

Prayer Triplet Groups

“Healing, Peace, and Joy”

First Baptist Church, Grand Blanc, MI.

“With the gift of listening comes the gift of healing.” - Catherine de Hueck .”

Key Scripture Passage:

About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. (Acts 16:25)

Prayer Meeting 1: Choosing to Listen is a Blessing

KEY CONCEPT: Jesus rewards us for listening to Him and one another.

Healing is a gift that involves more than simple relief of a physical problem. Deeper healing, peace, and joy come as we open ourselves to God. There are four W's that one discovers in the process of experiencing the work of God's Holy Spirit: Waiting, Wondering, Worshipping, and Wellness. No one likes to wait too long, and yet we learn that “Those who WAIT upon the Lord shall renew their strength, they shall rise up with wings as eagles.” (Isaiah 40:31.). WONDERING often comes with waiting, we wonder about various things in life. What will happen to someone we love? How are we going to make it? Where will we find help? Will we find an answer to our problems? What can I do about something? Wondering is not a problem if we turn it over to God, but too often we wonder without consulting and trusting God. We can allow anxiety and distractions keep us from experiencing the presence and peace of God that will bless us. Indeed, in the midst of life's problems and struggles, one of the most important things we can do is to WORSHIP God. This is what Paul and Silas did in prison, being chained to the wall. People listened and wondered how they could joyfully sing, and yet it pleased God and they were set free from their chains. Indeed, they were already spiritually free, having the peace of Christ. WELLNESS in the face of adversity is possible for people of faith. Healing is a reality in more ways than physical health. The words to the hymn “It Is Well With My Soul” were written by Horatio Spafford in 1873. There were two major traumas in Spafford's life. The first was the great Chicago Fire of October 1871, which financially depleted him (he had been a wealthy businessman). Shortly after, while crossing the Atlantic, all four of Spafford's daughters died in a collision with another ship. Spafford's wife Anna survived and sent him the now famous telegram, “Saved alone.” Several weeks later, as Spafford's own ship passed by the spot where his daughters died. Spafford listened to the leading of God's comforting Holy Spirit, and was led to write these words. Our peace and eternal hope are with knowing the Savior Jesus Christ.

***When peace, like a river, attendeth my way,
When sorrows like sea billows roll;
Whatever my lot, Thou has taught me to say,
It is well, it is well, with my soul.***

Spafford knew the wellness of faith in Christ; God's Holy Spirit pours peace within our souls as we wait, wonder and worship. Listen to God, you won't be disappointed.

Luke 10:38-42 **As Jesus and his disciples were on their way, he came to a village where a**

woman named Martha opened her home to him.³⁹ She had a sister called Mary, who sat at the Lord's feet listening to what he said.⁴⁰ But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"⁴¹ "Martha, Martha," the Lord answered, "you are worried and upset about many things,⁴² but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

1. What was the key difference between Martha and Mary when it came to appreciating this brief time with Jesus?
2. Why was it better that Mary chose to listen to Jesus in this precious moment?
3. What is important in our quality time with God and one another? How could we listen better?

Acts 26:28-29. **Then Agrippa said to Paul, "Do you think that in such a short time you can persuade me to be a Christian?"**²⁹ Paul replied, "Short time or long--I pray God that not only you but all who are listening to me today may become what I am, except for these chains."

1. Why was Paul so confident before King Agrippa?
2. How would you describe the confidence Paul had in the gospel of Jesus Christ?
3. What kind of wellness is observable in a believer of Jesus Christ?
4. What can happen if people really listen to the gospel and come to Christ?

Prayer: Gracious God, our Heavenly Father, we pray in hope, waiting for the work of your healing grace. We pray in wonder, believing that you can do awesome and mighty things. We pray in worship and awe, trusting that you are understanding in your mercy, and faithful in your holiness and power to save. May your peace bless us with a joy that helps us through the trials and tough times. Amen.

CONTINUE to pray for your family and friends, especially those going through heartache and pain.

Prayer Meeting 2: The Peace of God

I am certain, the body is not the measure of healing, peace is the measure." - George Melton

KEY CONCEPT: God's peace is available when we seek His presence and grace.

KEY VERSE: *You will keep in perfect peace him whose mind is steadfast, because he trusts in you. Trust in the LORD forever, for the LORD, the LORD, is the Rock eternal.* (Isaiah 26:3-4 NIV)

People will often look for security and peace in all the wrong places. Isaiah was inspired to write from his own discovery of peace with God that it all starts when we keep our minds steadfast upon the Lord, His word, His presence, His power. When we do this we grow to trust the Lord, and experience the ways that God is a rock of refuge, now, and forever. Yet we can't help but notice that little word "keep", for indeed peace is not ours to make, produce or hoard; Indeed peace is God's to give, and in so doing, to "keep" us in His care. Peace belongs to God, and is given by God's grace, and is managed by God's mercy and kindness. God calls us to steadfast trust, and this requires us to grow in our faith. We will need to let go of the false "rocks" that we sometimes cling to: pride, possessions, people, power, money, jobs, roles, prejudice, culture. The peace of God is an awesome gift that is given to our souls, and is available whenever we earnestly direct our trust to be in the Lord.

Prayer that is centered on God's grace, and not simply our problems, will bring us peace. Prayer that is focused on God's steadfast love, and not simply our pain, will bring us the warm indwelling of Christ, who blesses us with God's healing love. Prayer that is focused on God's power, and not our shortcomings, will lead us unto a ROCK that is higher than us, a Kingdom great and eternal in the Lord.

Questions:

1. How has the Lord Jesus Christ been a Rock for you?
2. What challenges face us in keeping our mind steadfast on God in our prayers?
3. Through what experiences in life has your trust in the Lord grown?

"All this I have spoken while still with you. ²⁶ But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. ²⁷ Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

(John 14:25-27)

Questions:

1. In the upper room, before His Passion, Jesus promises that the Holy Spirit would come to them. Yet Jesus also affirms what it was He came to leave and give to them. What kind of peace does He leave with the disciples?
2. What is the difference between the peace of Christ and the peace of the world?

3. What is the result of Christ's peace when it comes to our hearts and minds?
How does this help us to pray boldly?

Prayer: Lord Jesus, have your way in our lives. May your peace reign in our hearts as we trust in you completely, and overcome the stress and strains of the world with your help.

CONTINUE to pray for anyone you know who is stressed out, or is going through a very difficult time in their job, family or wherever they may need the peace of God. Thank Jesus for being the Prince of Peace. Place your faith and trust in Him.

Prayer Meeting 3: Hope Through Life's Trials

Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.
Psalm 55:22

Key Concept: God gives us hope in His eternal love, in His faithful promises.

SCRIPTURE: (Psalm 25 NIV)

¹ *To you, O LORD, I lift up my soul; ² in you I trust, O my God.*
Do not let me be put to shame, nor let my enemies triumph over me.

³ *No one whose hope is in you will ever be put to shame,*
but they will be put to shame who are treacherous without excuse.

⁴ *Show me your ways, O LORD, teach me your paths;*
⁵ *guide me in your truth and teach me, for you are God my Savior,*
and my hope is in you all day long.

Questions:

1. What are the cares or concerns that have recently weighed upon your heart?
2. In what way did you, or did you not, lift up your soul in trust to the Lord with these cares or concerns?
3. In Psalm 25: 4-5, what is the result of asking God to show us His ways?

We read of God's process of giving us lasting hope from the Apostle Paul's letter to the Romans:

¹ *Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, ² through whom we have gained access by faith into this grace in which*

we now stand. And we rejoice in the hope of the glory of God. ³ *Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance;* ⁴ *perseverance, character; and character, hope.* ⁵ *And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.*
(Romans 5:1-5)

In reflecting upon this passage, let's take time to pray through these truths that give us hope.

v. 1. Lord, we thank you for justifying us, though we are sinners, by your gift of grace that comes through faith in Jesus Christ.

Lord, I confess that you have forgiven me of _____.

Lord, I thank you that I have peace with You over _____.

v. 2 Lord, we thank you for a close and intimate relationship with You, that we may access by faith in your continuing work of grace in our lives.

Lord, help me to rejoice in the hope of _____.

Lord, help me to see your glory revealed in _____.

v. 3 Lord, we thank you for what we learn through suffering, and we believe you will always help us to persevere.

Lord, help me to learn from the way I have suffered through _____.

Lord, help someone I love persevere through _____.

v. 4 Lord, we thank you for producing righteous character within us through life's trials.

Lord, I thank you for producing the character quality of _____ in my life. Help me to develop more of this character quality _____.

v.5 Lord, we thank you for pouring your love into our hearts in those moments of life when we have greatly needed your presence, peace and hope to sustain us.

Lord, I thank You for giving me hope when _____.

Lord, I thank You for the Holy Spirit that I experience giving me strength for _____.

Colossians 1:27 To them God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory.

PRAYER: Almighty and gracious God, our Heavenly Father, may the hope of glory rest strongly in our hearts, and guide our thoughts and actions. We pray that we may daily discover Your presence, Lord Jesus, in our journey of faith. Our purpose is to serve for the sake of Thy eternal kingdom with faith, hope and love. Amen.

Prayer Meeting 4: Joy That Perseveres.

KEY CONCEPT: The Joy of the Lord will survive in your heart, even above pain or sorrow.

SCRIPTURE: *Then I would still have this consolation-- my joy in unrelenting pain-- that I had not denied the words of the Holy One.* (Job 6:10 NIV)

Which of the following sentences can you relate to:

- Joy is something I desire, but rarely experience.
- Joy is something I experience, but I need it more consistently.
- Joy is consistent and regular in my life.
- Joy is often overflowing in my life.

SCRIPTURE STUDY:

Let's compare two passages on Joy from the Old Testament.

"My days are swifter than a runner; they fly away without a glimpse of joy." (Job 9:25)

"Restore to me the joy of your salvation, and grant me a willing spirit, to sustain me.
(Psalm 51:12)

1. What key differences of attitude do we see between these two passages?

The first passage is a complaint from Job who endured great loss and pain, the second is a prayer from David, who also endured many trials.

2. What can we learn from Job's realization about how quickly time passes?
3. What could Job learn from David's way of seeking God?

Let's compare two passages on Joy from the gospels in the New Testament.

At that time Jesus, full of joy through the Holy Spirit, said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this was your good pleasure. (Luke 10:21)

I have told you this so that my joy may be in you and that your joy may be complete. ¹² My command is this: Love each other as I have loved you. (John 15:11-12)

1. What is it that Jesus observed that filled His heart with joy?
2. What purpose did Jesus come to fulfill?
3. When, where and how have you experienced the Joy of Jesus in your life?

Testimony of Joy:

There was a French mathematical genius named Blaise Pascal who died in 1662. After running from God until he was 31 years old, on November 23, 1654 at 10:30 pm, Pascal discovered that God was real, and was converted into the reality of a joyful, genuine, faith in Jesus Christ. On a piece of parchment paper he wrote down his experience, and had it sewed into his coat, where it was found after he died. The paper said,

Year of grace 1654, Monday 23 November, feast of St. Clement . . . from about half past ten at night to about half an hour after midnight, FIRE. God of Abraham, God of Isaac, God of Jacob, not of philosophers and scholars. Certitude, heartfelt joy, peace. God of Jesus Christ. God of Jesus Christ. "My God and your God." . . . Joy, Joy, Joy, tears of joy. . . Jesus Christ. Jesus Christ. May I never be separated from him.

God's gifts of healing, peace and joy are available to us in a powerful and personal way through coming to know Jesus Christ. When we are surprised by the fire of God's love, His grace that is sufficient and overflowing, by faith we will never be the same. There is hope eternal, born by the ignited flame of God's truth that envelopes us with cleansing refinement, and the very power of the Holy Spirit to bring us life, whereby we are born again. Jesus calls us to trust God our Father, and to believe in Him, for He was sent to bring us abundant life and overflowing joy, salvation and redemption.

PRAYER:

Gracious and loving God, righteous and Holy, may we experience your everlasting Joy in our lives. May we place our trust in Jesus, and allow Him to fill our hearts and souls with Joy that springs forth like a fountain overflowing. May the joy given to us be a wellspring that we share willingly, sacrificially, and thankfully with others. Amen.

Prayer: Heavenly Father, we seek the increase of your Heavenly Kingdom in the hearts and souls of people in our lives. May we have vision to see the lost, passion to reach their hearts, and faith to proclaim your salvation. In Jesus name, Amen.

CONTINUE to pray as God leads you.

Jesus, may your joy help us bear the pain of _____.

Jesus, may your joy help us overcome the trial of _____.

Jesus, may your joy give us patience over _____.

Jesus, may your joy help us be thankful for _____.

Jesus, may your joy help me to love _____.

Jesus, may your joy guide me to _____.

Jesus, may your joy help me to bless _____.

**Thank you God for the blessing to be filled with your love, peace and joy.
In Jesus name we pray, Amen.**

Upon completing this four part Prayer Triplet Experience, please consider what you would like to do next.

1. Continue to meet, transforming our group to become a Triad Discipleship Group.
_____ To meet for another four weeks as a trial.

- _____ To meet for six to nine months for a faith and friendship building experience.
2. Continue to meet regularly as God leads us for prayer as a Triplet. _____
 3. Take a Break and Pray about what to do next. _____

May God bless and guide you.

Please let us know what your plans are. Contact the church office at 810-694-9136.

You may also email Pastor Scott Arnold at arnoldeagle@comcast.net .