

SESSION 6

HOW TO PRAY IN A CRISIS

CHECKING IN

Does anyone have an update on their breakthrough prayer from last session? Or for those of you who had the opportunity to fast, share what that experience was like for you.

KEY VERSE

"Do not be afraid or discouraged . . . For the battle is not yours, but God's."

2 Chronicles 20:15 NIV

_____ Watch the video lesson now and follow along in your outline. _____

Messengers came and told Jehoshaphat, "A vast army from Edom is marching against you from beyond the Dead Sea. They are already [about two days away]" . . .

Jehoshaphat was terrified by this news. 2 Chronicles 20:2–3 NLT

SIX LESSONS FROM KING JEHOSHAPHAT

1. Turn _____.

Jehoshaphat was terrified by this news and begged the Lord for guidance. He also ordered everyone in Judah to begin fasting. 2 Chronicles 20:3 NLT

Never let a problem intimidate you. Instead, let it motivate you to pray! Seek God for wisdom before you do anything else.

• Remember _____.

"O Lord, God of our fathers, are you not the God who is in heaven? You rule over all the kingdoms of the nations. Power and might are in your hand, and no one can withstand you." 2 Chronicles 20:6 NIV

• Remember _____.

"O God, did you not drive out the inhabitants of this land before your people Israel?" 2 Chronicles 20:7 NIV

• Remember _____.

"Did you not . . . give [this land] forever to the descendants of Abraham your friend?" 2 Chronicles 20:7 NIV

• Appeal _____.

"You would not allow us to invade their territory when we came up from Egypt; so we turned away from them and did not destroy them. See how they are repaying us . . . O our God, will you not judge them?" 2 Chronicles 20:10–12

In essence, Jehoshaphat said to God, "I know who you are, I know what you have done, I know what you have said, and I know what you can do—and I'm asking you to do it again!"

2. Admit _____.

"We have no power to face this vast army that is attacking us. We do not know what to do . . ." 2 Chronicles 20:12 NIV

Miracles never happen until you admit that the situation is impossible without God's help.

"With man, this is impossible, but with God all things are possible."
Matthew 19:26 NIV

3. Rely _____.

"We do not know what to do, but our eyes are upon you." 2 Chronicles 20:12 NIV

Shift your focus from your problem to the Problem Solver.

4. Relax _____.

"Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's. You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the Lord will give you . . . Do not be afraid; do not be discouraged." 2 Chronicles 20:15, 17 NIV

When you put your life in God's hands, your battles become his battles, and your enemies become his enemies. And God says to you, just like he said to Jehoshaphat, "Relax. I've got this."

"Have faith in the Lord your God, and you will stand strong. Have faith in his prophets, and you will succeed." 2 CHRONICLES 20:20 (NCV)

5. Thank God _____.

Sing victory songs before you see the victory!

Jehoshaphat appointed men to sing to the Lord and to praise him for the splendor of his holiness as they went out at the head of the army, saying: "Give thanks to the Lord, for his love endures forever." 2 Chronicles 20:21 NIV

Thank God for what He is going to do, even though you don't know how He is going to do it. If you thank God after the fact, that's gratitude. But if you thank God in advance, that's faith.

Without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.
Hebrews 11:6 NIV

At the moment they began to sing and to praise, the Lord caused the armies of Ammon, Moab, and Mount Seir to begin fighting among themselves, and they destroyed each other! 2 Chronicles 20:22 TLB

The Israelites didn't run in fear; they stood firm in their faith. They didn't have to lift a finger; they just lifted their voices in worship, and their enemies self-destructed. There is power in praise!

6. Expect God _____.

Not a single one of the enemy had escaped. King Jehoshaphat and his men went out to gather the plunder. They found vast amounts of equipment, clothing, and other valuables—more than they could carry. There was so much plunder that it took them three days just to collect it all! On the fourth day they gathered in the Valley of Blessing, which got its name that day because the people praised and thanked the Lord there. It is still called the Valley of Blessing today. 2 Chronicles 20:24–26 NLT

When you let God fight your battles, it is a witness to everyone around you.

When all the surrounding kingdoms heard that the Lord himself had fought against the enemies of Israel, the fear of God came over them. So Jehoshaphat's kingdom was at peace, for his God had given him rest on every side.
2 Chronicles 20:29–30 NLT

Discovery Questions

Choose the questions that are right for your group, and take time to let God work in your lives.

- Has there ever been a time when you stopped to praise and thank God first in a moment of crisis? If so, how did that act of faith impact your perspective on the crisis? What changes did you experience physically, emotionally and mentally—were you less anxious or worried, etc.?

- Jehoshaphat prayed, *“We do not know what to do, but our eyes are upon you”* (2 Chronicles 20:12 NIV). Is there a situation that is overwhelming or intimidating you? What steps can you take to shift your focus from your problem to the Problem Solver?

- When you let God fight your battles, it is a witness to everyone around you. What are you communicating to the people around you by the way you handle the crises in your life? What does it say about your faith?

Putting It into Practice

Be doers of the Word by applying the things you are learning.

In Your Group – Prayer Together

Jehoshaphat didn't try to handle his crisis alone, and neither should you. If anyone is in crisis, or in need of a big breakthrough right now, gather around them, place your hands on their shoulders, and pray for them. Close your time together by giving thanks as a group—thanking God for His presence and for His victory in your lives.

In Your Life – Pray the Plan

If you or someone you know is going through a crisis, use Jehoshaphat's model of prayer this week.

1. Turn to God for help with these three reminders: Are you not, did you not, will you not?
2. Admit your inadequacy.
3. Rely on God's resources.
4. Relax in faith.
5. Thank God in advance for hearing and answering your prayer.
6. Expect God to turn your battle into blessings.

Daily Prayer Journal

Starting on page 76 you will find Bible verses and daily prayer journal prompts for How to Pray in a Crisis. Take a few minutes every day to read each verse several times, slowly. Emphasize a different word or phrase each time you read the passage. Underline key words or phrases that are especially meaningful to you. Follow the prompts and write down your responses in the journal space provided. Finish with a prayer.

Before You Go

What decisions do you need to make as a group this week?

- **PLAN A PARTY!** Have you made plans for a party with your group to celebrate what God has done in your lives through this study on prayer? A party is an excellent opportunity for you to invite new people who might be interested in joining your group. Talk about your celebration before you leave your meeting. Where will you have your party? When will you have it? Will it be a potluck or a barbecue, or will you call out for pizza? Divide up the responsibilities and get ready to enjoy a great time of fellowship.

Daily Prayer Journal

DAILY PRAYER JOURNAL

Day 36

*"O Lord, God of our fathers, are you not the God who is in heaven?
You rule over all the kingdoms of the nations. Power and might are
in your hand, and no one can withstand you." 2 Chronicles 20:6 NIV*

What did you hear?

What did God say to you as you read today's Bible passage?

What word or phrase was most meaningful to you?

What do you think?

What does this passage mean to you? How does it apply to your life?

What is your prayer?

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer of confession or a request for God's help. It's up to you. But take a minute to write a prayer of response to God.

DAILY PRAYER JOURNAL

Day 37

"Our God, did you not drive out the inhabitants of this land before your people Israel and give it forever to the descendants of Abraham your friend? They have lived in it and have built in it a sanctuary for your Name, saying, 'If calamity comes upon us, whether the sword of judgment, or plague or famine, we will stand in your presence before this temple that bears your Name and will cry out to you in our distress, and you will hear us and save us.'" 2 Chronicles 20:7-9 NIV

What did you hear?

What did God say to you as you read today's Bible passage?
What word or phrase was most meaningful to you?

What do you think?

What does this passage mean to you? How does it apply to your life?

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DAILY PRAYER JOURNAL

Day 38

"You would not allow us to invade their territory when we came up from Egypt; so we turned away from them and did not destroy them. See how they are repaying us . . . O our God, will you not judge them? For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you."

2 Chronicles 20:10-12

What did you hear?

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DAILY PRAYER JOURNAL

Day 39

"Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's . . . You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the Lord will give you . . . Do not be afraid; do not be discouraged."

2 Chronicles 20:15,17 NIV

What did you hear?

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DAILY PRAYER JOURNAL

Day 40

Without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

Hebrews 11:6 NIV

What did you hear?

What did God say to you as you read today's Bible passage?

What word or phrase was most meaningful to you?

What do you think?

What does this passage mean to you? How does it apply to your life?

What is your prayer?

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