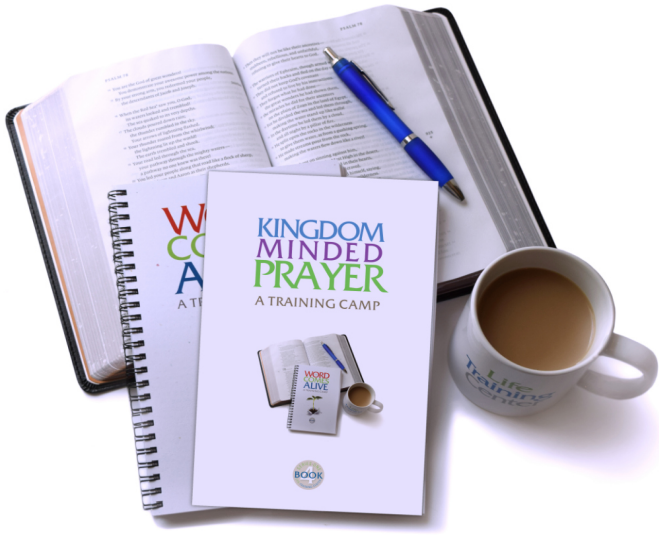


KINGDOM MINDED PRAYER

A TRAINING CAMP



TRAINING CAMP



Vince Lombardi, the Green Bay Packers legendary football coach, had an interesting way to begin pre-season training camp. Football in hand, Lombardi walked to the front of the room, held out the pigskin in front of him and said, “Gentlemen, this is a football.”

In only five words, Lombardi communicated his point: We’re going to start with the basics and make sure we’re executing all the fundamentals.¹ Why in the world would a seasoned coach talk to professional athletes like that? Lombardi operated on a simple philosophy. He believed that excellence could be best achieved by perfecting the basics of the sport.²

These Training Camps bring together “pros” and “rookies” to learn from and sharpen each other. It is a concentrated time of learning new skills and sharpening old ones. Michael Jordan said, “You have to monitor your fundamentals constantly. The minute you get away from fundamentals, the bottom can fall out of your game, your schoolwork, your job, whatever you’re doing. Get the fundamentals down and the level of everything you do will rise.” We must keep our fundamentals sharp at all times. The Training Camps are a means of ensuring that we are constantly raising the level of everything we do for God’s Kingdom.

**“Gentlemen,
this is a football”**



Professional and amateur athletes, as well as performing artists, and even sales people have coaches. Often when a professional’s performance is slipping, the first thing a coach will do is take them back to the fundamentals. No matter what level they’re at, rehearsing the fundamentals is... well, fundamental. We never get too good at what we do that we have no need to brush up on the basics.

1 <http://packerville.blogspot.com/2010/05/gentlemen-this-is-football.html>, May 30, 2010

2 <http://www.insight.org/resources/articles/church/back-to-the-basics.html#sthash.Oq4ltCNe.dpuf>

NAME & DATE

Building a PRAYER Wall

The topic for this study in the Training Camp series is “Prayer.” Prayer is a conversation. It’s the word we use for talking to AND listening to God. You probably know that prayer is an important part of the Christian life. You may even be able to quote verses about it. But the challenge is to put it into practice.

You can use this workbook to make prayer more of a habit in your life, expand your prayer horizons, and make prayer more productive. Think of these exercises as building a wall of prayer around you and your loved ones and your church, etc. Brick by brick, exercise by exercise.



The exercises consist of using many of the prayers and promises of the Bible to build our own prayers. In this way, we allow the great men and women of the faith to be our mentors. **The exercises are VERY SHORT.**

Each day, read the assigned scriptures. Use these to inspire and reshape your own prayers.

After reading the selections, use a journal to write your own prayers to God. Don’t worry about grammar. It doesn’t have to be long or “eloquent,” just talk to God in your own words.



PURPOSE & PRAISE.

I. THE GOAL

- A. God's goal for our prayer life - Pray _____... 1 Thessalonians 5:17; Luke 18:1; Luke 21:36; Romans 12:12; Ephesians 6:18; Colossians 4:2.
- B. Is it exaggeration?
1. Growth, not perfection; start _____.
 2. Part of this is our _____ _____, being in agreement with God, not the enemy.

II. THE MODEL - MATTHEW 6:5-13

- A. GOD'S PURPOSE FOR PRAYER:
1. Prayer is all about _____.
 2. The purpose of prayer is to...
 - a. _____ with God.
 - b. Be _____.
 - c. _____ the _____.

B. EXAMPLES

1. Jacob, in Genesis 32:22-32, sees _____ .

The Ultimate Answer to All Prayer...

To see God's face in a life-transforming encounter is the goal of every prayer.

2. Moses, in Exodus 33:10-11, 13-23; 34:29-35, spoke to God _____ to _____ .

C. PRAISE, Matthew 6:9

A•C•T•S, Adoration, **C**onfession, **T**hanksgiving, **S**upplication.

1. James 4:6-10, Draw near to God by _____ ourselves.
2. Psalm 63; Psalm 27:4, Seek _____, not His _____.
3. Psalm 22:3, _____ is prayer.

LESSON 1 EXERCISES

A key part of all the Training Camps are exercises that we do to gain or hone spiritual "skills." As part of the weekly meetings, your group leader will guide you through doing the exercises together. Then I ask you to do them on your own through the week, so that these skills will become part of your life.

Before you start this exercise, go to the page labeled "My Prayer Plan", page 9. You'll see a place there where you can keep a list of the prayer points from the homework scriptures. Then come back to these instructions, and Day 1 of the exercises. Also, each week as you are discovering new elements to include in your prayers, add these to your list.

This week's exercises focus on having a passion for God.

- 1: Read the scripture passage
- 2: Make note of elements to include in your prayers
- 3: Write your own prayer to God, using the scripture as your example.

TODAY, Exercise Together:

Day 1: PRAISE. PRAY. SOAK in Ephesians 3:14-21.

¹⁴For this reason I kneel before the Father ¹⁵from whom every family in heaven and on earth is named. ¹⁶I pray that He may grant you, according to the riches of His glory, to be strengthened with power in the inner man through His Spirit, ¹⁷and that the Messiah may dwell in your hearts through faith. I pray that you, being rooted and firmly established in love, ¹⁸may be able to comprehend with all the saints what is the length and width, height and depth of God's love, ¹⁹and to know the Messiah's love that surpasses knowledge, so you may be filled with all the fullness of God.

²⁰Now to Him who is able to do above and beyond all that we ask or think according to the power that works in us — ²¹to Him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

THIS WEEK, Days 2-7, Exercise On Your Own:

Each day, continue to practice on your own what we did together. Aim to do something daily.

- 1: PRAISE.
- 2: PRAY in the Spirit.
- 3: SOAK in the scripture of your choosing.

Day 2: PRAISE. PRAY. SOAK in Exodus 33:10-23..

Day 3: PRAISE. PRAY. SOAK in Psalm 63

Day 4: PRAISE. PRAY. SOAK in 2 Peter 1:2-11..

Day 5: PRAISE. PRAY. SOAK in Colossians 1:9-20.

Day 6: PRAISE. PRAY. SOAK in Psalm 51:10-17.

Day 7: PRAISE. PRAY. SOAK in Philippians 4:4-9.



PRAYER & PRAISE (Practice/Share)

Practice

Every other week our time together will be focused on practicing the spiritual skills and sharing our experiences. “Do it together” is one of the keys to being an effective Christian. Whatever I’m asking you to practice, we’ll talk about from the perspective of what it looks like and your progress. The leader will be sharing their experiences and invite others to do the same. Various experiences will probably have some similarities and some differences. That’s how we learn from each other.

Then we will spend most of the time practicing the skills together; Praise, Pray in the Spirit and Soak in the scripture (PPS).

Share Experiences Together

- 1: One person read your list of prayer content items from My Prayer Plan insert (page 2). Others note items they had the same or different. Discuss your discoveries. Is there a lot of similarity, or not? Is that good, bad or indifferent?

- 2: What, did you see about God this week that stood out to you?

- 3: Share one of the prayers you wrote during the week. Tell the group why it was meaningful to you.

4: Did you particularly identify with any of the Bible prayers? Tell why.

5: What stood out to you from what others shared today?

PRACTICE 1 EXERCISES

If you typically follow a Bible reading plan, then starting today, pick up where you left off and continue that for the rest of this week. If you don't have a particular way to choose what to read next, consider using the reading plan included here. During these 'tween weeks, not everyone will be reading the same thing, and it won't be specifically about prayer. Trust that God will speak, direct, and will often even bring a theme out of different Bible passages.

However, still ask God to speak to you about prayer. Be prepared to make note of new prayer elements on the designated pages in the Plan insert. Also, have a journal or notebook ready, and jot down any thoughts you may have from the reading.

- 1: PRAISE.
- 2: PRAY in the Spirit.
- 3: SOAK in the scripture.
- 4: SHARE.

TODAY, Exercise Together:

Day 1: PRAISE. PRAY. SOAK in Nehemiah 1:1-11

THIS WEEK, Days 2-7, Exercise On Your Own:

Continue to practice what we did together. Aim to do something daily.

- 1: PRAISE.
- 2: PRAY in the Spirit.
- 3: SOAK in the scripture of your choosing or use the following suggested readings.

Day 2: PRAISE. PRAY. SOAK in Nehemiah 2:1-10.

Day 3: PRAISE. PRAY. SOAK in Nehemiah 3:1-12

Day 4: PRAISE. PRAY. SOAK in Nehemiah 4:1-9.

Day 5: PRAISE. PRAY. SOAK in Nehemiah 4:15-23.

Day 6: PRAISE. PRAY. SOAK in Nehemiah 6:1-9.

Day 7: PRAISE. PRAY. SOAK in Nehemiah 9:5-20.

