

Lesson 4: Obsessive v. Trusting

Introduction

- Prayer is work.
- Prayer is learned through dedication and practice.
- Prayer brings me close to the heart of God in fellowship.
- Prayer is a **total dependency and trust in God.**
- **Whatever you are thinking about controls you!**

Lesson: Today I want you to learn to move from obsessive, anxious prayer to trusting, submissive and Scriptural prayer. Praying Scripture is the most powerful thing you can do to stop anxiety.

Obsessive Prayer

- Thoughts on problem.
- Constantly replaying problem in my mind.
- Rationalizing my actions in prayer.
- Wrestling with God and demanding He fix the problem.

Anxious Prayer

- Chronic worrying, fretful, crying or fearful.
- Meditatively deciding how to manipulate circumstances to get my own way.
- Bargaining with God.
- Perverting Scripture to justify sinful behaviors.

Trusting & Submissive Prayer

- Allowing others to have free will to choose.
- Getting out of the way of violent, manipulative, angry people.
- Letting others have their own consequences or helping others with structure that requires them to be responsible, cooperative and fully engaged in recovery.
- Honoring God first and setting strong, firm boundaries in relationships.
- Releasing loved ones and situations into God's faithful hands.

Scriptural Prayer

- Meditating on Scripture.
- Turning Scripture into prayers.
- Grateful for all things.
- Resting & waiting in Christ with full assurance of His sovereignty.
- Disciplined and scheduled prayer time.
- Intimacy and fellowship with Christ.
- Alert to pray for the needs of others.
- Purposefully praying for leaders and others in authority.

Exercise: What worry is choking the Word in your life? *“The worries of this life, and the deceitfulness of wealth, and the desires of other things (if allowed in my heart) come in and choke the Word, making it unfruitful.” Mark 4:19*

Application: Prayer is profound and yet somehow it is so simple that even a child can do it. Sometimes my prayers are so feeble, it is shocking how God answers exactly as I prayed them. Maybe it depends upon the depth of my obedience in hearing and receiving the Word that my heavenly Father is concerned about more than any words that I might pray. *Others, like seed sown on good soil, hear the Word, accept it, and produce a crop—thirty, sixty or even a hundred times what was sown. Mark 4:20*

- **Conclusion: Praying Scripture is the quickest and most powerful path to peace. God’s Words are living and active and can discern our heart and cut through any confusion.** *For the Word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Hebrews 4:12*

Lay your problems, sorrows, regrets on the altar of God. Ask Him to help you.

Now turn this Scripture into prayer:

Scripture: *In you, O LORD, I have taken refuge; let me never be put to shame (confusion). Psalm 71:1*

Prayer: O God stop the confusion. Please, give me refuge in You. Help me to make good decisions.

Amen

- **Prayer does not work, if you do not pray.**
- **Pray earnestly.**
- **Pray fervently.**

**The Lord is my Rock, and my fortress and my deliverer; my God,
my strength, in whom I trust... Psalm18:2**