

Refuge 2.0.  
Youth Pastor: Pastor James Owolabi  
New Beginnings Church  
40 days of Prayer  
(360) 471-7260  
May 6, 2018

This class will meet every Sunday for the next 2 weeks. We won't meet in June, 2018

*"Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere." Ephesians 6:18 (NLT)*

## **PRAYING THROUGHOUT DAY KEEPS THE DEVIL AWAY!**

*"Now, when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before. Then these men went as a group and found Daniel praying and asking God for help. So they went to the king and spoke to him about his royal decree: "Did you not publish a decree that during the next thirty days anyone who prays to any god or human being except to you, Your Majesty, would be thrown into the lions' den?" The king answered, "The decree stands—in accordance with the law of the Medes and Persians, which cannot be repealed." Then they said to the king, "Daniel, who is one of the exiles from Judah, pays no attention to you, Your Majesty, or to the decree you put in writing. He still prays three times a day." When the king heard this, he was greatly distressed; he was determined to rescue Daniel and made every effort until sundown to save him." ---Daniel 6:10-14 NIV*

### **5 ways to make prayer a part of your life!**

1. Start your day by sending a "text" message to God in the morning while walking to school.
  - a. Pray before you take a test!
  - b. Pray before you post a response on social media.
  - c. Pray before you respond to a comment on social media.
2. Start by scheduling on your phone, and by events, prayer time with God.
  - a. If God is important to you. You will make time for God.
  - b. Each time your alarm sounds, stop what you're doing and pray.
    - i. Wake up (1x): Instead of starting your day with grumbling, gripping, or groaning, start it with prayer.
    - ii. Each time you eat (3-5x): Before you eat anything, thank God for your food.

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- iii. Before you go to bed (1x): Thank God for your day. Tell Him about what went well, what went not so well, how you feel about that, what you'd like to change, and everything else in between.
3. Write a thank you note to God and read it during lunch.
  - a. Thank God for your family and friends.
  - b. Thank God for your future.
  - c. Thank God for His love, and for Jesus
4. Refuse the power of guilt over your life.
  - a. Confess all your sins to God before you sleep.
    - i. Ask God to forgive you before you go to bed.
  - b. Receive God's forgiveness by turning from your sin, and to Him.
    - i. Rebuke anything or anyone that tells you you're not forgiven

**Closing thoughts:** Praying all day keeps the devil away!

**Discussion Questions:**

1. How many times a day would you say you pray?
2. Looking at the Ephesians text, how does it say we should pray, and how often?
3. There's a lot going on in the world today, and our lives aren't always going as we would like. In the passage, we learn that when Daniel learned that when things got really tough for him, He prayed. How does the scripture tell us that Daniel prayed?  
How difficult do you think it would be to pray like that when things aren't going well in your life?
4. So in both passages, we learn to pray at all times, at every occasion, when times are good and when times are tough, and always include thanks to God in them. Why do you suppose this is? Why is constant prayer so important in the life of a Christian?
5. (Close out in prayer, praying as we just learned to pray)