



Rock Church Point Loma
Pastor Travis Gibson

[Why We Pray](#)

Broadcast message from September 24, 2023

This 4-part series explores why we pray, how we pray, and what happens when we pray. In Part 1, Pastor Travis discusses the reasons behind prayer and the transformation that take place as we begin to pray.

Prayer is not about religion, but a relationship, with intimate, honest communication, and the difference between where you are and where you want to be. It is the divine catalyst that begins to change the things in your life that need to go, grow, leave, and vanish in Jesus' name.

In your group, read Luke 18:1-8, review the points below, then discuss how some things change when you begin to pray:

1. **Prayer changes my mind** (Philippians 4:6-7, Psalm 30:2). When things are cloudy, you mind is confused, and you feel overwhelmed, you can pray and begin to think, see, and dream more clearly.

Discussion: Briefly think about a situation in your life where you felt anxious and overwhelmed. Did you pray about it – why or why not – and what was the outcome?

2. **Prayer changes my heart** (Psalm 147:3). There are some things we go through that we don't even have words to express, because it's too heavy, it's so deep, and weighs.

Discussion: Have you ever gone through something alone and didn't share it with others because you didn't want to be ridiculed, embarrassed, or shamed?

3. **Prayer changes my relationships** (Luke 6:27-28). Sometimes it's the people closest to us that cause us to pray the most, due to hurt, lies, pain. Here are three things to do when dealing with conflict resolution:

- a. Meet in the middle (agree to disagree that this isn't big enough to argue about)
- b. Meet on their side (one of you lays down your pride and joins them on their side)
- c. Meet later (go away and pray then talk about the issue another time, but soon)

Discussion: When considering a current or previous relationship, how do you think things could have been different, had you decided to handle conflict another way? It won't change what's already done, but could help you in responding/reacting in the future.

4. **Prayer changes my authority** (Mark 9:28-29). There are certain habits, burdens, pain points, and trauma, that don't get better with positive thinking or counseling, or sage, or your grandma's rosary. There is a different type of authority we need with certain types of problems.

Discussion: If you feel led, please share how an addiction of yours (such as alcohol, drugs, sexual needs, pornography, bad habits, anxiety, fear, frustration, unforgiveness, and more) was released/overcome because you made a decision to step out on faith and break all ties to it.

5. **Prayer changes my future** (James 5:16-18). Stop comparing yourself to other people. God gives you passion to dream... to believe that something will come to pass if it's His will in your life.

Discussion: Are you currently praying about a specific dream God gave to you (could be your dating life, school, business, family, etcetera). If you are comfortable, share with the group what that is so they may join you in the prayer efforts.



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