



CELL GUIDE

TOPIC Effective Prayer

SPEAKER Pastor Daniel Foo

THEME Developing the Inner Life

DATE 5 & 6 July 2025

MESSAGE SUMMARY

INTRODUCTION

James 5:16 reminds us that all Christians need one another in the body of Christ. The Lord ministers grace to the Church through one another – one such way is through the prayer of another believer.

4 WAYS TO EFFECTIVE PRAYER

1. Pray always

1 Thessalonians 5:17 tells us to pray without ceasing. It might seem impossible but we can weave this habit into our lives by simply making mention of the people that we want to pray for each day (Eph 1:16; Rom 1:9; Col 1:3; 1 Thess 1:2).

2. Know God

The Hebrew word for "to know" is יָדָע (yada) which signifies a deeper, more intimate understanding than head knowledge. We need to know God intellectually and relationally.

- a) God is always loving, just and righteous (Ps 97:2). Hence, God cannot do anything that violates His character.
- b) Righteousness and justice are the foundation of God's throne (Ps 84:14). When we witness unjust and unfair situations in this fallen world, we invite God to intervene and restore justice.
- c) God's desire is for us to align to Him and always pray His will (1 John 5:14-15). His will is found in His Word (John 15:7) which we are called to believe in and speak it.

When we pray, we remember that God is not like the unkind friend (Luke 11:5-8), the unnatural father (Luke 11:11-12), nor the unjust judge (Luke 18:1-8). Prayer is also not about right formulas and performance but believing in God who hears us and delights to answer and exceed our prayers (Heb 11:6; Rom 8:28; Prov 3:5-6; Eph 3:20).

3. Overcome the evil one

James 4:6-10 and 1 Peter 5:5-9 tell us that we overcome the evil one by submitting to God (praying as a priest) and resisting the evil one (rebuking as a king).

- a) The evil one cannot harm or touch those born of Christ (1 John 5:18; Luke 10:19). However, we must not give the evil one any inroads into our lives by grieving the Holy Spirit (Eph 4:27, 30) as this gives the evil one legal ground against us and hinders our prayers.

- b) In moments of failure, confess our sins and find promised forgiveness and cleansing from all unrighteousness through Christ (1 John 1:9).
- c) Know the schemes of the evil one which include deception, corruption, opposition to the knowledge of God, intimidation and discouragement. Overcome them by knowing the truth, walking in the light, conquering ungodly beliefs, knowing the finished work of Christ on the cross and knowing the God of Hope.

4. Live righteously

- a) Right standing – we are justified (Rom 5:1; 2 Cor 5:21) and now being continually sanctified in Christ (Heb 10:22).
- b) Right believing – we are to be continuously guided by the Word (John 17:17) and Spirit of God (John 16:13).
- c) Right doing – we are to remove any hindrances to an effective prayer life such as unyielded lives, unsound theology, unconfessed sin, untutored spirit, undealt baggage, unfounded fears, undefined priorities, unresolved guilts, unwholesome relationships, unrighteous motives.

CONCLUSION

We are reminded that Jesus is coming and He instructs us to always pray and not lose heart (Luke 18:1). Simply spend a few moments at different points of our day to pray and all these add up to us praying unceasingly.

QUESTIONS

1. What do you usually pray for in your daily life? How do your prayers reflect your understanding of God's character?

2. What are some hindrances you might be experiencing in your prayer life now? Based on the four points in the sermon, how can you cultivate a more effective prayer life?

3. We are called to pray unceasingly and for one another. What would help you to not "lose heart" in prayer, even when answers seem delayed?