

# She believes

## Book Study

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### Chapter 6 – Prayer, A Difference Maker

**“I pray because I can’t help myself. I pray because I’m helpless. I pray because the need flows out of me all the time—waking and sleeping. It doesn’t change God—it changes me.” – C.S. Lewis, *She Believes Book***

#### Key Verse

*And whatever you ask for in prayer, having faith and [really] believing, you will receive. (Matthew 21:22 AMP-CE)*

**prayer: open, honest, and expectant conversation with God**

#### Further Reflection

Read Philippians 4:6-7 and discover what God’s Word says about how worry can be turned into prayer by simply thanking God. How does this shape your view on worry and motivate you to pray? Write your thoughts in your journal and commit this verse to memory.

#### Further Study

Look at these beautiful words about prayer in James 1: *“If you don’t know what you’re doing, pray to the Father. He loves to help. You’ll get His help, and won’t be condescended to when you ask for it. Ask boldly, believably, without a second thought”.* (vv.5-7) Meditate on what God is speaking to you through these verses about praying. Do you believe it? He really wants you to.

1. “Don’t worry if your words don't sound perfect. He doesn't care about that. He will just be so excited that you are talking to Him and asking for His help.” (*She Believes p.87*) How can you move past the feelings of having to be perfect with God to just trusting Him?

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2. Are you facing a challenge or battle in your life right now? Have you brought it to God in prayer? We encourage you to pray about your need right now!

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3. Are there areas of your life where you need to pray more? Where?

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4. Where has God answered a prayer in your own life recently? Think of someone you could share your victory with—it may be just what they need!

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### **Personal Challenge**

- Begin to talk to God about everything—however small and imperfect your prayers may seem.
- Read your Bible each day.
- Connect with girls who are growing in their faith.

### **Sisterhood Challenge**

How can you help another girl experience God in the same way you have experienced Him? Let her know you are praying for her today. It will be such an encouragement...prayer works!

1. Pray and ask for His help.
2. Be thankful in advance.
3. Believe that He is going to help.