Relationship Busters—Anchor Light Therapy Collective (online)

- Physical abuse
- Verbal/emotional abuse
- Cheating
- Substance abuse
- Wanting/not wanting children
- Liking/not like their friends
- Different saving/spending habits
- Different social, political, religious beliefs.
- Being needy or clingy
- Lack of aspiration
- Can't trust them
- Stubbornness/unwilling to compromise
- Poor communication
- Unwillingness to try new things
- Different diets/preferences
- Too much time on social media
- Long distance
- Works too much
- Different sex drives
- Doesn't prioritize you
- Constant fighting/unwillingness to resolve conflict
- Uncomfortable being yourself
- Cleanliness

Richard Foster—"… prayer is nothing more than an ongoing and growing love relationship with God the Father, Son and Holy Spirit." (***Prayer***, p.13)

PRAYER BUSTERS

1. Lack of PRAYER.

   James 4:2 "You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because **you don't ask God for it**." (NLT)

2. SELFISHNESS

James 4:3 "And even when you ask, you don't get it because your motives are all wrong—you want only what will give you pleasure." (NLT)

3. UNCONFESSED SIN.

Isaiah 59:2 "It's your sins that have cut you off from God. Because of your sins, He has turned away and will not listen anymore." (NLT)

4. UNRESOLVED relational conflict.

1 Peter 3:7 "In the same way, husbands must give honor to your wives. Treat your wife with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. Treat her as you should so your prayers will not be hindered." (NLT)

5. UNCARING attitudes.

Isaiah 58:6-9 "6 No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. 7 Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. 8 Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the Lord will protect you from behind. 9 Then when you call, the Lord will answer. 'Yes, I am here,' He will quickly reply." (NLT)

6. Lack of FAITH.

James 1:5-8 "5 If you need wisdom, ask our generous God, and He will give it to you. He will not rebuke you for asking. 6 But when you ask Him, **be sure that your faith is in God alone**. **Do not waver**, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. 7 Such people should not expect to receive anything from the Lord. 8 Their loyalty is divided between God and the world, and they are unstable in everything they do." (NLT)

7. WORRY.

Philippians 4:6-7 "6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. 7 **Then** you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." (NLT)

8. Disobedience to GOD'S WORD.

Proverbs 1:28-32 "28 "When they cry for help, I will not answer. Though they anxiously search for me, they will not find me. 29 For they hated knowledge and chose not to fear the Lord. 30 They rejected my advice and paid no attention when I corrected them. 31 Therefore, they must eat the bitter fruit of living their own way, choking on their own schemes. 32 For simpletons turn away from me—to death. Fools are destroyed by their own complacency." (NLT)

9. SELF-RIGHTEOUSNESS.

Luke 18:9-14 "9 Then Jesus told this story to some who had great confidence in their own righteousness and scorned everyone else: 10 "Two men went to the Temple to pray. One was a Pharisee, and the other was a despised tax collector. 11 The Pharisee stood by himself and prayed this prayer: 'I thank you, God, that I am not like other people—cheaters, sinners, adulterers. I'm certainly not like that tax collector! 12 I fast twice a week, and I give you a tenth of my income.' 13 "But the tax collector stood at a distance and dared not even lift his eyes to heaven as he prayed. Instead, he beat his chest in sorrow, saying, 'O God, be merciful to me, for I am a sinner.' 14 I tell you, this sinner, not the Pharisee, returned home justified before God. For those who exalt themselves will be humbled, and those who humble themselves will be exalted." (NLT)

10. Lack of FORGIVENESS.

Mark 11:25 "But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too." (NLT)

PRAYER BUILDERS

1. Always CHECK your Heart.

   2 Chronicles 7:13-15 "13 At times I might shut up the heavens so that no rain falls, or command grasshoppers to devour your crops, or send plagues among you. 14 Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land. 15 My eyes will be open and my ears attentive to every prayer made in this place." (NLT)

2. Stay CLOSELY CONNECTED to Jesus.

   John 15:5-8 "5 Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. 6 Anyone who does not remain in me is thrown away like a useless branch and withers. Such branches are gathered into a pile to be burned. **7 But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted!** 8 When you produce much fruit, you are my true disciples. This brings great glory to my Father." (NLT)

3. Pray with CONFIDENCE.

   1 John 5:14 "And we are confident that He hears us whenever we ask for anything that pleases Him." (NLT)