



4 INGREDIENTS OF BEING A PRAYER WARRIOR

grateful girl

Hi, Hello, how are you?

HI THERE!

I'M PATTI AND I'M SO HAPPY
YOU ARE JOINING ME HERE.



Prayer is such a powerful gift that God gives us, yet I know for myself, I haven't always grabbed hold of that tool and used it for all it's worth! I have a strong heritage in my family of prayer warriors, especially my grandmother, mother and sister, but there were times in my life I felt like I was the one to drop the ball. To break the generational heritage that I was so fortunate to have. And honestly, I did for a while.

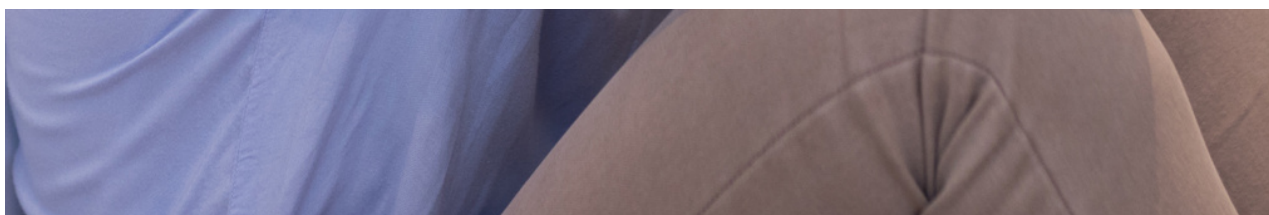
But I can tell you without question, that prayer has played a powerful role in my life. I have seen the evidence of prayer and of having prayer warriors in my life. I'm not sure I would have survived my college years if it wasn't for my mother's prayers. And when my husband was diagnosed with leukemia, prayer became a lifeline.

I hope this guide helps you to grab hold of the prayer lifeline and shows you how simple and easy God makes it for us to come to Him. He gives us all of the ingredients in the book of Philippians. Come along with me and let's talk about the 4 Foundations of Becoming A Prayer Warrior.



DON'T WORRY

(Philippians 4:6-7)



INGREDIENT ONE

Phillipans 4:6-7



“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

It seems that worry takes hold of our minds so easily. I get it. Me too. As life throws curve ball after curve ball at you, as you see the bad things that happen, it’s hard not to worry that we will also see hardships. And you know what, we probably will.

From having a front row seat to my 30 year old husband being diagnosed with leukemia, and ultimately facing a bone marrow transplant, I know worry. I couldn’t stop my mind and heart from worrying about the unknown. But it didn’t stop me from praying. Many prayers were through tears, from the tips of my toes to the top of my head prayers. And those prayers always brought me peace. Because He was walking with me.

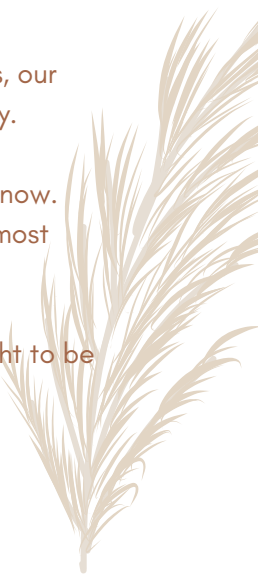
God’s Word says don’t worry about anything, but instead pray about everything. Telling God what you need and thanking Him for what He has done.

God did mighty things through my husband’s diagnosis and He walked with us through many ups and downs. He brought peace. He brought strength. He brought help. He was there.

But even in our day to day lives, this world can cause us to worry. About our family, our finances, our world at large. He understands our worry. And yet still, His Word says Do not Worry. Instead Pray.

My mother was a fierce prayer warrior for her family, her church and even for those she didn’t know. Her prayer list was long. And she never failed to pray over it. But one of the things I remember most about my mother was that she wasn’t afraid. I rarely saw her worried.

After my father’s death she lived alone for over 20 years. I often asked if she was scared at night to be alone. And without a blink she would say, “No. I just pray and lay down and go to sleep. God is watching over me.” That friend is an example of living out Philippians 4:6-7





PRAY ABOUT EVERYTHING

(Philippians 4:6-7)



INGREDIENT TWO

Phillipans 4:6-7



Do you ever question what you should pray about? I have heard that we shouldn't pray for certain things. Have you ever heard that said?

We know it's good to pray for others. To pray for the sick and those in need. To pray for our country and our leaders. But what about yourself? What about that test you are going to take? What about wanting your house to sell so that you can make the move you need to? What about that job you want?

God's Word clearly says PRAY ABOUT EVERYTHING. Everything. He wants to have that kind of relationship with you. As a Father. As a friend. Do you tell your best friend things that you never pray about and tell your Father about? Do you complain and tell your struggles to everyone around you but never take it to God in prayer? Actually James 4:2 even says, "Yet you don't have what you want because you don't ask God for it".

Praying for everything on your heart and mind does a few things. First, it releases those things and lays them at the feet of Jesus. It takes away some of the burden and worry so that you can rest. It always demonstrates faith. You take the burden from yourself that you are carrying and give it to someone that you believe can and will help you. And it also strengthens your relationship with your Father in Heaven. Your prayers become a conversation with God, not just a ritual you feel obligated to do.

Our Father wants to hear from us. He wants us to talk with Him. About Everything. Does He already know? Of course. But bringing everything to Him in prayer shows Him that we are seeking Him in our lives, that we trust Him with our concerns, that we have faith in Him to do good things in our lives, that we know that He cares for every little and big thing in our lives.

Don't leave anything on the list when you go to God in prayer. No list is too long and no request too small.





ASK GOD FOR WHAT YOU NEED

(Philippians 4:6-7)



INGREDIENT THREE

Phillipans 4:6-7



As always, Jesus says it best.

"Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours."

(Mark 11:24)

"This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us. And if we know that He hears us – whatever we ask – we know we have what we ask of Him."

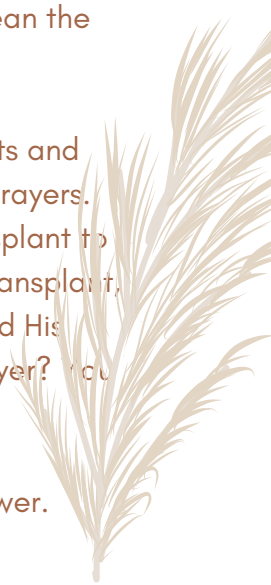
(1 John 5:14-15)

We serve a gracious and giving God that wants only the best for His children. But do we ever stop and think that what we want and think is best for our lives may not line up with what God's best for our lives is? There's no doubt that what God wants for us, and what He gives us is far greater than anything we could ever ask for.

The scriptures lead us to pray in faith, believing that what we ask for that we have already received it. But I know in my life that I haven't received everything I have prayed for. But the important thing to recognize is that I didn't receive those things in the way I expected or desired sometimes. And sometimes I didn't see the answer at all. Yet. That doesn't mean the answer isn't coming or that it didn't already come in the way God wanted to answer.

I am definitely not a theologian. I share this prayer guide with you to share my thoughts and experiences with prayer to encourage you. But I do know that God does answer our prayers. When my husband was sick we begged God not to have to have a bone marrow transplant to cure him. Guess what? We had to have a bone marrow transplant. But through that transplant, our faith was increased, our testimony was increased, our story of God's goodness and His steadfastness was on display. And my husband was cured. A better answer to my prayer? You bet.

Never hold out asking God for everything on your heart. He hears us and He does answer.





THANK HIM FOR ALL
THAT HE HAS DONE

(Philippians 4:6-7)



INGREDIENT FOUR

Philippians 4:6-7



God's word tells us to not worry about anything, pray about everything, tell God what you need and to THANK HIM FOR EVERYTHING HE HAS DONE.

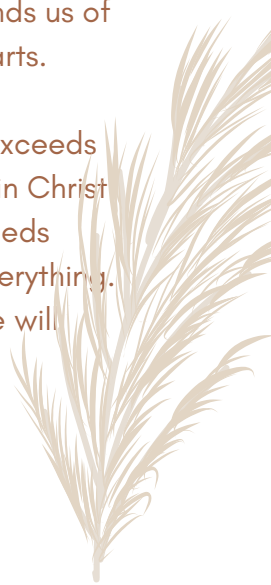
I am not sure if God meant for us to do those things in that order, but I believe that beginning our prayers with THANKING HIM sets the tone for our prayer so I like to begin my prayers with my gratitude list.

It's totally ok to talk to God about what you are upset about, what you are concerned about even what you want....but beginning our prayer with thanking Him for all of the good things in our lives shows Him that we see and know His goodness and His holiness. And I have found that it also many times, changes the rest of my prayer that I thought I was going to pray. It changes my heart's posture.

I know we have all heard of keeping a gratitude journal. Writing down everything we are thankful for each day. You may not be able or want to do that, but our prayer each day can begin with our list of things we are grateful for. And it can be all of the little things too, not just the big ones. We can pray our gratitude for our health, and our families and all of the things that mean so much, but we can also thank Him for the small things too. Listing those things in our prayers reminds us of all of the good things we have. It sometimes reminds us of the prayers He already answered. And it helps us keep a spirit of gratitude in our hearts.

Notice the end of the scripture says "Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Wow! Isn't that what we want? To experience God's peace. Peace that exceeds anything we can understand. And it says this **after** it says Don't Worry. Pray About Everything. Tell God What You Need. Thank Him. Then.....you will have peace and and His peace will guard our hearts and minds.

That's why we say, Prayer Changes Things. It changes us.



STIRRING IT ALL TOGETHER

Philippians 4:6-7



Being a prayer warrior looks different for each person. But God's Word tells us HOW to pray. He gives us the ingredients.

We simply have to take **His** list of how to pray (Don't Worry, Pray About Everything, Tell God What We Need, Thank Him for Everything) and be faithful in coming before Him every day, or even many times a day, to pray for others, to pray for our own lives, to pray for our country and world. To pray for His will. That's how the ingredients all come together to create a powerful prayer life.

Keep a list on your phone or in your Bible of those that you see are in need. You don't have to know them. They don't have to know you are praying for them. Your prayers on their behalf will reach heaven and they will be blessed.

Keep a record of your answered prayers. You are going to be amazed at how God is working in the big and the small things in your life.

Never forget that God is with us. In our day to day. In our storms and in our mountain top experiences. He wants us to have His peace that is beyond our understanding. And prayer is what gets us to that place of peace.

Thank you for joining me as we walked through the ingredients for prayer that God gives us in Philippians. I pray that we can each take each ingredient, each step, that He gives us and become strong prayer warriors in our lives and for all of those around us.

Never stop praying.



GRATEFUL GIRL

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A GRATEFUL GIRL
