

# pray first

the transformative power  
of a life built on prayer

**Jabez wasn't willing to settle for a life of pain - and neither should you.**

## Connect:

Discuss the following questions:

What key insight or takeaway from last session's study that you would like to share with the group?

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Did you have a nickname growing up? If so, would you share it?

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## Watch:

**Now it's time to watch the video for this session. As you watch, use the following outline to record any thoughts or concepts that stand out to you.**

### I. PRAYING FOR BLESSING

- A. "Oh, that you would bless me" (1 Chronicles 4:10a). In Hebrew, the word for blessing is prosper, which means to be pushed forward further than we would be able to get on our own
- B. We pray for God's blessing so that we can be a blessing to others. Lord give me more than i need so i can be a blessing to the world around me
- C. Real biblical prosperity is not health and wealth, name it and claim it, blab it and grab it. It's having more than we need so we can make an eternal difference in the lives of other.

### II. PRAY FOR INFLUENCE

- A. "Enlarge my territory" (verse 10b). Once God gives us his blessing, he wants us to take that blessing and use it to make a difference in other peoples lives.
- B. Our inheritance is other people. We don't literally possess them or own them but we have influence in their lives by being a blessing to them.
- C. If the size of your dream isn't intimidating to you, there's a good chance that it is insulting to God. Lord, use me so that my life might make an eternal impact in the lives of others.

### III. PRAYER FOR PRESENCE

- A. "Let your hand be with me" (verse 10c). The hand of the Lord is a biblical term used throughout Scripture for God's presence and God's power
- B. If God gives you more than you need (blessing) and gives you influence, you're going to feel it over your head. You're going to need God's presence in your life.
- C. God blesses you, gives you influence, and then anoints you so that you can do what he has called you to do. Lord be with me because what you've called me to is too big for me

# SESSION 3

## The Prayer Of Jabez

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## IV. PRAY FOR PROTECTION

A. “Keep me from evil” (verse 10 d) If you have blessing, you can use it to influence; and if you have God’s hand upon you, all of hell is not going to like it. We need God’s protection.

B. Some of us are under attack right now. We sense that the enemy has come against God’s call and plan on our lives . So what do we do? We pray for God’s protection.

C. Philippians 2:10 says that every demonic principality has to bow at the name of Jesus. Lord strengthen me and rescue me from every attack of the enemy.

**DISCUSS:** Discuss what you just watched by answering the following questions

1. Jabez began his prayer with this request “ Oh, that you would bless me” (1 Chronicles 4:10a) Do you agree that the concept of blessing is often misunderstood? How would you define or describe blessing based on what’s in God’s Word?

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2. Jabez then prayed, “[God]. enlarge my territory” (verse 10b). Jabez was asking God for influence in making this request. What does having influence mean to you? What are some of the ways God is presently using to influence the lives of those around you?

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2. Jabez then prayed, “[God]. enlarge my territory” (verse 10b). Jabez was asking God for influence in making this request. What does having influence mean to you? What are some of the ways God is presently using to influence the lives of those around you?

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3. Jabez then said to God. “Let your hand be with me”(verse 10c). As you receive blessing and exert influence, why does praying for God’s presence become more urgent?

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4. Jabez concluded with this request: “keep me from harm so that i will be free from pain” (verse 10d). Why is seeking God’s protection from the enemy necessary in light of experiencing his blessing, influence, and presence in your life?

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# SESSION 3

## The Prayer Of Jabez

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# SESSION 2

## The Lord's Prayer

5. Of these four prayer items, which one have you sometimes overlooked in the past when praying? How does the prayer of Jabez remind you to focus on all four?

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6. Considering the way in which you typically pray to the Lord, would you say that your focus has been more on what you want or what God wants? Explain.

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7. When and how as God blessed you in order that you could bless others? What did you learn about him from this experience?

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8. What did you know about the prayer of Jabez before this session? How has your understanding of the prayer now changed?

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### RESPOND:

As mentioned in the video, the entire story of Jabez and his prayer is contained in just two verses in the Bible. In a genealogical list of 600 names in the book of 1<sup>st</sup> Chronicles, this man is singled out - and mentioned nowhere else in Scripture. Take a few moments on your own to read the concise story of Jabez and then answer the questions that follow:

“<sup>9</sup>Jabez was more honorable than his brothers. His mother had named him Jabez,<sup>[a]</sup> saying, “I gave birth to him in pain.” <sup>10</sup>Jabez cried out to the God of Israel, “Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain.” And God granted his request. **1 Chronicles 4:9-10**

Why do you think we are told that Jabez was more honourable than his brothers, before we learn the meaning of his name?

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What stands out to you the most about the prayer of Jabez? Why?

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Why do you think the writer includes the detail that God answered his prayer?

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### PRAY:

Spend a few moments praying together using the four categories - blessing, influence, presence and protection - found in the prayer of Jabez. Thank God for all that you are learning about prayer in order to learn more about him. Ask him to focus the eyes of your heart on what he focuses on - people and their needs. Praise him for this Study and the fellowship you are experiencing in your group.