

JOIN US SUNDAYS 8:30 AM EASTERN

FROM ONE PIT
to Another
 (Study on the Book of Jonah)

Zoom JOIN ONLINE OR CALL: 646-558-8656
 MEETING ID: 530 441 1689 | PASSCODE: 057058
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The SHEnergized SisStarhood Bible Class Series

FACILITATED BY
Dr. Dorthy Dye



Dr. Dye Lesson Recap- Just a little talk with Jesus| 03/19/2023| “ Prayer Overview”

“Sistars should always pray and not faint.”

The following is a recap of Prayer lesson #1

Sistar learn to live life on the other side of the “but” the weapons of life will form but they won’t prosper. Can you get excited about having the opportunity to talk to God and him hearing you? You don’t have to wait for God to hold out any scepter to you; you have a standing invitation to talk to God at anytime you want!

Just a little talk with Jesus makes everything alright.

Prayer is your resource it has specific parts designed to help you overcome.

Prayer puts you in touch with the father.

Prayer helps you stay in communion with the father so that you can have constant contact with the one who is all.

If you pray enough, it will become a habit.

You talk through prayer and as you communicate with the father you allow the Holy Spirit to take reign and it strengthens you

Prayer is the will of God and the giving of thanks always!

When you pray- a phrase that should be reflective of your life; there should be an attitude that comes with prayer.

Have you prayed more than 30mins? Have you prayed for an hour? Have you ever prayed all night long? Don’t just sing about it be about it!

A groan and moan is a prayer; allow your groanings to be taken by the Holy Spirit so that he can tell the Lord the desires of your hearts.

Sometimes in life you will only be able to groan; take advantage of being able to groan and allow God to be your strength.

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I. What is Prayer?

- ✓ Prayer is our vertical relationship with God; you handle horizontal issues by talking to God through prayer.
- ✓ Draw nigh(*to draw means to come close to God*)
- ✓ In order to sustain your spiritual health, you have to be Intune with God daily
- ✓ It’s not about your will but God’s will; take on the mind of Christ.
- ✓ Walk with God, Talk with God, and be in-lined with God!
- ✓ Prayer is your resource- tap into it

II. Starvation Diet

- ✓ The longer you’re with out prayer the less hungry you become.
- ✓ Are you malnutrition in your spiritual life?
- ✓ Have you gone into spiritual body failure?
- ✓ Has prayer been a last resort instead of your weapon of defense?
- ✓ The longer your spiritual body goes without prayer the easier it is for it to breakdown.
- ✓ Don’t starve your spiritual body; Pray so you can be strengthened.

III. How Do we pray?

- ✓ When you have a prayer life it will shine through in the life that you live.
- ✓ When you are going through prayer will be your avenue to gain strength
- ✓ When you pray you don’t ask for things that are contrary to God’s will
- ✓ Find out God’s will and pray as Jesus taught!

IV. The Vow of Prayer

- ✓ A vow is a promise; be willing to keep the vow(responsibility) of prayer.
- ✓ Whatever you pray be willing to keep the vow. If you pray for forgiveness you have to forgive.
- ✓ Everything you pray you must first agree and keep the vow that you have uttered.
- ✓ When you say “Amen” you are saying “*I agree*” when you say Amen then you vow to keep the unity of the spirit within you
- ✓ As you keep praying you will begin to hear the voice of God!