



Chapter Eight: Devotional Nine

Building an On-Ramp to Prayer

Hello Friend!

Welcome to week five of the study "Leveling the Praying Field" based on the book by Donna L. Barrett. This week we will cover Chapters Eight and Nine. So let's get started with the video and then the devotional!



[Click Video to Play](#)

So often we view prayer as a checklist item, something to do before a meal or a task we need to complete to feel like a better Christian. But what if we viewed prayer like something as natural, regular and essential as breathing? The author uses an illustration of an oxygen mask in an airplane. In emergencies the flight crew will remind you to put on your own mask first and then help others around you. As we establish strong prayer habits, we are called to have an awareness of the state of those around us. Who has their mask on or who has access to the

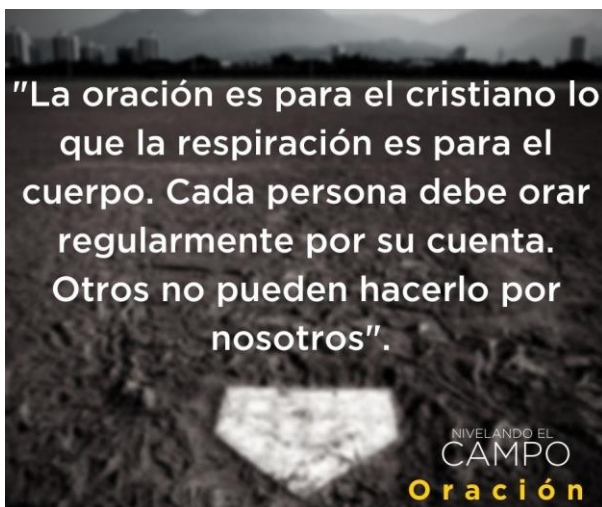
mask but is not tapping into the life-giving oxygen? Who is trying to survive on their own? Author Donna Barrett says it this way:

Excerpt from Leveling the Praying Field:

"Have you breathed today? Prayer is to the Christian what breathing is to the body. Each person must pray regularly on their own. Others can't do it for us. Most of what I have learned about prayer has been from looking over the shoulder of admired mentors while they prayed. The best way to help others pray is to do it and bring them along with you." pages 133-134

Perhaps you will come across instances today where someone in your life needs prayer, and you can encourage them to talk to God themselves. There may be moments where you hear a need from a friend and your habit is to say, "I'll be praying." What if you took that moment to pray and invite them to pray with you? Matthew 18:20 (NIV) says, "For where two or three gather in my name, there am I with them."

When someone is expressing a need, we can remember that we have the authority to bring God into that moment and ask Him to move. Often we aren't equipped for the heavy or painful situations around us- there will be plenty of times when we don't have the right words to say to someone, but when we bring it to the Lord, we don't need to have the best advice all the time! How incredible that we can turn to the Holy Spirit, the Great Counselor, and encourage others to do the same.



Prayer:

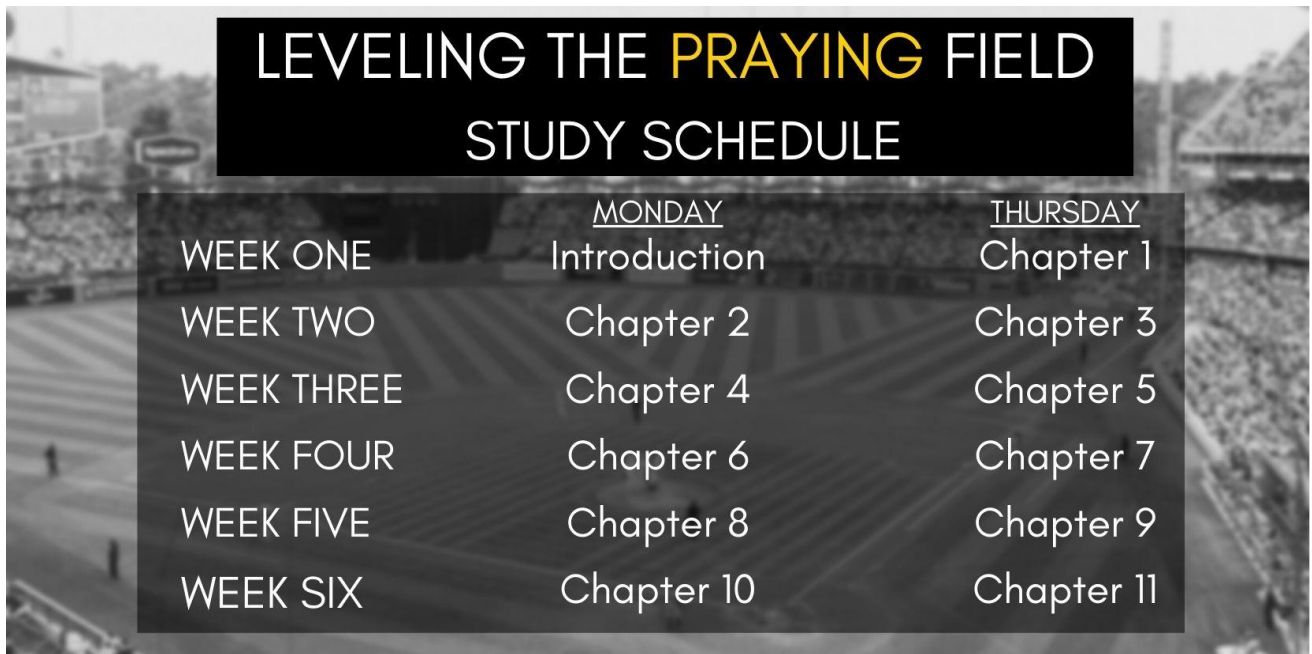
Lord, as consistently as we breathe, may we talk to You! Tune our ear to Yours and help us see those around us who are not receiving the life-giving supply of all that You offer. May we bring others along in the journey and show them how to rely on You. In Jesus' Name, Amen.

Reflection Questions:

- 1) What have others done to mentor you in prayer?
- 2) What recent situations in your normal course of life have caused you to pause in prayer?

*Questions from pages 147-148

Key Thought – *All the spiritual gifts must be fueled by prayer which keeps us focused on God not the gift.*



LEVELING THE PRAYING FIELD		
STUDY SCHEDULE		
	<u>MONDAY</u>	<u>THURSDAY</u>
WEEK ONE	Introduction	Chapter 1
WEEK TWO	Chapter 2	Chapter 3
WEEK THREE	Chapter 4	Chapter 5
WEEK FOUR	Chapter 6	Chapter 7
WEEK FIVE	Chapter 8	Chapter 9
WEEK SIX	Chapter 10	Chapter 11