



The Purpose of Prayer

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Focus The Lord's Prayer gives us a pattern to teach us how to pray so that we can stand in the midst of spiritual warfare.

Open Are you a person who likes conflict? Or do you try to avoid it?

Read As disciples of the Lord Jesus Christ, we all experience spiritual warfare. If we place our focus on Satan's attacks against us, we give the devil too much credit. Instead, when spiritual warfare increases in our lives, we need to go to a new level of prayer so we can release God's power and will. The Lord's Prayer gives us a pattern to teach us how to pray (Luke 11, Matthew 6).

We must take prayer seriously because we are in a war, and our Enemy wants to kill us (Ephesians 6:12; John 10:10). One type of demon that comes against us is called a principality, which is a prince over a geographic region. The prophet Daniel in the Old Testament battled principalities (Daniel 10:12–13, 20–21). Jesus' healing of the demon-possessed man in Mark 5 also reveals the reality of territorial principalities (Mark 5:9–10). We fight principalities every time souls are saved, every time we plant a new church in a new city and every time we stand for righteousness in our nation.

We also battle demons called familial spirits. These are spirits that have strongholds in our families through the sins of our ancestors. We can recognize a familial spirit in areas where family members have a strong tendency toward a certain sin. We overcome principalities and familial spirits by prayer and by walking in the opposite spirit. For example, greed is overcome through prayer and generosity.

While we must take prayer seriously, the good news is we don't need to take it too seriously. God designed us to pray so we can transfer the burden of our

battles to Him (Philippians 4:6; 1 Peter 5:7). We can give Him every concern and know He will sustain us (Psalm 55:22). Jesus, our Prince of Peace, is Lord over every principality and every spiritual power.

Talk

1. What has been your experience with the Lord's Prayer? Did you memorize it as a child? Is it new or unfamiliar to you?
2. In spiritual warfare, why do you think we sometimes give too much attention to Satan instead of focusing on God?
3. Describe a time when you had peace in a difficult situation because you had "transferred the burden" to God in prayer.
4. In what area of your life are you currently experiencing warfare? Spend time as a group praying for each other.
5. Do you recognize any familial spirits at work in your family? Ask a friend to commit to praying with you about this.

Live

- Read Philippians 4:6–7 and 1 Peter 5:7.
- Make a list of everything you are anxious about.
- Give each burden to Jesus, the Prince of Peace.

Pray

Holy Spirit, we thank You that You teach us how to pray. We praise You, Jesus, Prince of Peace, because You are Lord over every principality and spiritual power. Father, we give You our burdens today. Please help us to stand in the midst of spiritual warfare.