

And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. And awe came upon every soul, and many wonders and signs were being done through the apostles. – **Acts 2:42-43**

2 Continue steadfastly in prayer, being watchful in it with thanksgiving. [...] 12 Epaphras, who is one of you, a servant of Christ Jesus, greets you, always struggling on your behalf in his prayers, that you may stand mature and fully assured in all the will of God. – Colossians 4:2,12

### **Prayer Requires Effort**

I appeal to you, brothers, by our Lord Jesus Christ and by the love of the Spirit, to strive together with me in your prayers to God on my behalf

– **Romans 15:30**

**STRIVE [NW1828]:** To make efforts; to use exertions; to endeavor with earnestness; to labor hard; applicable to exertions of body or mind. A workman strives to perform his task before another; a student strives to excel his fellows in improvement.

### **Foundations**

#### **Genesis 1**

Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. [...] Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. – **Hebrews 4:14-16**

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I appeal to you, brothers, by our Lord Jesus Christ and by the love of the Spirit, to **strive** together with me in your prayers to God on my behalf

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### **Prayer is a Muscle**

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

– **1 Thessalonians 5:16-18**

The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

– **Philippians 4:5b-7**

11 “Take care lest you forget the Lord your God by not keeping his commandments and his rules and his statutes, which I command you today, [...] 14 then your heart be lifted up, and you forget the Lord your God, who brought you out of the land of Egypt, out of the house of slavery

– **Deuteronomy 8:11-14**

Therefore I intend always to remind you of these qualities, though you know them and are established in the truth that you have. I think it right, as long as I am in this body, to stir you up by way of reminder

– **2 Peter 1:13-14**