

Digging Deeper

Read Jeremiah 1:1-6

4. When it comes to the power of your prayers, when do you feel like Jeremiah in 1:6?

Read Jeremiah 1: 7-8

5. How did this promise apply to Jeremiah's life? What do you remember about what happened to him? How did God fulfill it?

6. How can this promise apply to your prayer life?

Read Jeremiah 1:9-10

7. What was God appointing Jeremiah to uproot, destroy, and plant at that time? What is the scope of Jeremiah's authority?

8. What do you see in this section that would help embolden your prayers at this time?

Read Jeremiah 1:11-18

9. What does God pronounce here that reflects a truth about how change will happen, through prayer?

Putting It Into Practice

1. Print a copy of the following page for each participant of your group.
2. Pray that God's spirit would open your hearts and minds to his living Word.
3. Slowly read aloud Matthew 18:18-20 and Ephesians 6:10-17. Pausing at the end of each sentence.
4. When you get to the end of the passage allow people to make notes on what God's spirit is impressing on them.
5. After three or four minutes, reread the passage and repeat the exercise, allowing God's spirit to further impress upon your hearts His Truth.
6. Move into a time of prayer, allowing these revelations to inform you on how to pray, as well as applying them towards the things you would normally pray about. (Hint: Repeating the same prayers as others have already prayed ought to be encouraged as the spirit may be nudging people towards something important.) NOTE: For this meeting, do not share prayer requests before you begin. Instead, allow people to pray in authority about what concerns them. This will allow for an opportunity for them to practice them, and also place the potency of prayer back in their hands.
7. At the end, debrief the experience. How is this different or similar to how you normally pray? What did you learn from this passage that changed how you prayed

Biblical Meditation is

sitting at Jesus' feet | hearing God through His Word | receiving His Word by faith
responding, being a doer of the Word | praying out what you received

Biblical Mediation results in

building faith | revelation | heart preparation | healing | strength | relationship
| discipleship

Meditation can be practiced in this way:

- Use your Bible, read through the passage carefully.
- Take a silent time meditating on the passage.
- Go back and reread the passage, be alert, pondering the Word of God.
- Allow the Holy Spirit to direct you to focus on a portion of the Word.
- What is God saying to me that I can pray about?
- How do I apply this to myself? Ask- What does this teach me about the character of God? (God is pure, lovely, commendable...) What does this teach me about His will for my life? (He desires that I be pure, lovely, commendable...) His will for his Kingdom work on earth (as it is in heaven).
- What is my response to God?

TRY IT OUT

Matthew 18:18-20 New International Version (NIV)

¹⁸ “Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.

¹⁹ “Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. ²⁰ For where two or three gather in my name, there am I with them.”

Ephesians 6:10-17 New International Version (NIV)

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace.

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.
