

SPIRITUAL CHECK-POINTS

Lesson #1 -Our Prayer Life
Scripture Reading: Mark 1:35-39

Introduction:

1. We go to the doctor for physical check-ups. It is also important to ensure that we are spiritually healthy.
2. If we are to be right with God, we must have and maintain a healthy prayer life unto God.
3. Prayer keeps us spiritually strong by...

I. BEING THANKFUL BEFORE HIM

A. THANKFULNESS KEEPS US HUMBLE BEFORE GOD

1. All our blessings come from God our Creator
 - a. The rich and the poor are the work of His hands -Job 34:19; Pr 22:2
 - b. The hearing ear and seeing eye He has made -Pr 20:12
2. Our thankfulness acknowledges our dependence upon God -Lk 17:11-19
 - a. Ten lepers came to Jesus for a healing
 - b. Only one returned to give thanks; a foreigner -vs 15-19

B. THANKFULNESS REMINDS US THAT HE IS WITH US

1. It reminds us of obstacles overcome in the past
 - a. E.g. Caleb – Nu 13:28; Jo 14:12
 - b. E.g. Jeremiah -Je 1:8; 20:11
2. It gives courage as we face new obstacles
 - a. Obstacles of temptation -1Co 10:13
 - b. Obstacles of our mission -Ac 4:23-31

II. CASTING OUR CARES ON GOD

A. THE TROUBLE OF WORRY

1. Worry is a universal disease
2. The futility of worry
 - a. One cannot add a cubit to their stature by worry -Mt 6:27
 - b. One said that worry is like rocking in a rocking chair, it takes you back and forth but lead you nowhere
3. Worry breeds faithlessness in God
 - a. The disciples in the boat were afraid -Mt 8:25, 26
 - b. Peter became afraid on the water -Mt 14:30, 31

B. THE SOLUTION IS PRAYER

1. Hezekiah brought his trouble before the Lord -Is 37:14-20
2. We must remember to pray and never lose heart -Lk 18:1; 1Th 5:17

III. PRAYING FOR ONE ANOTHER

A. WE KNOW OTHERS ARE PRAYING FOR US

1. Jesus prayed for Peter –Lk 22:31
2. Paul told the churches they were in his prayers -Ph 1:3, 4, 9; Co 1:3; 1Th 1:2; 2Th 1:3; 2Ti 1:3, 4

B. WE SEE THE RESULTS OF PRAYING FOR OTHERS

1. The church prayed for Peter while he was in prison -Ac 12:
2. Paul requested prayers that he may be able to speak boldly -Ep 6:18-20

Conclusion:

1. Prayer was considered vital in the life of Christ -Mk 1:35
2. We too must also be active in prayer to become and remain spiritually strong before the Lord.