

# PRAYER

## THE CATALYST

### SERIES VISION

Inspire a movement that embraces a lifestyle of prayer that partners with God in His plan for our lives, church, community, and beyond.





# UCJC REFLECTION QUESTIONS

SUNDAY, JANUARY 9TH, 2022 | TOPIC: PRAYER - THE CATALYST

Title: Prayer: How Do You Plea - Pastor Vernon Davis

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## Key Scriptures:

1. Luke 18:1 / Genesis 1:26 / Psalms 115:16 / Jeremiah 1:12 / John 9:31 / Proverbs 15:29

## Reflection Questions:

1. How is prayer two-way communication with God?
2. Considering **Proverbs 15:29 & Hebrews 4:14-16** - If God hears the prayers of the righteous, what gives you confidence that your prayers will be heard in times when you are struggling with sin or don't *feel* righteous?
3. Thinking of God in the role of the Judge according to **Luke 18**, why is the posture of your heart important when you approach God in prayer?
4. Reflecting on **Jeremiah 1:12**, what are some obstacles you're facing? List 3 scriptures you can apply through prayer as your "plea" to the court of heaven to impact your circumstance.
5. In light of **Psalms 115:16**, who does God want to use to advance His kingdom in the earth, and how can prayer help us partner with Him in doing so?

**Answers & Notes:** You can use the space below to write in, or type in on the pdf electronically:



# UCJC REFLECTION QUESTIONS

SUNDAY, JANUARY 16TH, 2022 | TOPIC: PRAYER - THE CATALYST

Prayer Pt.2: The Knowledge Of Prayer vs. The Practice of Prayer - Pastor Vernon Davis

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## Key Scriptures:

1. James 1:22 / Jeremiah 29:10-14 / Deut 28:1-14

## Reflection Questions:

1. What are some of the reasons you find it hard to pray, and why?
2. Read **Jeremiah 29:10-14**, then consider: if God knows the plans that He has for us, why do you think that He wants us to pray?
3. What is the importance of finding a solitary place to quiet your heart before God as you engage Him in prayer?
4. As you allow the Holy Spirit to shine light on certain areas of sin in your life? Are you in agreement with what He says about them? Do you allow Him to work on those areas?
5. Together we learned and applied 4 disciplines of prayer **1. stillness, 2. praise & worship, 3. repentance & confession, and 4. declaration**. Which disciplines do you need to apply more on a consistent basis? How can applying them regularly be a benefit to you?
6. The widow in Luke 18 had no other options or anyone else to help her. Are there areas or situations where you have trusted in a plan B instead of fully relying on God?

**Answers & Notes:** You can use the space below to write in, or type in on the pdf electronically:



# UCJC REFLECTION QUESTIONS

SUNDAY, JANUARY 23, 2022 | SERIES: PRAYER - THE CATALYST

Why Prayer, Why Now? - Pastor Harold McKenzie

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## Key Scriptures:

1. 1 Thess 5:16-18 / Amos 3:7 / Psalms 27:8 / Ephesians 3:19 / Daniel 6:10-14

## Reflection Questions:

1. Pastor Mac explained that as a church, we are in a season of preparation and positioning. So, how can God use prayer in seasons like this?
2. **Read Ephesians 3:19 in the Amplified Version.** What is God revealing to you in this scripture regarding a personal experience with Him? Discuss it with someone.
3. We've become used to God's power breaking out at church, but why is our personal experience the true foundation for anything God wants to do in our corporate experience?
4. How does the impact God wants to make through your prayer life reach beyond just you or your situation-?
5. Reflecting on Daniel's daily commitment to prayer, what things can you do to create a more inviting prayer space and effective practice of seeking God's face? (i.e. dedicate a specific time or space, eliminate distractions, etc.)

**Answers & Notes:** You can use the space below to write in, or type in on the pdf electronically:



# UCJC REFLECTION QUESTIONS

SUNDAY, JANUARY 30, 2022 | SERIES: PRAYER - THE CATALYST

From Preparation To IMPACT - Pastor Harold McKenzie

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## Key Scriptures:

1. John 15:1-2 (NASB) / Romans 5:3-5 (NASB) / 1Peter 1:7 (NIV) / Ephesians 6:13

## Reflection Questions:

1. How is God's pruning process, and allowing Him to strengthen you through difficulty a part of moving from preparation to IMPACT?
2. Take a moment of honest reflection and:
  - a. What are the things in your life that God wants to take away because they do not bear *good* fruit?
  - b. Write down the things you tend to run or revert to when life gets hard?
3. Read 1Peter 1:7 and Romans 5:3-5. What can you learn from these scriptures that can benefit you when you go through difficult times?
4. Ask God what He is preparing you for, and what He is preparing our church for. Write down what you believe He is saying to you?
5. Why is it important to not be someone who lives according to what you see or feel in times when God does not seem near?

**Answers & Notes:** You can use the space below to write in, or type in on the pdf electronically:



# UCJC REFLECTION QUESTIONS

SUNDAY, FEBRUARY 6, 2022 | SERIES: PRAYER - THE CATALYST

Meditation: The Key to Mind Renewal & Effective Prayer - Minister David Bailey

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## Key Scriptures:

Joshua 1:8 / 1 Timothy 4 / Romans 8:5-8 / Romans 12:1-2 / Psalms 119 / 1 John 2:1-2 / Philippians 4:8

## Reflection Questions:

1. How can taking time to meditate on God and His word help you unpack all of the distractions of your day, and provide a boost to your prayer life?
2. Read Philippians 4:8. How can this scripture be helpful in renewing how you think? And how does renewing how you think impact how you pray?
3. What are some ways biblical meditation can help improve the way you see yourself and approach your circumstances?
4. Read Romans 8:5-8 and describe the mind-heart-mouth connection as it relates to meditation in prayer.
5. Thinking about Joshua 1:8, how does meditation on God's word in prayer help you respond to the things He has called you to do?

**Answers & Notes:** You can use the space below to write in, or type in on the pdf electronically:



# UCJC REFLECTION QUESTIONS

SUNDAY, FEBRUARY 13, 2022 | SERIES: PRAYER - THE CATALYST

Family Altar: Foundation, Fuel, and Future - Shani McKenzie

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## Family Altar:

An intentional, frequent time of prayer and communion with God, together with family and/or those close to you.

## Key Scriptures:

1. Deut 11:18-21, Acts 16:25-34, Exodus 12:24-29, Luke 11:1, Matthew 18:18-19, Job 42:7-10

## Reflection Questions:

1. Take a minute to think about your family altar:
  - a. Write down what you envision it to be: what does it look like, what does it sound like and what are the results you'd want to see from it?
  - b. Ask God what steps you can take to make that vision a reality and make a note of them.
2. If you are single or live alone, who can you establish a prayer altar with and how can you go about establishing that?
3. What are the things you believe are standing in the way of you having a family altar, or improving an existing family altar? Ask God to give you solutions for those things, make note of them and take action on them.
4. What are the issues affecting your family, friend group or the world that you've talked about but not necessarily leaned into prayer about? How could family altar time impact those things?
5. How can family prayer be helpful as you face the realities and challenges of our day?

**Answers & Notes:** You can use the space below to write in, or type in on the pdf electronically:



# UCJC REFLECTION QUESTIONS

SUNDAY, FEBRUARY 20, 2022 | SERIES: PRAYER - THE CATALYST

Fasting: What Is Our Response To This Kind - Minister Steve Mariner

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## Key Scriptures:

Mark 9:14-29 (NKJV), Isaiah 58:1-10 (NLT)

## Reflection Questions:

1. On the mount of transfiguration, the Father instructed the disciples to “Hear Jesus” (Mark 9). How are you making time and space in your life to hear Him?
2. In what ways might the disciplines of fasting and prayer help you with self control in other areas of your life?
3. We often think of fasting as losing something or giving up something. But what is *gained* in fasting?
4. What are the things that fight for your attention and time that hinder your prayer and fasting the most?

## Additional scriptures highlighting the various applications and impact of fasting and prayer:

Esther 4-5, 2 Chronicles 20, Luke 4, Acts 13:1-3

**Answers & Notes:** You can use the space below to write in, or type in on the pdf electronically:





# UCJC REFLECTION QUESTIONS

SUNDAY, FEBRUARY 27, 2022 | SERIES: PRAYER - THE CATALYST

Think Bigger - Pastor Ephraim McKenzie

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**Key Scriptures:** 1 Samuel 1 / Jeremiah 29: 7-11 / Genesis 2:10

## Reflection Questions:

1. According to Jeremiah 29:7, how will you shift your prayer to become more inclusive and seek God's will and purpose in ways that impact others beyond yourself - ie. neighbors, city country world etc?
2. Reflecting on the river in Eden (Genesis 2:10)
  - a. What specific areas do you hear God asking you to expand your prayer?
  - b. What outcomes do you seek?
  - c. What impact are you already seeing?
3. Have you let the attacks or words from those who matter least affect you more than the love of the One who matters most? What strategies can you use to make sure your confidence in God outweighs the other voices?
4. How do we obey God's instructions to grow and prosper even when He allows us to remain in undesirable situations?

**Answers & Notes:** You can use the space below to write in, or type in on the pdf electronically:



# UCJC REFLECTION QUESTIONS

SUNDAY, March 6, 2022 | SERIES: PRAYER - THE CATALYST

Why Did Jesus Need to Pray - Pastor Harold McKenzie

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## Key Scriptures:

Luke 5:16 (NASB), Luke 4:13 (NASB), Mark 1:35 (NASB), John 5:19 (NASB), John 11:3-6 (NASB), Luke 6:12-13 (NASB), Matthew 26:37-39, 42 (NASB), 2Corinthians 3:18 (AMP)

## Reflection Questions:

1. We must remember that Jesus was born human and lived a fully human life. Using Him as our example, how should the 7 reasons why He needed to pray impact how and when we pray?
2. How do we posture our hearts in prayer to be able to hear Him, when the only way **out** of a situation is for us to go **through it**?
3. In John 11:6, it said that Jesus stayed where He was 2 more days even after hearing about Lazarus. How do we discipline ourselves to listen first and respond second rather than the reverse?
4. Considering Martha and Mary, what is your response when it feels as if Jesus isn't concerned with your prayers? How can we continue to remain in faith while we await His response?
5. Reflecting on the poem ["No Time To Pray"](#), why is it important for you to begin each day in prayer?
6. Jesus prayed all night when it came to selecting His leaders. What are the decisions you need to make that may need additional prayer, and are you willing to wait for direction?

**Answers & Notes:** You can use the space below to write in, or type in on the pdf electronically:



# UCJC REFLECTION QUESTIONS

SUNDAY, MARCH 13TH, 2022 | TOPIC: PRAYER - THE CATALYST

Title: With Jesus in the School of Prayer - Pastor Mac

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## Key Scriptures:

Matthew 6:5-6/ Matthew 6:9-10 / John 1:12 / Romans 12:1

## Reflection Questions:

1. Shame and guilt can hinder your prayer life and communion with God. How can praying for His Kingdom to come and His will to be done IN YOU help overcome shame and guilt?
2. In our practical everyday lives, how can we activate our power and authority through prayer in bigger and more impactful ways?
3. How can we use the fact that we are “children of God” to inform how we pray?
4. Pastor Mac reminds us that sometimes we make the earth too small. How can you enlarge the scope of your prayer to manifest the grandeur of God’s kingdom and will?

**Answers & Notes:** You can use the space below to write in, or type in on the pdf electronically:



# UCJC REFLECTION QUESTIONS

SUNDAY, MARCH 20TH, 2022 | TOPIC: PRAYER - THE CATALYST

Title: With Jesus in the School of Prayer Pt.2 - Pastor Harold McKenzie

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## Key Scriptures:

Matthew 6:10, 11, 12 / Matthew 6:28-34 / Matthew 6:25 (NASB), Colossians 3:13-14

## Reflection Questions:

1. God deals with sin because of how it affects our relationship with Him. If **we** truly value intimacy in our relationship with God, how should we deal with our sin?
2. Are there any areas where you have allowed unforgiveness to remain? Considering Matthew 6:12, why is it important to allow God to help you work through unforgiveness, division and bitterness?
3. Pastor indicated that we can side with the enemy based on how we handle disagreement and offense. List some ways we can disagree in a Christ honoring manner and work through offenses.
4. Read Matthew 6:25-34. What are some takeaways that help you trust the Father's heart toward you as you pray concerning your needs?
5. In thinking about "Connection, Integrity, Excellence, Influence", Pastor provided Joseph, Daniel and Esther as examples of how living in alignment with God increases your influence. In order to increase your influence, what thoughts, actions or habits do you need to change?

**Answers & Notes:** You can use the space below to write in, or type in on the pdf electronically:

# A Prayer of Intercession Against Unforgiveness

By Pastor Harold McKenzie - Based on Colossians 3:8,12, & 14

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Lord Jesus, help us to rid ourselves of unforgiveness, anger, wrath, malice, and slander.

Help us to actively embrace hearts of compassion, kindness, humility, gentleness, and patience.

Help us to bear with others and forgive one another as You have forgiven us.

Above all, help us to put on love like a close garment, because love helps us bear graciously with the sins of others, and bonds us together in perfect unity.

As this prayer is manifested in and through our lives, cause the world to see You and receive Your salvation. In Jesus' name!





# UCJC REFLECTION QUESTIONS

SUNDAY, MARCH 27TH, 2022 | TOPIC: PRAYER - THE CATALYST

Title: With Jesus in the School of Prayer Pt.3 - Pastor Harold McKenzie

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**Key Scriptures:** Matthew 6:13 / Matthew 21:21-22, Hebrews 11:6, Matthew 17:19-20, 1 Cor 5

## Reflection Questions:

1. How can our feelings impede our choice to forgive? What can we do to process the feelings of anger, bitterness and resentment?
2. Do you have an accountability partner? If yes, how do you maintain the effectiveness of that relationship? If no, prayerfully consider who in your life could be one.
3. How can having a spiritual accountability partner be helpful in your effort to resist temptation and overcome sin?
4. Pastor Mac said: if you want to truly be effective in your prayer life, intercede for the salvation of others. Who are at least 5 people you can regularly pray for to receive salvation in Christ? Intentionally begin praying for them.
5. Why is praying in faith important, versus relying on our own abilities and resources, to accomplish God's will?
6. What things can you do to continue praying in faith when the answer God gives you is "no" or "not yet"?

**Answers & Notes:** You can use the space below to write in, or type in on the pdf electronically:

# PRAISING & PRAYING THE WORD

## PRAISING

### **Samuel 22:47, 50 - Praise**

47 The LORD lives! Praise be to my Rock! Exalted be my God, the Rock, my Savior!

50 Therefore I will praise you. O LORD, among the nations; I will sing the praises of your name

### **Revelation 5:12, 13**

In a loud voice they sang: "Worthy is the Lamb, who was slain, to receive power and wealth and wisdom and strength and honor and glory and praise!" 13 ... "To him who sits on the throne and to the Lamb be praise and honor and glory and power, for ever and ever!"

### **Revelation 19:1**

"Hallelujah! Salvation and glory and power belong to our God,

### **1 Chronicles 16:8-9 - Praise**

Give praise to the LORD, proclaim his name; make known among the nations what he has done. Sing to him, sing praise to him; tell of all his wonderful acts.

### **1 Chronicles 29:13 - Praise & Thanksgiving**

Now, our God, we give you thanks, and praise your glorious name.

### **1 Chronicles 16:34-36 - Praise & Thanksgiving**

34 Give thanks to the LORD, for he is good; his love endures forever.

36 Praise be to the LORD, the God of Israel, from everlasting to everlasting. Then all the people said "Amen" and "Praise the LORD.

### **Psalms 9:1-2 - Praise & Thanksgiving**

I will praise you, O LORD, with all my heart; I will tell of all your wonders. 2 I will be glad and rejoice in you; I will sing praise to your name, O Most High.

### **1 Thessalonians 5:16-18 - Praise & Thanksgiving**

Rejoice always, 17 pray continually, 18 give thanks in all circumstances, for this is God's will for you in Christ Jesus.

### **1 Peter 1:3**

Praise be to the God and Father of our LORD Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead.

### **Psalms 9:11**

Sing praises to the LORD, enthroned in Zion; proclaim among the nations what he has done.

### **Psalms 13:6**

I will sing to the LORD, for he has been good to me.

### **Psalms 16:7**

I will praise the LORD, who counsels me; even at night my heart instructs me.

### **Psalms 18:3, 49**

3 I call to the LORD, who is worthy of praise, and I am saved from my enemies. 49 Therefore I will praise you among the nations, O LORD, I will sing praises to your name.

**Psalms 19:1** The heavens declare the glory of God; the skies proclaim the work of his hands.

### **Psalms 22:22**

I will declare your name to my brothers; in th

### **Exodus 15:2 - Praise & Defense/Protection**

The LORD is my strength and my defense; he has become my salvation. He is my God, and I will praise him, my father's God, and I will exalt him.

### **2 Samuel 22:2-4 - Praise & Protection**

"The LORD is my rock, my fortress and my deliverer; 3 my God is my rock, in whom I take refuge, my shield and the horn of my salvation. He is my stronghold, my refuge and my savior - from violent men you save me. I call to the LORD, who is worthy of praise, and I am saved from my enemies.

### **Psalms 103:1-3**

Praise the LORD, O my soul; all my inmost being, praise his holy name. Praise the LORD, O my soul, and forget not all his benefits—3 who forgives all your sins and heals all your diseases

### **Psalms 56:4**

In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?

### **Psalms 63:4**

I will praise you as long as I live, and in your name I will lift up my hands.

# PRAYING

## REPENTANCE & RIGHTEOUSNESS

### 2 Peter 3:9

The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance.

### Psalm 51:1-2, 10

Have mercy on me O God, according to your unfailing love; according to your great compassion blot out all my transgressions. Wash away all my iniquity and cleanse me from my sin.

10 Create in me a pure heart, O God, and renew a steadfast spirit within me.

### 1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

### Romans 8:1

There is therefore now no condemnation for those who are in Christ Jesus.

## TEMPTATION

### Psalm 141:3-4

Set a guard over my mouth, Lord; keep watch over the door of my lips. Do not let my heart be drawn to what is evil so that I take part in wicked deeds

## FAITH & VICTORY

### 1 John 5:4

For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith.

### 2 Corinthians 2:14

But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere.

## FEAR & ANXIETY

### Hebrews 13:6

So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?"

### Philippians 4:6-7

Do not be anxious about anything, but in everything make your requests to God...by prayer, thanksgiving and placing your request to God, the peace of God will guard your heart and mind fully beyond understanding"

### Deuteronomy 20:4

For the Lord your God is he who goes with you to fight for you against your enemies, to give you the victory.

## FOR FAMILY & LOVED ONES

### Isaiah 11:2

2 And the Spirit of the Lord shall rest upon him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the Lord.

## PROVISION

### 2 Corinthians 9:8

8 And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.

## GUIDANCE

### Psalm 25:4-5

4 Make me to know your ways, O Lord; teach me your paths. 5 Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all day long.

### Psalm 32:8

8 I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.

### Psalm 143:10

10 Teach me to do your will, for you are my God! Let your good Spirit lead me on level ground!

## HEALING

### 1 Peter 2:24

<sup>24</sup> "He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you **have been healed.**"

## GOD IS WITH YOU

### Psalm 61:2-4

From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, 3 for you are my safe refuge, a fortress where my enemies cannot reach me. 4 Let me live forever in your sanctuary, safe beneath the shelter of your wings!

### Isaiah 41:10

So do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my righteous right hand