Elisa Morgan, "Christian Parenting Today," Christian Reader, Vol. 34.  
Spiritual Warfare – Lesson 8

## “COURAGE” Level Questions

**C1:** What do you think of when you hear the word *prayer*?

**C2:** In full honesty, describe your current prayer life and any area in which you know it can improve (frequency, quality, feelings of connection to God, hearing God’s voice in your spirit, etc).

**Exercise 1:** Read and answer the following.

Ephesians 6:18–20 (ESV) Praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

**C3:** Can you imagine a friend asking you to go fishing? You have all you need, poles, net, bait, boat, but you just sit in the driveway and never go to the lake! Wearing the full armor of God and never praying will never get you onto the battlefield to find the victory. Relate how important prayer is to your life?

**C4:** Why do you think prayer is necessary for spiritual battles? What happens when a Christian prays?

**Exercise 2:** Read and answer the following.

Matthew 26:38–41 (ESV) Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.” And going a little farther he fell on his face and prayed, saying, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.” And he came to the disciples and found them sleeping. And he said to Peter, “So, could you not watch with me one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.”

**C5:** How does knowing that Jesus prayed (a lot) teach you that you need to pray?

**Exercise 2:** Rate your life on the following thoughts: with 1 being *very well* and 4 being *not so well*.

- Praying daily
- Going to God first in all things
- Praying for others
- Praying in the Spirit

How can you improve in these areas?

## **“STRENGTH” Level Questions**

**S1:** Describe a time in your life when you have prayed and God answered in a different way than you thought He would.

**S2:** Describe your current prayer life. How does praying for the next generation factor into your prayer life?

**Exercise 1:** Within the next 30 days, find three men with which to discuss the importance of a prayer life. What did you learn from those conversations? Did you find opportunities to minister to those men?

**Exercise 2:** Read and answer the following.

Ephesians 6:18–20 (ESV)

Matthew 26:38–41 (ESV)

**S3:** What are three things you learned from these verses in regards to prayer?

## “ENDURANCE” Level Questions

**Exercise 1:** Even with all the weapons of spiritual warfare at your disposal, if you do not engage in prayer, you will never enter find victory on the battlefield. First, write down a one-sentence description of your prayer life.

Next, within the next 60 days, find three men with which to discuss the importance of prayer in a man’s life. What ministry opportunities did you have with these men? Did you learn anything from them?

**Exercise 2:** How can prayer aid in your discipleship? For 90 days, find three men with whom you can spend five days of the week with in prayer. What was the result of your 90-day prayer time together?

**Exercise 3:** Read and answer the following.

Ephesians 6:18–20 (ESV)

Matthew 26:38–41 (ESV)

**E1:** Paul teaches us in Ephesians that we are to be alert. What does being alert spiritually look like to you?

**E2:** Paul goes on to teach us to always be praying. What does that look like for you?

**E3:** Prayer was an important part of Jesus' life and ministry. How has prayer affected your life?