

Read Acts 4:23-31 (NIV)

From the above account we looked at lessons/exercises we can learn from how the early followers prayed; as we gaze through the training room gym window!!

- 1) **They immediately went to their friends (vs 23)** – When facing opposition and difficulty what is your first reaction?
- 2) **They reported what the chief priests said – the facts (vs 23)** – What unhelpful responses are there? (analysing, fixing in own strength, grumbling, anger, depression, self-criticism etc)
- 3) **They raised their voices (vs 24)** – When do you raise your voice? Do you raise your voice when praying?
- 4) **They raised their voices together (vs 24)** – What context do you raise your voice in prayer with others?
- 5) **They opened their prayer declaring Gods name (vs 24)** – What name of God do you need to address today? (see attachment)
- 6) **They reminded God and themselves of his power (vs 24)** – Why is this a good thing to do?
- 7) **They reminded God and themselves of his promises (vs 25,26)** – What name of God do you need to address today?
- 8) **They related the promises to their current circumstances (vs 29)** – What are the kings of this age that try to muzzle the church?(ie media, political correctness, popular culture etc)
- 9) **They acknowledged that what was happening was Gods will (vs 28)** – Share events in your life where “all things worked together for good” despite it appearing impossible at the time?
- 10) **They asked God a specific request (vs 29)** – Encourage one another with specific prayer request and answers

After they prayed the following happened...

- 1) **Room shook (vs 31)** – Why did God do this?
- 2) **They were filled with Holy Spirit** – Are you getting drunk on wine (or similar manmade substitute) to give you false courage, or are you being filled with the Holy Spirit for His boldness?
- 3) **They spoke the word of God boldly (vs 31) and saw many miraculous signs and wonders (5:12)** – Share stories of boldness?

- Use the names/attributes of God and scriptures to pray aloud together and be filled with the Holy Spirit.