

**PRAY  
FIRST**

**THE PRAYER  
OF JABEZ**

Prayer Guide

Dear History Makers

It was during 40 days of prayer and fasting that God first called us to start History Makers Church. From that time on we have set our hearts to be a people that seek first His Kingdom, through prayer. Our rally cry has simply been, "Pray First." In every situation, whether good or bad, we try to pray before we act. Many times people act first and then want God to bail them out of that situation, but prayer should be our first response, not our last resort.

Understanding the necessity of prayer is not enough. In order for it to become a part of our life, it needs to become something we look forward to. I'm convinced most people don't enjoy prayer because they have never been taught how to pray. That's where this simple prayer journal can help. Using several prayer models out of the Bible and having some guides to make prayer more personal, this booklet is designed to help bring joy into your time with God. When you discover the beauty of daily conversation with Him, you'll experience the presence of God that will change your life. Once you learn how to pray, prayer can become a part of everyday life. And then...

Before the day begins –Before you go to bed.

Before you go to work or school.

Before you send that text - Before you react.

Before bad things happen.

Before you eat, drive, or travel.

In every situation — PRAY FIRST!

Prayer changes everything and makes us more like Jesus:

HOLY - HEALTHY - HAPPY and bringing Heaven to Earth.

Pastors Terrence and Emma

## CREATING A LIFESTYLE OF PRAYER

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*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.*

**MARK 1:35**

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

### HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

### HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

### HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it “The Lord’s Prayer.” This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

# THE PRAYER OF JABEZ

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*Jabez cried out to the God of Israel, "Oh, that You would bless me and enlarge my territory! Let Your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request.*

**1 CHRONICLES 4:10**

The Prayer of Jabez is a helpful model of a prayer we can pray every day.

## 01. BLESSING

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Jabez begins his prayer by asking God for His blessing. We need more of God's blessing to be better equipped to make a difference for His Kingdom. We need more provision, more spiritual gifting, more wisdom, and greater understanding so that we can bless others with what God has given us. James 4:2-3 tells us, "You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures." God wants to bless us, but He is often waiting for us to ask with the right heart. We have a big God, and we can be bold in asking for His blessing. As James points out, God

sees our heart, and we get His attention when we ask for blessing with the motivation to help others.

*“Oh, that You would bless me...”*

**1 CHRONICLES 4:10**

Ask God for His blessing. Recognize your need for His provision, and set your heart toward wanting more than you need so that you can be a blessing to others.

**PRAYER:**

*“Father God, I pray that You would bless me with more than I need so that I can bless others. I pray for more provision, that You would equip me to give generously to others and meet their practical needs in Your Name. I ask You to give me greater spiritual gifting so that I can strengthen the Church and be more effective for the Kingdom of God. I pray for an abundance of wisdom and discernment so that I can point others to You and make decisions that honor You. I ask You to help me grow in understanding of Your truth and Your heart for people so I can do my part to bring Your Kingdom to earth. Help me keep Your generous blessings in perspective, so that I never become self-serving but stay focused on using what You’ve given me to serve other people.”*

## 02. INFLUENCE

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Next, Jabez asks for more influence. As God’s blessings increase in our lives, we ask for and experience greater opportunity to influence the world around us for Him.

God has the power to bless us greatly, and He also has the power to open doors of opportunity for us to make a difference. We want to walk through doors that only He can open, and He responds when we specifically ask Him to give us more influence for His Name.

*“Enlarge my territory...”*

**1 CHRONICLES 4:10**

Pray for more influence. Knowing that God can make a way, trust in Him to open doors and lead you on the best path for your life and for His glory. Ask Him for boldness to take the steps He lays out for you.

**PRAYER:**

*“God, make me effective in my sphere of influence, and open new doors for me to be able to impact and reach even more people for Your glory. Give me a heart to make a difference in the lives of people I have never reached out to before and boldness to walk in obedience to Your calling. Help me to be a good steward of the responsibility You’ve entrusted to me. I pray for greater territory to impact for Your glory.”*

### 03. PRESENCE

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In order to have lasting influence, we need God’s presence in our lives. Through His power at work within us, God can do more than we could ever ask or imagine (Ephesians 3:20). As we ask for blessing and influence, we also need to ask for His presence as Jabez did so

that we are not operating out of our own strength but through the presence and the hand of our Almighty God.

*“Let Your hand be with me...”*

**1 CHRONICLES 4:10**

In humility, acknowledge your need for God’s presence. Depend on Him and ask for more of Him in your life today.

**PRAYER:**

*“Lord, I know that without You, I am nothing. I cannot do what You’ve called me to do on my own. I am desperate for Your presence in my life. I depend on You completely. I recognize that the same Spirit who raised Christ Jesus from the dead lives in me. Through the power of Your Spirit, I pray that You will help me succeed in the opportunities You’ve given me. Thank You for being with me. I would never want to face today without You.”*

## 04. PROTECTION

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Finally, Jabez asks the Lord to protect him. If we are influencing the world for Jesus, we must understand the enemy will try to stop us. This leads us to pray that God will not only help us if the enemy attacks, but that He will protect us from the enemy attacking us in the first place. Jesus has already won the victory, so we don’t need to fear destruction. God promises to be with us and protect us, and because He is with us, we have nothing to fear.

*“Keep me from harm”*

**1 CHRONICLES 4:10**

Trust God to protect you. Tell Him specific areas where you feel the need for His protection and ask Him to cover areas that you can't yet see.

**PRAYER:**

*“God, as I walk out the purpose You have for my life, I pray that You will stop any and every attack of the enemy against me. Please protect my body, my mind, and my emotions. Don't let the enemy get a foothold in my life. I pray, too, that You will protect my family and community from harm. I know that the One who is in me is greater than the one who is in the world, so I have nothing to fear. Thank You for watching over me. I love You and I trust You.”*