

Silver Creek Fellowship NOTES

January 21

21 DAYS OF PRAYER AND FASTING

HOW TO PRAY WHEN YOU HAVEN'T GOT A PRAYER

Psalm 77:1-2 (NIV) "I cried out to God for help. I cried out to God to hear me. When I was in distress, I sought out the Lord; and at night I stretched out untiring hands and my soul refused to be comforted."

1. Cry out to God.

Psalm 72:12 (NIV) "He will deliver the needy who cry out, the afflicted who have no one to help."

Psalm 34:1 (NIV) "I sought the Lord and he answered me and he delivered me from all of my fears."

Psalm 77:2 (NIV) "At night I stretched out untiring hands and my soul refused to be comforted."

Psalm 143:4-8 (NIV) "My spirit grows faint within me. My heart within me is dismayed. I spread out my hands to you, my soul thirsts for you like a parched land. Selah. Answer me quickly O Lord, my spirit fails. Do not hide your face for me or I will be like those who go down to the pit. Let the morning, bring me word of your unfailing love for I have put my trust in you. Show me the way I should go for to you I lift up my soul."

2. Admit your feelings and your fears.

Psalms 77:3 (NIV) "I remembered you O God and I groaned."

Romans 8:26 (ESV) "The Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words."

Psalm 77:3 (NIV) "I mused and my spirit grew faint".

Psalm 77:4 (NIV) "You kept my eyes from closing, I was too troubled to speak."

Psalm 77:5-9 "I thought about the former days, the years of long ago. I remembered my songs in the night. My heart mused and my spirit inquired. Will the Lord reject forever?" Will he never show his favor again? Has his unfailing love vanished forever? Has his promised failed for all time? Has God forgotten to be merciful? Has he in anger withheld his compassion?" Selah

3. Appeal to God's faithfulness.

Psalm 77:10-12 (NIV) "Then I thought, "To this I will appeal: the years of the right hand of the Most High." I will remember the deeds of the LORD; yes, I will remember your miracles of long ago. I will meditate on all your works and consider all your mighty deeds".

Philippians 4:8-9 (NIV) "Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable. If anything is excellent or praiseworthy, think about those things, and the God of peace will be with you."

4. Turn your complaints into praise.

Habakkuk 3:17-18 (NLT) "Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!"

Psalm 77:13 (NIV) "Your ways O God are holy. What God is so great as our God? You are the God who performs miracles. You display your power among the peoples with your mighty arm. You redeemed your people, the descendants of Jacob and Joseph". Selah

Psalm 77:16-19 (NIV) "The waters saw you, O God, the waters saw you and writhed; the very depths were convulsed. The clouds poured down water, the skies resounded with thunder; your arrows flashed back and forth. Your thunder was heard in the whirlwind, your lightning lit up the world; the earth trembled and quaked. Your path led through the sea, your way through the mighty waters, though your footprints were not seen".

Isaiah 43:2-3 (NIV) "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the LORD, your God, the Holy One of Israel, your Savior."

Lamentations 3:15-24 (CEV) "God has turned my life sour. He made me eat gravel and rubbed me in the dirt. I cannot find peace or remember happiness. I tell myself, "I am finished! I can't count on the LORD to do anything for me." Just thinking of my troubles and my lonely wandering makes me miserable. That's all I ever think about, and I am depressed. Then I remember something that fills me with hope. The LORD's kindness never fails! If he had not been merciful, we would have been destroyed. The LORD can always be trusted to show mercy each morning. Deep in my heart I say, "The LORD is all I need; I can depend on him!"