Fit For Life: 4Ws Habits to Change Your Life



DEVELOP THE HABIT OF PRAYER

JANUARY 9, 2022

WORSHIP

Praise Him Forever, Unchanging God, You Are God Alone

WELCOME

On the scale of 1 to 5, 1 as the lowest and 5 as the highest, how would you rate the vibrancy of your prayer life?

WEEKLY PRAYER POINTS

I. Thanksgiving

 Worship God for who He is, what He has done, and what He will do in our lives

II. Country and the World

 Upright and moral governance of Public Servants A God-centered Philippines

Repentance and Salvation

III. Church

 That CCF Members would honor and love God and make disciples Elders, Pastors, Leaders, and Families

 Ministries and Churches worldwide

IV. CCF Facilities

 Worship and Training Center

Prayer Mountain

V. Personal Concerns

 Deeper intimate relationship with God

- Righteous living
- Salvation of family and friends

WORD **READ IT!** LUKE 11:5-13

⁵ Then He said to them, "Suppose one of you has a friend, and goes to him at midnight and says to him, 'Friend, lend me three loaves; ⁶ for a friend of mine has come to me from a journey, and I have nothing to set before him'; ⁷ and from inside he answers and says, 'Do not bother me; the door has already been shut and my children and I are in bed; I cannot get up and give you anything.' ⁸ I tell you, even though he will not get up and give him anything because he is his friend, yet because of his persistence he will get up and give him as much as he needs. ⁹ "So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. ¹⁰ For everyone who asks, receives; and he who seeks, finds; and to him who knocks, it will be opened. ¹¹ Now suppose one of you fathers is asked by his son for a fish; he will not give him a snake instead of a fish, will he? ¹² Or if he is asked for an egg, he will not give him a scorpion, will he? ¹³ If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him?"

PARAPHRASE IT!

Restate the verses in your own words.

TALK ABOUT IT!

- What did you like about these verses?
- What did you learn about God?
- What did you learn about the people?
- What did you learn about being persistent in prayer?

POINT IT OUT!

1. PRIORITY	(Mark 1:35, Luke 6:12, Matthew 14:23, Colossians 1:9, Ephesians 1:16, 1 Thessalonians 5:17, Luke 11:1, Mat- thew 7:11, Hebrews 4:16)
2. ADMIT	(Romans 7:15, 18-19)
3. TURN TO JESUS	(Romans 7:24-25, 2 Corinthians 5:17)
4. HABITUALIZE	1 Corinthians 9:27, Philippians 4:9,

Galatians 6:9, Luke 11:13, John 1:12

WORKS **APPLY IT!**

Based on this lesson on FIT FOR LIFE: DEVELOP THE HABIT OF PRAYER, write down your action point to apply what you learned. Make it your "I will..." statement and follow the S.M.A.R.T. guideline to come up with a do-able action point.

Simple Measurable **A**ppropriate Realistic Time-bound

"I will

SHARE IT!

Who will you share these truths to this week?

PRAY CARE SHARE IN ACTION

Pray for people who find it intimidating to come to the Lord in prayer. Pray that they will develop their relationship with God and see Him as their Father who is not distant, but who cares for them deeply. Share Christ to them so that they will be able to confidently come to the Lord in prayer and present their requests to God, knowing that God will answer them in His nfinite wisdom and love

MEMORY VERSE Luke 11:13

If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him?