

International Women's Day of Prayer

March 4, 2023

SERMON

Transformed By Prayer

Written by Heather-Dawn Small

SEMINAR

Transforming Prayer

[Practical Ideas]

Written by Nilde Itin



This sermon resource packet was prepared
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Seventh-day Adventist® Church

GENERAL CONFERENCE
WORLD HEADQUARTERS



WOMEN'S MINISTRIES

November 3, 2022

Dear Sisters, I greet you joyfully in the loving name of Jesus our Savior and Friend. There is one thing I have discovered through my life, the Father, Son, and Holy Spirit desire an intimate relationship with us. Over and over in the Bible we find examples of persons who had an intimate relationship with the God. From Nehemiah to Mary the mother of Jesus, from Enoch to John, the youngest disciple. God wants the same kind of relationship with us.

Prayer is the key to a close relationship with God. When we pray God hears and answers, but He also transforms us into the image of Jesus. Our relationship with the Father, Son and Holy Spirit is life changing. God renews our minds and hearts and re-creates us into a person who is ready for heaven.

As you meet on this International Day of Prayer, remember our relationship with Jesus is not only about presenting our requests to Him, but it is also about willingly surrendering our present and future into His hands.

Take this message to our sisters in the community - in the hospitals, the poor neighborhoods, the homeless, and the abandoned. Let them know they are not alone, that they are loved, and that God is willing to transform our lives into something beautiful.

With love and joy,

A handwritten signature in black ink that reads "Heather Dawn Small".

Heather-Dawn Small
Women's Ministries Director

"I thank God for you..." Philippians 1:3-6

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Scripture References

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Program Notes

Please feel free to translate, adjust, and edit the resource packet according to your division’s needs, including the best Bible version for your use. Also, you are free to adapt the packet according to your cultural audience. When your division has translated the assigned packet for French, Portuguese, Spanish or other languages, please send us a digital file to share with our sisters who need it.

About the Authors

Heather-Dawn Small holds the position of director for Women's Ministries at the General Conference of Seventh-day Adventists since 2005.

She has a Master of Arts degree in leadership with an emphasis in pastoral care to women. She is currently pursuing a doctorate degree in inter-cultural studies with an emphasis in reaching non-Christian women.

As she travels the world, she is passionate about seeing more women involved in evangelism by ministering through acts of love and the Word, encouraging women to be involved in ministry to young women, and sharing the joy that God has given her despite life's many challenges.

Her favorite word is "Joy," her favorite saying is "Don't let anyone steal your joy," and her favorite text is Philippians 1:3, 4, "Every time I think of you, I give thanks to my God. Whenever I pray, I make my requests for all of you with joy" (NLT).

Heather-Dawn is the wife of Pastor Joseph Small and the mother of two adult children. She loves air travel, creative Bible journaling, embroidery, cardmaking, and stamp collecting, and she enjoys ministering to women.

Nilde Itin holds the position of associate director for Women's Ministries at the General Conference of Seventh-day Adventists since June 2022.

She earned a Master of Arts degree in education and has served in various capacities in South America and Asia.

She enjoys encouraging women as they grow in faith and supporting them as they influence others for salvation through their lives, words, and acts of love at every stage and season in life.

Her favorite word is "Peace," and her favorite text is Philippians 4:7, "And the peace of God that surpasses all understanding will guard your hearts and minds through Christ Jesus." (NKJV)

Nilde is the wife of German Lust and mother of two adult children. She loves outdoor life, nature, organizing, serving, and spending time with friends.

Chantal Klingbeil holds a PhD degree in linguistics (South Africa) and has served as a mother, author, homeschool mother, high school teacher, university

professor and TV host. She currently serves as an Associate Director of the Ellen G. White Estate at the General Conference of Seventh-day Adventists.

Chantal is passionate about reaching children, youth and young adults for Jesus. In her work at the Ellen G. White Estate, she develops media and materials to bring Adventist history and the ministry of Ellen G. White to a new generation that is thoroughly at home in the digital age.

Dawn Venn holds a Master in Elementary Education (US) and has served as a mother, a missionary in Southeast Asia, a teacher, and has contributed as a speaker, editor and planner for retreats and events. She currently is the Senior editorial and administrative assistant of the Family Ministries' department of the General Conference of Seventh-day Adventists.

Dawn has taken several continuing education courses in Family Life to become better equipped to encourage healthy, happy families. She loves children and serves as kindergarten Sabbath School teacher at her local church.

Prayer Focus

As followers and disciples of Jesus, women are called to work and pray; to pray with faith, perseverance, and confidence, without ceasing and giving thanks; and to work diligently in faith, trusting Jesus for all their needs.

Ellen G. White, a woman of pray and faith, gave this counsel:

“All who would be efficient workers must give much time to prayer. The communication between God and the soul must be kept open, that the workers may recognize the voice of their Captain. The Bible should be diligently studied. The truth of God, like gold, is not always lying right on the surface; it is to be obtained only by earnest thought and study. This study will not only store the mind with most valuable knowledge, but will strengthen and expand the mental powers, and will give a true estimate of eternal things. Let the divine precepts be brought into the daily life; let the life be fashioned after God's great standard of righteousness, and the whole character will be strengthened and ennobled” (Gospel Workers, p. 76).

Our focus this year is to pray for transformation.

- Pray, giving praise and thanks to God
- Pray for repentance, forgiveness and cleansing
- Pray for a closer relationship with God
- Pray for a deeper faith
- Pray for the Holy Spirit's transforming power
- Pray for a change of mind and attitude
- Pray for a change of character

Pray for others, for their salvation and transformation. As God's agents, pray for ways to meet their needs and lead them to Jesus.

- Pray for your family members and extended family
- Pray for your friends and neighbors
- Pray for the members and leaders of your local church
- Pray for your country and its leaders
- Pray for the church members and leaders of your division and the world church

Outline of Divine Service

A Suggested Order of Worship

Hymn of praise

Call to worship

Pastoral prayer

Scripture reading

Romans 12:1, 2, NKJV

"I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

Children's story

Hearts of Clay or Wax?

Call for the offering

Offertory

Hymn of consecration

Sermon

Transformed by Prayer

Hymn of response

Children's Story

Hearts of Clay or Wax?

Written by Chantal Klingbeil
and Dawn Venn

Materials needed: a piece of soft clay or playdough, a wax candle, matches (if it is safe). Picture or actual melted wax candle. A piece of pottery, or broken pieces of pottery.

Today I brought two things to show you (have a piece of soft clay or play dough and wax candle). They are about the same size. (Show children a ball of clay and a wax candle).

Now, did you know that these two things react very differently if we put them both in the sun. Anyone want to guess what will happen? The wax is going to get very soft as it begins to melt and may even get runny. The clay on the other hand will get very dry and hard as it gets hot in the sun (show piece of pottery). If I dropped the hard piece of clay now it would break and might have sharp edges.

Did you know that you and I have hearts that are kind of like clay or a candle? I want to tell you what happened to Becky one day. Becky's little sister played with her favorite doll while she was at school and left it outside in the rain and it got all wet and muddy. When Becky returned home from school and found her doll out in a mud puddle, she felt angry feelings swelling up inside her. Her heart began to harden, like the clay sitting out in the sun.

Before she knew it, she was yelling at her little sister, who began to cry. Becky didn't seem to care and just stomped off to her room and slammed the door. Becky became angry and nasty, and her heart became hard. No one knew, but Becky's heart started getting hard earlier that day because she dropped her lunch on the floor, her friends didn't play with her, and she didn't know the answer when the teacher called her name. It was hard for Becky to handle all those bad things happening to her in one day, and her heart hardened. Then, when she found her favorite doll in the mud puddle, her heart and attitude just broke, and the angry words flew out of her mouth with sharp edges, which hurt her little sister.

Just like when you put clay out in the hot sun. It does not become hard instantly, but after a while, the clay will become hard. Becky's heart was happy and soft at the beginning of the day, but with each bad thing that happened, her heart grew

harder, until she cracked and hurt others. How can we prevent that from happening to us, because we don't want to hurt others with our words or actions? There's only one way to get a soft heart and that is to ask Jesus.

We can ask Jesus to take our heart of hard clay and give us soft heart that won't be quick to hurt others. We want hearts that are like candles (if it is safe, light the candle) – that can give warmth, and hope and love to others.

Jesus wants to give us a new heart. We just need to talk to Him in prayer, but this is not something that happens just once (blow out the candle if you lighted it). Because it is very easy for us to forget that we asked Jesus for a new heart and our hearts go back to being hard clay. So, we need to speak to Jesus often in prayer. (Relight the candle). We want to whisper a prayer in the morning, whisper a prayer at noon, whisper a prayer in the evening to keep our hearts in tune.

Bible Verse:

“And I will give you a new heart and I will put a new spirit in you; I will take out your stony, stubborn heart and give you a tender, responsive heart”
(Ezekiel 36:26 NLT).

Sermon

Transformed by Prayer

The Transforming/Changing Power of Prayer

By Heather-Dawn Small

Scripture Text **(SLIDE 2)**

"I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God" (Romans 12:1, 2, NKJV).

Opening Prayer

Our message today focuses on prayer. The transforming power of prayer. Before we progress further let us first reassure ourselves of an important characteristic of prayer.

WHEN IS THE BEST TIME TO PRAY?

When will our prayers be heard? Is a certain time better than others? Morning? Noon? Afternoon? Evening? Let me share this quote with you from the book, *Prayer* (page 223). **(SLIDE 3)**

"There is no time or place in which it is inappropriate to offer up a petition to God" (Ellen G. White, *Prayer*, p. 223).

We can pray to God whenever and wherever. We don't need to kneel or be in a special place, we don't need to clasp our hands and bow our head, we just need to open our heart to our Father and talk to him in the privacy of our minds. Paul reminds us that we can approach God's throne of grace and mercy at any time.

(SLIDE 4) We read,

"Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need" (Hebrews 4:16, NKJV).

What a marvelous invitation God has given to each of us, His children. We are invited to come into His presence, His throne room at any time. This is so unlike

earthly monarchs and heads of state, where we need an appointment months in advance to see them. Yet with the God of the universe, the Almighty and Holy God, we can enter His presence, at any time of day or night.

THE POWER OF PRAYER

Now that we have reaffirmed God is always available to hear and answer our prayers, let us turn to the main theme of our message today. As we come to God in prayer, He has the power to transform or change our lives, our situations, and so much more. God does not ask us to change before we approach Him, He invites us to come just as we are, and He changes us. **(SLIDE 4)**

“So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image” (2 Corinthians 3:18, NLT).

Did you know that prayer can change our lives? Prayer can change a situation, or it can change us. As we look meet our Father in prayer, the Holy Spirit changes us into a “glorious image.” The image of Jesus Christ.

(The following is a true story, but the names of the town and country have been removed.)

In a small town, a certain man who owned a number of liquor stores began construction on a new store to increase his business. The new store was being built just across the road from the local church. The church members started a campaign to block the bar from opening. They decided to meet for prayer and fasting asking God to intercede on their behalf.

Work progressed right up till the week before opening when lightning struck the liquor store and it burned to the ground. The church folks rejoiced, until the store owner sued the church on the grounds that the church was responsible for the demise of his building, either through direct or indirect actions or means. The church strongly denied all responsibility or any connection to the building's end when it replied to the court.

At the end of the trial the judge commented, "I don't know how I'm going to decide this case. It appears that we have a liquor store owner who believes in the power of prayer, and an entire church congregation that does not."

We will come back to this story later.

Whether we believe it or not, prayer does change things in our lives. Today we will focus on two areas of transforming prayer,

- Prayer Transforms or Changes Us, and
- Prayer in Hard Times Changes Us

Prayer Transforms/Changes Us

When we spend time with God in prayer, sharing our heart and seeking His saving power, He works in us, changing us into the image of Jesus. Each day when we come to God in prayer, He renews and changes us, filling us with the fruit of the Spirit. This infilling that we receive gives us all we need to face an unknown day with confidence. We are assured that we are not alone and that we can function. This is a strength that is not our own. Here are some ways that God changes our lives.

1. God gives us forgiveness, cleansing and eternal life.

John tells us, **(SLIDE 6)** "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9, NKJV).

We can approach the throne of God seeking forgiveness and cleansing, asking Him for a new heart to serve Him, and have the confidence that God will hear and answer. The moment we ask, God begins His transforming work in our lives. He removes all our sins and cleanses us from the ugly scars of sin. We don't need to walk around with feelings of guilt or regret. We don't need to be ashamed for others to see us because of the sin's wounds. When we come to our Father, confessing our sins and seeking His forgiveness and cleansing, He takes our sinful heart and gives us a new and clean heart. Like the psalmist David we can say, "Purge me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow" (Psalm 51:7 NKJV). This change happens when we pray because as Paul reminds us, it is "...with His own blood He [*Jesus*] entered the Most Holy Place once for all, having obtained eternal redemption" (Hebrews 9:12, NKJV). We can be changed through the blood of Jesus Christ and receive the promised gift of eternal life!

2. God changes our attitude.

Paul writes, **(SLIDE 7)** "Let this mind be in you, which was also in Christ Jesus, who, being in the form of God, did not consider it robbery to be

equal with God, but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross" (Philippians 2:5-8, NKJV).

When Jesus came to this earth as a suffering servant, He did not think life was unfair. Instead, he surrendered His will, His mindset or attitude to His Father; and we must do the same. When we surrender to God, we see life differently and that is because our attitudes have changed. We see the drug addict lying on the pavement and rather than look down on her for making bad choices our hearts are broken as we see a child of God in need of our help. When we hear of someone who has committed a terrible crime, we do not rejoice over their prison sentence instead we lift them up to God in prayer asking Him to save His child, our brother or sister, wherever they are. God changes our attitude to circumstances that happen in life and people we meet and allows us to see them as He sees them.

3. **We have confidence that God hears and answers prayer.**

John writes, **(SLIDE 8)** "Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us" (1 John 5:14, NKJV).

How many times have you prayed and wondered whether God would answer your prayers? You waited for the result to decide if God is trustworthy. But this verse clearly tells us that if we ask God for anything that is in His will, He will hear and answer.

How do we know God's will? Sometimes the Bible tells us God's will. We know that it is not God's will for us to kill someone or to sleep with someone's wife or husband. But sometimes we do not know God's will. Does God want me to have a new car or a used car? Does God want me to go back to school or buy a new home? Many times, we have to trust in His will for our lives. When we pray, we trust that God, who knows the end from the beginning, will give us the best answer for our lives. We ask but then we let God know that we are leaving the answer to His perfect will to make the final decision for our lives.

4. **Prayer teaches me to look to God and not to self.**

In Acts 8 we find the story of Simon the Sorcerer. What he did amazed people, but it was not from God. When Simon saw the power of God revealed through Peter, John, and Philip, he also wanted to perform miracles that were

truly miracles. He tried to buy the power from Peter for himself. But Peter rebuked Simon and said, "Your money perish with you, because you thought that the gift of God could be purchased with money!" (Acts 8:20, NKJV).

Simon wanted the power of God to use for His own selfish reasons. He wanted the people to give him the praise for what he did. But like Simon, we need to realize that only God can give us the help we need. Only He can change our lives. We cannot do it for ourselves neither can any man on earth. **(SLIDE 9)** It is not about what I can do but what God can do in and through me to help and bless others.

5. **Prayer renews my mind.**

Paul writes, **(SLIDE 10)** "I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God" (Romans 12:1-2, NKJV).

One of the remarkable things about prayer is that prayer restores our minds. Only God can change the way we think about life, about ourselves, about others, about the future. Only God can give us the hope, courage, and peace we need as we live in this world. When we come to God in prayer He renews and restores our minds. As we surrender our lives to God each day in prayer, He begins the transforming work and that begins with the mind – the part of our mind that makes decisions, judgments, and choices.

6. **God's reveals His power because of my prayers.**

James tells us, **(SLIDE 11)** "... The effective, fervent prayer of a righteous man avails much" (James 5:16, NKJV).

When we pray with a heart submitted to God, He will act. We will see His power in our lives and will know that God's power is real. Then we can share what He has done so others will know what God can do and that He is true.

Think of the many times in the Bible when God revealed His power because of prayer and how that changed the lives of the people involved. Elijah on Mt. Carmel when God rained down fire from heaven to consume the water-laden altars. Or the prophet Elisha when surrounded by the Syrian army in the

city of Dothan. His servant was afraid, but Elisha prayed for God to save them and to open the eyes of his servant. God answered and the servant saw an invisible army of angels surrounding the Syrians. Can you imagine how this revelation of God's power strengthened the faith of Elisha and his servant? The Bible is filled with such stories. God showed His power in Bible times, and He continues to do it in our lives, but we must discern the working of God in our lives in both small and big ways.

Transformed By Prayer in the Difficult Times

Even in difficult times prayer can change us. Sometimes God must allow us to face tough times in our lives so we can find that our only source of help is in Him. It is in these trying times that we learn to depend fully on our Father. God is waiting to hear us cry out to Him and say, "Father, I need you. I cannot do this on my own." These are times when God increases our faith and changes us. Let us look at a two Bible stories and see how prayer changed the lives of the people who prayed during the hard times in their lives.

- **Hannah, a childless woman.** In 1 Samuel 1 we find the story of Hannah, a woman in great distress and emotional pain. Penninah, the second wife of Hannah's husband, Elkanah, tormented Hannah because she was childless. In Bible times a woman who was childless was considered cursed by God. When Hannah could no longer handle the taunts of Penninah, she went to God and cried out to Him. Her distress was so great that Eli the priest thought she was drunk. Can you imagine the look on her face as she mouthed her words silently before God.

(SLIDE 12) When in distress we do not consider how we look, or what others may say. We are in God's throne room and the conversation between each of us and our Father is personal. God heard Hannah's cries and answered her prayer. He gave her Samuel, the son she had prayed for. She promised God she would give the child to serve Him in His temple and she kept her word. Her life was changed from sorrow to great joy. But God did not stop there, He also blessed her with three more sons and two daughters (1 Samuel 2:21). Hannah's life changed as I'm sure did the lives of Elkanah and Penninah. Prayer changes situations and people.

- **Peter released from prison.** In Acts 12 we find the story of two of Jesus' disciples, James and Peter. First, King Herod killed James the brother of John. That pleased the Jews so well that Herod seized Peter and placed him in prison. The story tells us that the church had a prayer meeting in the

home of Mary, the mother of Mark, to pray for Peter's release. God heard and answered their prayer. He sent an angel to release Peter from prison and guide him safely to the home of Mary where the believers were praying. The reaction of the believers when Rhoda, the servant girl told them that Peter was at the gate is interesting and a bit unbelievable. The Bible says that Rhoda knew it was Peter's voice but when she told them they doubted it. Weren't they praying for this exact outcome? Yet they doubted it was Peter at the gate.

This reminds me of the story I shared at the beginning of this message about the liquor store owner and the church members. **(SLIDE 13)** When we pray do we believe God will answer? And when God answers do we believe He answered or do we try to figure out a more concrete and logical answer, never really believing that God did it for us?

Do we resemble the liquor store owner who believed that the church member's prayers were responsible for his store burning down? Or do we look like the church members who denied their prayers had anything to do with the store burning down?

Appeal

Each day when we wake up do we wait until trials come before we cry out to God or do we seek Him each day in prayer asking for His strength, His joy, His courage to face whatever they day may bring. This quote from the book *Steps to Christ*, page 99, is one that can make a great impact in your life. **(SLIDE14)**

"There is no time or place in which it is inappropriate to offer up a petition to God. There is nothing that can prevent us from lifting up our hearts in the spirit of earnest prayer. In the crowds on the street, in the midst of a business engagement, when we are all alone and feel rejected by others we may send up a petition to God and plead for divine guidance and help, as did Nehemiah when he made his request before King Artaxerxes.

(SLIDE 15) A closet of communion may be found wherever we are. We should have the door of the heart open continually and our invitation going up that Jesus may come and abide as a heavenly guest in the soul.

(SLIDE 16) Although there may be a tainted, corrupted atmosphere around us, we need not breathe its miasma [*tainted air*] but may live in the pure air of heaven. We may close every door to impure imaginings and unholy thoughts by lifting the soul into the presence of God through

sincere prayer. Those whose hearts are open to receive the support and blessing of God will walk in a holier atmosphere than that of earth and will have constant communion with heaven" (Ellen G. White, *Steps to Christ*, p. 99).

We are encouraged by Spirit of Prophecy to talk to our Father at any time. Nothing can prevent us from talking to our Father. It does not matter where we are, we can close our eyes and talk to God. The doorway into the throne room of God is always, always open to us.

All we need to do it to enter boldly and tell Him everything that brings us joy or sorrow (*Steps to Christ*, p. 100). He is willing to hear us, to rejoice with us, to sorrow with us. He is always present. His throne room doors are never closed. We do not need to clean ourselves in order to come before Him. God cleans us. We do not need to have our lives in order to enter the throne room. God orders our lives. We do not need to be sinless that day because God is the One who cleanses our sins and gives us a new heart and mind like Jesus.

What must we do to be changed into the image of Jesus? All we can do is to come. Come to the Father. Come to the foot of His throne, "being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ" (Philippians 1:6, NKJV).

God has promised and He will do it. What about you today? Are you ready to ask God to renew your heart, your mind, your life today. We all have regrets in our lives. We all wish there were things we had not done or said, choices we had not made. In God's throne room there is hope for a new beginning. If you are yearning for God to change your life, then stand just where you are and let me intercede on your behalf to our loving Father.

CLOSING PRAYER

Seminar

Transforming Prayer

[Practical Ideas]

By Nilde Itin

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Introduction

Do you believe prayer transforms lives? Have you experienced transformation through prayer? Do you wish you knew more about prayer? Has your life been transformed? Is your life being transformed daily?

This seminar intends to provide an overview of the transformation God desires to produce in us, its process, its characteristics as it relates to prayer, and a few practical ideas for a transformative prayer life.

God has given us abundant examples in the Bible of the transformation He wants us to experience. Paul, from persecutor to missionary to the Gentiles; Mary Magdalene, from demon possessed to follower of Jesus; John, from Son of Thunder to beloved disciple; transformed lives that evidence God's power and His desire for our lives. There are many other examples in the Bible of transformed lives: Moses, Ruth, David, Nebuchadnezzar, other disciples, and more. The Corinthians, New Testament believers, "revealed the transforming power of the grace of God, and they were now a strong force for good" (Ellen G. White, *Acts of Apostles*, p. 372).

Transformation

Transformation is not about being "the best version of yourself" or even "becoming a better person." The transformation that God desires and can do for us is to restore His image in us (2 Cor. 3:18, Romans 8:29, Colossians 1:27-28) Spiritual transformation in Christ is all about being molded into the likeness of Jesus Christ, who is the image of God (2 Cor. 4:4).

(SLIDE 2) Transformation is a **change of mind**. "Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God" (Rom 12:2, NKJV).

(SLIDE 3) Transformation is also a **heart and spirit**. "I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh" (Jer. 36:26, NIV).

Process of Transformation

It is amazing to watch a seed germinate. Most children observe the process at school at some point in their life. A seed needs to be buried (in the soil or other substance) for the plant to germinate. Given the right conditions, amazingly and through an incredible power, a transformation occurs. Germination, a change from seed to plant. How does our spiritual transformation take place?

God accomplishes a transformation in us **by His power through our faith**. **(SLIDE 4)** "I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me" (Gal. 2:20 NKJV).

(SLIDE 5) God wants to transform our wholeness, heal our brokenness, and restore our relationships so we may reflect His image to the world. This transformation influences the way we think, we feel, we relate, and we live. It changes our physical, emotional, mental, relational, and even spiritual dimensions. It is a change of our whole, indivisible being. We are transformed into the likeness of Jesus, who is the likeness of God (Col. 1:15).

However, the most important transformation happens at the level of our characters. "The follower of Jesus should be constantly improving in manners, in habits, in spirit, and labor. But this is done by keeping the eye, not on mere outward, superficial attainments, but on Jesus the model. A transformation takes place in mind, in spirit, in character" (Ellen G. White, *Christian Education*, p. 200). Our character is the only thing we will take to heaven. "A character formed according to the divine likeness is the only treasure that we can take from this world to the next" (Ellen G. White, *Christ's Object Lessons*, p. 332).

Transforming Prayer

(SLIDE 6) What role does prayer play in God's transformation of our lives?

- a. "Prayer is heaven's ordained **means of success** in the conflict with sin and the development of Christian character. The divine influences that come in answer to the prayer of faith will accomplish in the soul of the suppliant all for which he pleads. For the pardon of sin, for the Holy Spirit, for a Christlike temper, for wisdom and strength to do His work, for any gift He has promised, we may ask; and the promise is, "Ye shall receive" (Ellen G. White, *Prayer*, p. 52).
- b. "Prayer is the breath of the soul. It is the **secret of spiritual power**. No other means of grace can be substituted, and the health of the soul be preserved. Prayer brings the heart into immediate contact with the Well-spring of life, and strengthens the sinew and muscle of the religious experience" (Ellen G. White, *Prayer*, p. 12).
- c. "The temptations to which we are daily exposed make prayer **a necessity**. In order that we may be kept by the power of God through faith, the desires of the mind should be continually ascending in silent prayer for help, for light, for strength, for knowledge. But thought and prayer cannot take the place of earnest, faithful improvement of the time. Work and prayer are both required in perfecting Christian character" (Ellen G. White, *Prayer*, p. 25).
- d. [By prayer] "**the character** is softened, refined, and ennobled for the heavenly kingdom... increase piety, purity and fervor... growing intelligence in prayer ... a life of diligence and zeal ... noble aspirations, clear perceptions of truth and duty, lofty purposes of action and a continual hungering and thirsting after righteousness. We shall be **enabled to diffuse to others**, through our association with them, the light, the peace, the serenity, that rule in our hearts" (Ellen G. White, *Prayer*, p. 82).

Characteristics of the Transforming Prayer

(SLIDE 7) Our prayers may tend to be like the culture and world in which we are immersed. Sin has made us self-centered, a “selfie” generation. It has impacted our relationships and our motives. Our private and sometimes even public prayers tend to be to-do list of requests to God. They may turn out to be quite long, sometimes, and mostly centered on *our* needs.

Even though we are to share with God our wants and our needs, however, in the Lord’s Prayer (Matt. 6:9-13), Jesus exemplified the characteristics of a prayer that pleases God and produces spiritual growth and transformation.

God-focused

Our prayers are to have God at its center. It is “no longer my ‘want-to-have’ the center, but God is” (Frank Hasel, *Longing for God*, p. 43). My prayer needs to be based on a relationship with God. He is holy, *the* Creator, Sustainer, Redeemer, and *the One* above everything else, and this should lead us to stand in awe and reverence before Him. Furthermore, God is also *our Father*, and at the same time *our* faithful friend. He provides for *all* our needs. He promises to supply our basic physical needs (“our daily bread”) and our spiritual need (“forgive”). He also promises to deliver us from temptation because it is His desire to do it through His loving power.

It is His power, and not what I can do, that changes us. It is knowing Him and His character, admiring Him, enjoying His companionship throughout the day, and being in His presence what changes us. It is all about Him and not us (or me). “Prayer that please God frees my thinking from revolving around the ‘I’... Gently I move toward the true purpose of prayer: not the fulfillment of my wishes but the relationship with the life-changing God” (Frank Hasel, *Longing for God*, p. 45).

Is God precious to you? Do you long to have God as the center of your life? Do you want to spend time with Him? The good news is that we can ask Him for a desire to be with Him, to delight in His presence, to have a life-changing relationship with Him through Jesus’ life and the power of the Holy Spirit.

Scripture-based

God’s kingdom is guided by the principle of love as described and evidenced throughout the Bible. Our relationship with God and with others is guided by the truth presented in Scriptures. Thus, we cannot pray and ask to know Him and not open the Scriptures. It is not the same to know *about* the Bible than to *read* it. God has shared everything we need to understand Him. His “will” is found and described *in* the Scriptures.

We open the Bible to know who God is and what He desires for us. It also explains who we are, describes our brokenness, specifies our needs, and provides the solution to our needs and the source of power to heal our brokenness.

Are you reading your Bible for an understanding of God and for truth to live by? Do you delight in God's word? God provides the Holy Spirit to help us understand spiritual things. He will lead us to pray for a willingness to obey with understanding and in truth (Eph. 4:17-21).

Centered-on-others

We cannot ask for that which we are not willing to do ("forgive us as we forgive others"). Since prayer is about relationship, it includes our actions, our thoughts and feelings towards others, because it is God's design for us to live in community and His character is to live a life centered-on-others (not on self).

Are you willing to do unto others what you are asking God to do for you? What change are you willing to make as a result of your understanding of God's word?

As we delight in God's presence and learn of His way—His character and His example through our study of His word, His love (through our love towards others) will be manifested in a practical way as we pray.

Mission-minded

"Thy kingdom come, and thy will be done" is the hope and expectation of Christians through the ages and of Seventh-day Adventists across the globe today. Jesus' soon return is imminent (Matthew 24). God's will has been, and continues to be, to save all who believe (John 3:16). It is in *this hope* and *purpose* that we are to reflect God's character to those around us.

As Seventh-day Adventists we are to solemnly proclaim the three angels' messages and earnestly share with love the last warning. Prayer is key for the gospel to have God's power and produce transformation in us and others. "In His wisdom the Lord brings those who are seeking for truth into touch with fellow beings who know the truth. It is the plan of Heaven that those who have received light shall impart it to those in darkness. Humanity, drawing its efficiency from the great Source of wisdom, is made the instrumentality, the working agency, through which **the gospel exercises its transforming power on mind and heart**" (Ellen G. White, *Acts of the Apostles*, p. 134).

God has chosen you for "such a time as this" (Esth.4:14). Are you choosing daily to reflect God's character to those around you?

A God-focused, Scripture-based, centered-on-others, and mission-minded prayer will develop our awareness of the awesome God we worship, will give us a better glimpse and understanding of God's loving, just, and merciful character and of Jesus' great sacrifice on our behalf.

This kind of prayer will also lead us to acknowledge our daily need of God, of repentance, of confession (Acts 3:19), and of a new direction in life. It will instill in us the desire to become agents of transformation in God's hands and as a result there will be a

transformation. A sweet, consistent relationship with God through Christ will be developed, rooted deeper and deeper in God's love, becoming more and more powerful, which will continue to grow through eternity. "I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ" (Ephe. 3:17, 18 NIV). (See the book *Steps to Christ* by Ellen G. White for further study.)

Practical Ideas for a Transformative Prayer Life

(SLIDE 8) The concepts and ideas presented are the basis for the practical suggestions that follow. We may know many of these ideas, there may be many seminars available, and much to be said about prayer and transformation, but unless we decide to do something about it, it will only be an invitation, a call to action. It is now in your hands to make the choice and respond to God's invitation to a deeper relationship with Him, a greater connection, and a discipleship experience. Take the next steps in faith. God is faithful!

1. [Pray to be transformed and for transformation of those around you.](#)
"Those who will put **on the whole armor of God** and devote some time every day to **meditation** and **prayer** and to the **study of the Scriptures** will be connected with heaven and will have a saving, **transforming influence upon those around them**. Great thoughts, noble aspirations, clear perceptions of truth and duty to God, will be theirs. They will be yearning for purity, for light, for love, for all the graces of heavenly birth. Their earnest prayers will enter into that within the veil. This class will have a sanctified boldness to come into the presence of the Infinite One. They will feel that heaven's light and glories are for them, and they will become refined, elevated, ennobled by this intimate acquaintance with God. Such is the privilege of true Christians" (Ellen G. White, *Prayer*, p. 22).
2. [Study your Bible with prayer](#)
 - A. **Start with prayer.** Pray for the Holy Spirit to help you discover the truth God wants to show you on that day. "The Bible should never be studied without prayer" (Ellen G. White, *Prayer*, p. 95). The Holy Spirit and the angels will prepare our hearts, help us understand and comprehend, and feel its importance.
 - B. **Pray God's promises.** Follow these principles for Bible study. In her book, *Daring to Live by Every Word*, Melody Mason shares some prayer principles for praying promises. These are some of them:
 - a. Keep things simple.
 - b. Choose a book or passage from the Bible.
 - c. Read a few verses each day.
 - d. Reflect on what you've read, taking notes on key points.
 - e. Then say, "Lord, how should I pray?"
 - f. Read the verses again, letting them sink into your heart.
 - g. Then pray the passage in your own words, making it personal.

- h. At first it may seem awkward, but the more you follow the read-reflect-pray method, the deeper your prayer life will go.

C. Suggestions for personal Bible study:

- a. Make Bible study a priority in your life. You don't need to feel the desire to read, but if you have made the decision, remember it and do it no matter how you feel. God will come close to you and help you if you ask Him to make Him your priority for the day. You can ask the night before for God to wake you up, or to give you that personal time with Him.
- b. Select a quiet time of the day for your personal Bible study and prayer. First thing in the morning, before you turn on your devices is a good time to keep the words and reflection through the day. Pray as soon as you wake up for God to take control (and remember it). But some may only find time in the evening when things have calmed down.
- c. Choose a system to study the Bible every day. You may read a chapter every day of a book of the Bible, starting on Psalms, Genesis, or John, or follow the Daily Bible Reading plan, or study a topic or a theme. Start and commit to doing it daily.
- d. Keep a journal or have a place to write your personal thoughts about your reading, your reflection, and your ideas on how it can be applied to your life during the day. Meditate as you write and write as you meditate. The Holy Spirit will impress you and Bible verses will come to mind as you look for a glimpse of God and His message for your life, for your relationship with Him and for the changes He wants to make in you so you can better reflect Him in your life. (See PDFs of Bible Journal pages and guide <https://women.adventist.org/my-bible-journal> that you can use for this and other activities.)
- e. Persevere. Even if you get distracted, skip a day, or more, ask God to help you persevere and be earnest. He is more than willing to help you. Each day, as you develop the habit and discover more about Him through your study, you will delight in Him as you see how He is working in you. Your love for Him will grow.

"Perseverance in prayer has been made a condition of receiving. We must pray always if we would grow in faith and experience... There is necessity for diligence in prayer; let nothing hinder you... Seek every opportunity to go where prayer is wont to be made" (Ellen G. White, *Steps to Christ*, p. 97, 98).

"It is now that we are to learn this lesson of prevailing prayer, of unyielding faith. The greatest victories to the church of Christ or to the individual Christian, are not those that are gained by talent or education, by wealth, or the favor of men. They are those victories that are gained in the audience chamber with God, when earnest, agonizing faith lays hold upon the mighty arm of power" (Ellen G. White, *Prayer*, p. 87). "Pray without ceasing; that is, keep the mind uplifted to God, the source of all power and efficiency" (Ellen G. White, *Prayer*, p. 29).

- f. Remove or get away from distractions. If your phone distracts you, turn it off. Find a place where you can be alone for some time, and quiet so you can listen to His soft whisper. Ask God for help to remove distractions. You may even have to ask for your mind to calm down so you can concentrate.

3. Praise God and be grateful

- A. **Delight in God** and the insights of Him you have gained through your study.
- B. Recognize **how you feel** (feel the joy, peace, pleasure, calmness, thankfulness, etc.) and **what you do** (smile, relax, cry, etc.) when delighting in God.
- C. **Express your praise** to God for those characteristics about Him that you have discovered and meditated about in your Bible study. "If the loving-kindness of God called forth more thanksgiving and praise, we would have far more power in prayer." (Ellen G. White, *Prayer*, p. 87) "Consider God's goodness, express your gratitude, praise Him for what He has done for you, "Pray, pray earnestly and without ceasing, but do not forget to praise" (Ellen G. White, *Prayer*, p. 88). Choose one or more of the following activities:
 - Say them out loud in a prayer.
 - Write them on a journal (you may choose to have a praise section in your journal).
 - Write them on a card or *post-it* note.
 - Create a poem.
 - Write a song (the words and/ or music).
 - Draw or paint them.
 - Collect your praise in a "Praise Jar" or "Praise Box" that you can create or buy, decorate, and/or label.
 - Dedicate a white board or a clear picture frame as your "Praise Wall" and write your daily praise/s in it.
 - Draw a symbol representing praise on your journal and summarize your praise insights.
 - Post your praise on social media (Instagram, Facebook, WhatsApp group, etc.).
- D. **Keep God's blessings in your thoughts.** Remember what God has done for you in the past. Look back in your journal, prayer journal and/or remember what God has done for you. Keep track if you haven't done so already.
- E. **Choose to be grateful.** Thank God for the specific insight/s of the day. Thank God for specific things that you remember as you meditate on what you read. Choose to give thanks to God throughout the day for each reminder (experience, conversation, etc.) of what you learned through your study that day.
- F. **Express your thanksgiving** as you did with your praises. **Praise** God for who He is AND **give thanks** for what He has done, is doing and will do in your life.

4. Repent and confess

- A. **Take time to meditate (reflect)** about what God is bringing to your attention regarding your character. See yourself as He sees you, with honesty. Look at the root of your feelings, your thoughts, your behavior. Recognize your weaknesses, where you fall short of His ideal (i.e., fear, temper, anger, impatience, pride, procrastination, selfishness, habits, distorted thoughts, what you say to yourself: "I am not enough", "I am not worthy," etc.).
- B. **Compare your insights with the truth** you just read from God's word.
- C. **Confess** your shortcomings as you discover what God is telling you that is hindering your relationship with Him.
- D. **Ask God to reveal the changes** that He wants to do in your life, so you become more like Him.
- E. **Ask God for forgiveness.**
- F. **Journal** your confession and your request for forgiveness.
- G. **Move on** to the next step. Don't stop here but move on.

"That repentance which is produced by the influence of divine grace upon the heart will lead to confession and forsaking of sin. Such were the fruits which the apostle declared had been seen in the lives of the Corinthian believers" (Ellen G. White, *Acts of the Apostles*, p. 324).

5. Ask for transformation according to His word

- A. **Remember.** Try to remember or look up some of the promises that apply specifically to your need.
- B. **Claim God's promises** regarding your need (i.e., wisdom, peace, forgiveness, joy, humbleness, truth, etc.) and ask God to change those things that interfere in your relationship with Him (distractions, habits, self-sufficiency, pride, etc.), those things He has revealed to you in your study.
- C. **Write the promises** in your journal and/or write them also on a card or on your phone where you can keep them visible, so you can claim them often through the day and even through the week.
- D. **Memorize the promises** and claim them through the day. You can write them on sticky-notes and stick them around the house; you can use a picture frame and print, write or draw a Bible promise with calligraphy or hand-lettering to display where you will often see it; you can create music for the promise and sing it through the day; and as shared by Melody Mason on her book, you can also download "Prayer and Promise" card collection from the www.revivalandreformation.org website for free. You can also use smartphone apps such as Flashcards (by NKO Ventures, LLC), Glorify (by Tupoe Ltd) or other apps.
- E. **Write your request/claim** for that day in your journal. Each day you may have a different request or the same. God will be molding you into His image as you daily contemplate Him and His wonderful character of love, patience, and sacrifice. You will delight in His presence more and more each day.

6. Live out your prayers. Believe.

(SLIDE 9)

- A. **Believe and rejoice** that God will respond in His time.
- B. **Live what you have prayed about.** Believe that it has been accomplished and God has responded and changed you (your mind, your heart) already.
- C. **Remember your prayer** throughout the day and thank God for how He is responding.
- D. **Follow the Holy Spirit's prompting** (reminder of God's word) when you are tempted. Ask for help to resist and set your mind to what God wants you think.
- E. **Praise and thanksgiving.** Be alert during the day to God's responses to your prayers. Praise and thank Him each time you notice His response.
- F. **Keep God's word before you** (His commands as well as His promises). If you did something you regret, or if your thoughts or feelings ran out of control, pray, and ask for forgiveness. Keep praying and believing He is working.
"Our part is to pray and believe. Watch unto prayer. Watch, and co-operate with the prayer-hearing God. Bear in mind that 'we are labourers together with God.'¹ Corinthians 3:9 Speak and act in harmony with your prayers. It will make an infinite difference with you whether trial shall prove your faith to be genuine, or show that your prayers are only a form" (Ellen G. White, *Prayer*, p. 53).

7. Live out God's word.

- A. **Follow and obey God's advice and instructions.** Ask God to help you do that which you already know will contribute towards your relationship with God (i.e., caring for your physical, emotional, mental, social, and spiritual health).
- B. **Pray at all times!** Pray earnestly, eagerly, with desire for change, for God to take control. Share your thoughts, your feelings, and your decisions with God always. Keep your mind on Him... and **listen** to His words, as found in the Scriptures.
- C. **Spend more personal time alone in prayer.** "Let much time be spent in prayer and close searching of the word. Let all obtain the real facts of faith in their own souls through belief that the Holy Spirit will be imparted to them because they have a real hungering and thirsting after righteousness.... Let there be more praying, believing, and receiving, and more working together with God" (Ellen G. White, *Prayer*, p. 28).
- D. **Live in harmony with your prayers.** "Pray in faith. And be sure to bring your lives into harmony with your petitions, that you may receive the blessings for which you pray" (Ellen G. White, *Prayer*, p. 55). Know what steps you are taking to be heavenward headed. Examine your life and pray for power to live God's will in your life. How is this applied? For example, are you praying for help to overcome a habit or addiction (such as media consumption) and then deciding to do a digital detox? In her book, *Daring to Live by Every Word*, (p. 161-163) Melody Mason offers some suggestions for targeting the distraction that smartphones can be:
 - Turn off all nonessential push notifications on your phone.

- Store your cell phone outside of your bedroom at night.
- Keep your phone out of your hands early in the morning (maybe until after your devotional time)
- Guard your morning devotional time and evening sleeping pattern. You may mute the notifications to a certain time (9 pm to 7 am, for example).
- Read a book before going to sleep instead of browsing online.
- Prayerfully plan your agenda for the day after having your devotional time with God, even before you look at the messages on your phone or computer.
- Recognize that much of what you respond to quickly in emails and text messages can wait until later.
- While at work, work an hour or two at a time with your phone turned off.
- When you are online, be intentional and make time limits for yourself.
- Use self-restricting apps if needed.
- Consider making your social media accounts witnessing platforms.

8. Pray for others.

A. **Pray for souls and it will take the mind from its own small concerns**

"It will be just what the church needs, to have their minds called from their little, petty difficulties, to feel a great burden, a personal interest, for a soul that is ready to perish" (Ellen G. White, *Prayer*, p. 42).

B. **Pray for wisdom for soulwinning**

"Pray most earnestly for an understanding of the times in which we live, for a fuller conception of His purpose, and for increased efficiency in soul-saving" (Ellen G. White, *Prayer*, p. 93).

"Much careful thought and fervent prayer are required to know how to approach men and women upon the great subject of truth" (Ellen G. White, *Prayer*, p. 44).

"Personal effort for others should be preceded by much secret prayer; for it requires great wisdom to understand the science of saving souls" (Ellen G. White, *Prayer*, p. 186).

C. **Pray for the Holy Spirit. It will give power to the proclamation of truth**

"For the daily baptism of the Spirit every worker should offer his petition to God... Especially should they pray that God will baptize His chosen ambassadors in mission fields with a rich measure of His Spirit. The presence of the Spirit with God's workers will give the proclamation of truth a power that not all the honor or glory of the world could give" (Ellen G. White, *Prayer*, p. 160).

D. **Pray for success in soulwinning**

"If the members of the churches would but put to work the power of mind that they have, in well-directed efforts, in well-matured plans... [and] if they went forth with earnest prayer, with meekness and lowliness of heart, seeking,

personally to impart to others the knowledge of salvation, the message might reach the inhabitants of the earth" (Ellen G. White, *Prayer*, p. 39).

E. Pray more as you work for others

"As activity increases and men become successful in doing any work for God, there is danger of trusting to human plans and methods. There is a tendency to pray less, and to have less faith. Like the disciples, we are in danger of losing sight of our dependence on God, and seeking to make a savior of our activity. We need to look constantly to Jesus, realizing that it is **His power** which does the work. While we are to labor earnestly for the salvation of the lost, we must also take time for meditation, for prayer, and for the study of the word of God. Only the work accomplished with much prayer, and sanctified by the merit of Christ, will in the end prove to have been efficient for good" (Ellen G. White, *Prayer*, p. 29).

F. Intercessory Prayer (See GCWM seminars

<https://women.adventist.org/intercessory-prayer>)

G. Pray daily for those you want to reach (family, neighbors, acquaintances, etc.)

H. Use a prayer journal/notebook to write the names for those you will pray for. It can help you keep the focus. (See the GCWM resource on Prayer Journal <https://women.adventist.org/nurture-resources>)

I. Have visible a photograph/drawn picture/list with the names of each one and pray for them daily.

J. Contact the persons you want to reach (phone, email, mail, etc.)

K. Have a prayer wall, birthday prayer calendar, prayer binder.

L. If you have a family or someone to care for, take advantage of a daily "Family Prayer" time and pray for others' salvation as a family (see GC Family Ministries resources for ideas. <https://family.adventist.org/>)

9. Pray, worship and study with others.

A. Be a committed church member. God's spirit is in others who can be an influence on you for good. Attend all the meetings and events you can that will enhance your relationship with God.

B. Pray together with other church members.

a. Form or be part of a small prayer group, have a prayer partner, a mother's prayer group, a women's prayer group, a widows' prayer group, a singles' prayer group, etc.

b. Pray with and as a church (in corporate prayer), attend the midweek meeting of prayer and testimonies, join a Week of Prayers for the church, dedicate prayer time with your Sabbath School small group to pray for missing members, guests, the sick, the interested, and others.

c. Join or initiate Prayer Walks around the church's neighborhood, and/or your home.

d. Join or develop Bible Prayer Walks in small groups or as a church (see *Kids in Discipleship* <https://indiscipleship.org/> resources).

- e. Join the special “10 Days of Prayer” initiative
<https://tendaysofprayer.org/>
- f. Celebrate special prayer days, participate of Prayer Stations, prayer with objects that remind you of people, and other “100 Creative Prayer Ideas for Kids and grown-ups too!” (a book by Karen Holford).
- C. **Have a Bible study group with non-members** and pray with them.
- D. **Pray for opportunities to connect with others.** Observe people and their needs.
- E. **Build friendships,** meet people’s needs, share your produce, etc. and offer to pray for others (i.e., neighbors, co-workers, your dentist, your doctor, etc.).

10. [Study other resources to learn more.](#)

- *Longing for God. A Prayer and Bible Journal*, by Frank Hasel (2017)
<https://adventistbookcenter.com/longing-for-god-a-prayer-and-bible-journal.html>
- *Daring to Ask for More*, by Melody Mason (2015)
<https://adventistbookcenter.com/daring-to-ask-for-more.html>
- *Daring to Live by Every Word*, by Melody Mason (2020)
<https://adventistbookcenter.com/daring-to-live-by-every-word.html>
- *Prayer Journal*, by GC Women’s Ministries
<https://adventistbookcenter.com/my-prayer-journal-unlocking-heaven-s-storehouse.html>
- *As Light Lingers*, by Nina Atcheson (2018) (See the last section of the book for “Big Questions” and “Claiming promises as my personal prayers” bookmark.)
<https://adventistbookcenter.com/as-light-lingers-basking-in-the-word-of-god.html>
- *100 Creative Prayer Ideas for Kids and grown-ups too!* by Karen Holford (2003)
<https://adventistbookcenter.com/100-creative-prayer-ideas-for-kids.html>
- GC Women’s Ministries International Day of Prayer resources:
<https://women.adventist.org/international-women-s-day-of-prayer-archives>
- GC Prayer Resources: <https://www.revivalandreformation.org/uip> (Prayer Resources, United in Prayer Blog, World Church Prayer Requests, WePray Online Prayer Room <https://www.wepray.org/>)
- *InDiscipleship* (website) by Don McLafferty <https://indiscipleship.org/>
- *Prayer*, by Ellen White <https://m.egwwritings.org/en/book/87.2#o>
- *Urban Prayer Map* and other resources <https://missiontothecities.org/> and <https://www.adventistmission.org/>
- Prayer Seminars on YouTube

Impact of prayer in our life

(SLIDE 10) A life of transforming prayer does not only change us spiritually. It has a positive influence on all the dimensions of our existence. It impacts our whole being.

1. **Physically.** “Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise” (Ellen G. White, *Prayer*, p. 82).
2. **Emotionally.** “To strengthen this relationship [with God] and satisfy our emotional and spiritual needs, we must learn the power of prayer” (Board of Trustees of the Ellen G. White Estate, *Prayer*, p. 3). “It is a positive duty to resist melancholy, discontented thoughts and feelings—as much a duty as it is to pray” (Ellen G. White, *Prayer*, p. 23).
3. **Mentally.** (SLIDE 11) “Prayer enlightens the mind regarding what is truth... God desires us to come to Him in prayer, that He may enlighten our minds... give clear conceptions of truth... quicken the understanding to discern truth from error... establish the wavering mind, and give it a knowledge and a faith that will endure the test” (Ellen G. White, *Prayer*, p. 90). “The strength acquired in prayer to God, united with persevering effort in training the mind in thoughtfulness and caretaking, prepares one for daily duties and keeps the spirit in peace under all circumstances” (Ellen G. White, *Prayer*, p. 82).
4. **Socially.** “Prayer unites us with one another and with God” (Ellen G. White, *Prayer*, p. 91).
5. **Spiritually.** “Communion with God is highly essential for spiritual health, and here only may be obtained that wisdom and correct judgment so necessary in the performance of every duty” (Ellen G. White, *Prayer*, p. 18). “Prayer is the life of the soul. The prayer of faith is the weapon by which we may successfully resist every assault of the enemy” (Ellen G. White, *Prayer*, p. 91).

Questions for critical reflection

(SLIDE 12)

- What are some things that stop or distract you from praying?
- How can you apply diligence to your prayer life?
- Which practical prayer idea/s will you incorporate to your prayer life?
- What is your deepest desire?
- What do you want to ask God today?

Ask God to help you discern what you need to learn and apply from this seminar.

Promise

(SLIDE 13) “Power will come from God to man [and women] in answer to the prayer of faith... True **faith** and true **prayer** – how strong they are! They are as two arms by which the human suppliant lays hold upon the power of Infinite Love” (Ellen G. White, *Prayer*, p. 85).

Suggested uses for this seminar

- Present all the sections of the seminar as lecture-style. A PowerPoint is provided.
- Present the seminar by section at different times/days:
 - *First section:* Transformation concept, Process of Transformation, Transforming Prayer, and Characteristics of the Transforming Prayer)
 - *Second section:* Practical Ideas for a Transformative Prayer Life
- Present in a combined style. The leader presents the theory section first and then divide the attendees into smaller groups to discuss the practical applications. Note that the titles of the section called “The Practical Ideas for a Transformative Prayer Life” guide the group discussion to suggest practical ideas. The leader may give additional ideas from the seminar to those presented by the groups and this resource.
- Use the seminar as a small group study guide. A leader or facilitator guides the discussion of each concept presented in the Seminar Outline using the Bible references and Spirit of Prophecy quotes (theory) in the seminar and/or additional. Then, leads the conversation to practical applications using the titles of the practical section of the seminar.
- Use the seminar or its sections to encourage participants to create drawings/paintings, journaling, digital or paper posters, vision boards, cards, bookmarks, social media posts, and other creative personal applications using their skills and talents.