



## SUNDAY - February 22, 2026

### UNITED: Ephesians 6:18-23 - Praying

#### SERMON SUMMARY:

Prayer is the believer's primary weapon and constant lifeline, not a last resort but a first response. It reveals real faith in moments of pressure and should become second nature through ongoing conversation with God and specific requests. Scripture shows that bold, persistent prayer aligns us with God's provision and brings peace, while praying for others strengthens and carries the whole church. Prayer also sharpens spiritual awareness, helping believers see clearly, hear God's direction, and recognize His movement. It requires humility and dependence, reminding us that true power does not come from human effort but from reliance on God. Prayer is both the starting point and sustaining force of the Christian life, positioning us to participate in what only God can accomplish.

#### SCRIPTURE:

Ephesians 6:18-23, 2 Chronicles 20:12, Luke 18, Luke 11:1-13, John 16:24, Matthew 26:41, Mark 13:33, Luke 21:36, Colossians 4:2, Acts 13, Isaiah 6:8, Romans 11:32-36, Ephesians 1:17-19, Psalm 78:41-42

#### GROUP DISCUSSION QUESTIONS:

1. What specific instructions does Paul give regarding \*when\* and \*how\* believers should pray in verse 18?
2. For whom does Paul specifically ask for prayer in verses 19-20, and for what purpose?
3. What two qualities are linked with prayer in verse 18 ("keep alert with all perseverance")?
4. The sermon described prayer as a "barometer for my spiritual temperature" when life becomes a "battlefield." How does Paul's instruction to pray "at all times in the Spirit" (v. 18) relate to this idea of prayer as a barometer of faith during trials?
5. Paul asks for prayer to "boldly proclaim the mystery of the gospel" (v. 19-20). How does this request for boldness in proclamation connect with the sermon's emphasis on "asking with audacity and trust" in prayer?
6. The sermon highlighted "watching and praying" as a way to become spiritually aware and perceive God's movement. How might "keeping alert with all perseverance" (v. 18) contribute to this spiritual awareness and insight into life's realities?