



LAYING HOLD

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**HARVEST  
BIBLE  
CHAPEL  
PEORIA**

Dear Impact Group Family,

It's hard to believe we're here; I've been looking forward to this study for an entire year. And what a great way to start a new year together—**letting God transform our hearts** through prayer.

Last year, as Pastor Tim and I were talking about potential studies for the next year, the topic of prayer came up. I had recently been introduced to the book *A Journey To Victorious Praying*. After a few chapters of reading, I knew this book would be a great resource for our Impact Groups. Pastor Tim agreed. He decided to create a sermon series that connected with the topics covered in this book—and just like that, our new study was born.



**1 John 5:14 says:**

***"And this is the confidence that we have toward him, that if we ask anything according to his will he hears us."***

**Will you pray with me this semester?**

Let's ask God to **grow us** in a way maybe we've never grown before. Let's pray for each other—that God would **transform us** into a body that prays always, about everything. Let's ask God to **turn us into prayer warriors**.

Ask in **confidence**. He will **hear** us. I am praying for you!

In Him,

**Pastor Mike**



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# **RESOURCES**

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## **Phone Apps**

Echo	iPhone/Android	Free
Prayer Notes Pro	iPhone only	\$2.99
Prayer Notes Free	iPhone only	Free
Prayer Mate	iPhone/Android	Free
Prayer Notebook	iPhone only	\$1.99
Prayer Notebook Lite	iPhone only	Free

## **Books**

*Side By Side* (Welch)

*Trusting God* (Bridges)

*God Wrote A Book* (MacDonald)



## **THE PLAN**

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Our study will be both sermon directed and book based. In addition to listening to the sermon and taking some notes, you'll need to do some light reading before each Impact Group meeting. The book is called *A Journey To Victorious Praying*.

For your first Impact Group meeting, your leaders will walk you through the format for the study. You will also map out your meeting schedule for the semester. This way, you can easily track what sermon and book material go with each Impact Group meeting.

On the first page of each week's study material, there is a checklist showing you what sermon to review and which chapters to read in *A Journey To Victorious Praying*. In addition to the checklist there is a weekly scripture memory verse for you. Your leaders will let you know how you as a group will handle each verse. I encourage you to commit these verses to memory, too.

Here's what you'll need to do each week to get ready for your Impact Group meeting:

- Pray**—for yourself, for your leaders, for the group
- Listen** to the associated sermon
- Read** the appropriate chapters from *A Journey To Victorious Praying*
- Complete** the Impact Group questions
- Review** the scripture memory verse
- Attend** group ready to share



*“God has special answers to prayer for you and me—  
for there are lost things and people that He yearns  
to use you to find and restore...”*



LAYING HOLD

**Week 1:**  
**INTRODUCTION**



## **IMPACT GROUP QUESTIONS**

1. What are your fears regarding prayer? (praying out loud, not knowing how to pray, etc.)

2. Rate your prayer life from 1-10.

Why did you give that answer?

How do you want God to grow you in the area of prayer?

Take the remainder of your time to pray about the semester.

Pray for:

- Openness to how God wants to change you
- Unity within your group and the church body
- Increased faith
- A better understanding of prayer

*"..prayer is an attitude of our hearts toward God.  
It is an attitude of helplessness. This attitude of helplessness is not  
meant to drive you to anxiety, but rather to drive you to God.  
In other words, prayer is helplessness plus faith."*



## LAYING HOLD

**Week 2:**  
**LAYING HOLD of WEAKNESS**  
**Parts 1 & 2**

Get ready for group:

- Pray—for you, for your leaders, for the group
- Listen to "Laying Hold of Weakness Parts 1 & 2" sermons from January 8 & 15, 2016 (take notes on following page)
- Read chapters 1-4 in *A Journey To Victorious Praying*
- Complete the IG questions on pages 9-11
- Review the scripture memory verse on page 8
- Attend group on \_\_\_\_\_



# **SERMON NOTES**

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## **LAYING HOLD OF WEAKNESS (Part 1)**

**Luke 18:9-14**



# **SERMON NOTES**

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## **LAYING HOLD OF WEAKNESS (Part 2)**

**Mark 5:21-43**

### ***Scripture Memory***

*“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.”*

Philippians 4:6-7



# **IMPACT GROUP QUESTIONS**

## **From the sermon:**

1. What truths impacted you the most from the sermon/ scripture?

2. Describe the attitudes of the Pharisee and the tax collector. In your prayer life, who do you relate to more? Why?

## **From the reading:**

3. What made the biggest impact on you from the reading? (a quote, truth, application, etc.)

4. Read Genesis 22:1-19, Hebrews 11:17-19, & James 2:21-23.

a. What is your "Isaac"?

b. What fear/anxiety is gripping you in this situation?

5. Think of something for which you've recently been praying. How can you change your prayer so it is in line with Christ's character? How can you change it so it would enhance Christ's reputation?

6. Psalm 62:8 says to "Trust in Him at all times" and "pour out your heart before Him." In what situation, struggle, or temptation do you need to approach God's throne and humbly share your true desire?

**Application:** What fear/anxiety do you need to hand over to God? What specific promises can help transform that fear/anxiety into faith?

What sin pattern do you need to make a break from and embrace God's grace, forgiveness and healing? How will you turn it over to the Lord?

**Prayer Requests:**

*“Praying in the Spirit is leaning upon the Spirit not only for His motivation and His enablement but also for His guidance.”*



LAYING HOLD

**Week 3:**  
**LAYING HOLD of the HOLY SPIRIT**

Get ready for group:

- Pray—for you, for your leaders, for the group
- Listen to “Laying Hold of the Holy Spirit” sermon from January 22, 2016 (take notes on following page)
- Read chapters 5-8 in *A Journey To Victorious Praying*
- Complete the IG questions on pages 15-17
- Review the scripture memory verse on page 14
- Attend group on \_\_\_\_\_



# **SERMON NOTES**

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## **LAYING HOLD OF THE HOLY SPIRIT**

**JOHN 16:4-15**

***Scripture Memory***

*“Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groaning too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.”*

Romans 8:26-27



# **IMPACT GROUP QUESTIONS**

## **From the sermon:**

1. What truths impacted you the most from the sermon/ scripture?

2. From the following passages, list some of the things the Holy Spirit does and how He helps us. Also, explain how you have experienced these in your spiritual walk.

a. John 14:16-17 & 26

b. John 16:4-15

c. Ephesians 3:14-17a

d. Romans 8:26-27

## **From the reading:**

3. What made the biggest impact on you from the reading? (a quote, truth, application, etc.)

4. Think of an area of your prayer life that you've not been praying with expectancy. (see pg 44 of JTVP)
  - a. What are the three steps of cooperating with the Holy Spirit?
  
  
  
  
  
  
  
  
  
  
  - b. How can you cooperate with the Holy Spirit to renew and motivate your prayers in this area?
  
  
  
  
  
  
  
  
  
  
5. What is something about which you've been struggling to pray?
  - a. Read 2 Corinthians 12:7-10.
  - b. How can this be an encouragement to you?
  
  
  
  
  
  
  
  
  
  
6. What obstacles keep us from sharing our greatest concerns with the Lord?
  
  
  
  
  
  
  
  
  
  
7. Read Galatians 5:16-26.
  - a. What does this passage say about how we live by the Spirit?
  
  
  
  
  
  
  
  
  
  
  - b. What area(s) can you prayerfully surrender to God in order to "keep in step with the Spirit"?

**Application:** What circumstance(s) of your life have you not been bringing to the Lord in prayer?

How will what you learned about the Holy Spirit affect the way you pray?

**Prayer Requests:**

*"As we seek to cast our cares upon the Lord we need to be alert to the times that God desires to work through others to aid us."*



# LAYING HOLD

**Week 4:**

## **LAYING HOLD of COMPANIONSHIP**

Get ready for group:

- Pray—for you, for your leaders, for the group
- Listen to "Laying Hold of Companionship" sermon from January 29, 2016 (take notes on following page)
- Read chapters 9-10 in *A Journey To Victorious Praying*
- Complete the IG questions on pages 21-23
- Review the scripture memory verse on page 20
- Attend group on \_\_\_\_\_



# **SERMON NOTES**

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## **LAYING HOLD OF COMPANIONSHIP**

**JAMES 5:13-18**

***Scripture Memory***

*“But exhort one another every day, as long as it is called ‘today,’ that none of you may be hardened by the deceitfulness of sin.”*

Hebrews 3:13



## **IMPACT GROUP QUESTIONS**

### **From the sermon:**

1. What truths impacted you the most from the sermon/ scripture?

2. Read James 5:13-18.

a. What are the commands given?

b. What hope can you find in this passage?

### **From the reading:**

3. What made the biggest impact on you from the reading? (a quote, truth, application, etc.)

4. Read Galatians 6:1-2.

a. What does it mean to “bear one another’s burdens”?

b. How do we bear one another’s burdens when it comes to prayer?

c. Explain a time when you experienced someone helping bear your burden in prayer.

d. How are you being called to growth in this area?

5. Read Daniel 2:17-18.

a. What is something heavy on your heart that you have been reluctant to share out and ask for prayer?

b. What has been keeping you from sharing this weight?

*\*\*Pray for these things (in large group or accountability).\*\**

6. Describe a situation where God used prayer to change your attitude or perspective, rather than to change the event. What did God teach you in this situation?

**Application:** Read the suggestions at the bottom of page 72 in the JTVP book. Which one of these areas will you pursue in application?

**Prayer Requests:**

*“Without prayer the study of Scripture can turn into a merely intellectual exercise. Prayer without Scripture will lack needed motivation and guidance.”*



## LAYING HOLD

### **Week 5:**

# **LAYING HOLD of SCRIPTURE**

Get ready for group:

- Pray—for you, for your leaders, for the group
- Listen to “Laying Hold of Scripture” sermon from February 5, 2016 (take notes on following page)
- Read chapters 11-14 in *A Journey To Victorious Praying*
- Complete the IG questions on pages 27-29
- Review the scripture memory verse on page 26
- Attend group on \_\_\_\_\_



# **SERMON NOTES**

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**LAYING HOLD OF SCRIPTURE**

**COLOSSIANS 1:3-14**

***Scripture Memory***

*“And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God.”*

Colossians 1:9-10



## **IMPACT GROUP QUESTIONS**

### **From the sermon:**

1. What truths impacted you the most from the sermon/  
scripture?
  
2. In light of Colossians 1:3-14,
  - a. What are the characteristics of being “filled with the knowledge of His will”?
  
  - b. Take a spiritual inventory of your life. Ask God to show you where He is growing you, and where you are lacking.
  
  - c. List some areas where you have been “bearing fruit... and increasing in the knowledge of God.”
  
  - d. In what area(s) can you pray to “be filled with the knowledge of His will”?

### **From the reading:**

3. What made the biggest impact on you from the reading?  
(a quote, truth, application, etc.)

4. Read the following passages and list what you learn about benefits of being in God's word.

- a. Joshua 1:8-9
- b. Psalms 1:2-3
- c. Psalm 19:7-11
- d. Romans 10:17
- e. James 1:22-25

5. Take each phrase of John 15:7 and put it into your own words. How can you apply each of these?

- a. If you abide in me
- b. My words abide in you
- c. Ask whatever you wish
- d. It will be done for you

6.. Read the following prayers/verses (Eph. 1:15-23, Eph. 3:14-21, Phil. 1:9-11, and Col. 1:9-12).

- a. Which one resonates with you the most? Why?
- b. Commit to praying this passage on a daily basis for the next several weeks.

**Application:** Think of a situation you're praying through right now. What is a scripture that can help guide your prayers? How can you pray that scripture for this situation?

**Prayer Requests:**

*“In the discipline of prayer we put ourselves in a position to receive what He has graciously provided because He has chosen to work through prayer. In prayer your very life can bring great delight to God.”*



## LAYING HOLD

**Week 6:**

# **LAYING HOLD of DISCIPLINE & PURPOSE**

Get ready for group:

- Pray—for you, for your leaders, for the group
- Listen to “Laying Hold of Discipline & Purpose” sermon from February 12, 2016 (take notes on following page)
- Read chapters 15-19 in *A Journey To Victorious Praying*
- Complete the IG questions on pages 33-35
- Review the scripture memory verse on page 32
- Attend group on \_\_\_\_\_



## **SERMON NOTES**

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**LAYING HOLD OF DISCIPLINE & PURPOSE**  
**HEBREWS 4:14-16**

***Scripture Memory***

*“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”*

Hebrews 4:16



## ***IMPACT GROUP QUESTIONS***

### **From the sermon:**

1. What truths impacted you the most from the sermon/ scripture?
  
  
  
  
  
  
  
  
  
  
2. What keeps you from drawing near to Jesus “with confidence”?
  
  
  
  
  
  
  
  
  
  
3. What impact does it have on you that God’s throne is called the “throne of grace”?

### **From the reading:**

4. What made the biggest impact on you from the reading? (a quote, truth, application, etc.)

5. Read Colossians 4:2, Acts 6:4, and Romans 12:12.
  - a. What are we challenged to do in regard to prayer?
  
  - b. What do these commands mean?
  
  - c. Look at your weekly schedule—what are the major hindrances to your prayer life?
  
  - d. What can you do to exercise your prayer life more this week?
  
6. Review and reflect on the four distinct patterns in which we can see Christ praying in Luke 6:12-13, Matthew 14:22-23, Mark 1:35, and Matthew 9:35-38.
  - a. What principles of prayer can you learn from each of these?
  
  - b. Which pattern do you follow the most closely?
  
  - c. Which pattern is most difficult for you to follow?
  
7. How does our view of God and His character affect the way we pray?

**Application:** Usually, lack of prayer is not because of a lack of knowledge but a lack of desire. What do you struggle to believe about prayer that keeps you from praying? What place does pride have in affecting your prayer life?

**Prayer Requests:**

*“Fasting is a commitment to bring about self-denial and overcome every other conceivable temptation.’ It is a response to the Lord to seek Him and abstain from food of another normal activity to make your whole heart available to Him.”*



## LAYING HOLD

### **Week 7:**

# **LAYING HOLD of FASTING**

Get ready for group:

- Pray—for you, for your leaders, for the group
- Listen to “Laying Hold of Fasting” sermon from February 19, 2016 (take notes on following page)
- Read chapters 20-22 in *A Journey To Victorious Praying*
- Complete the IG questions on pages 39-41
- Review the scripture memory verse on page 38
- Attend group on \_\_\_\_\_



# **SERMON NOTES**

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**LAYING HOLD OF FASTING**

**MATTHEW 6:9-18**

**Scripture Memory**

*“Pray then like this: Our Father in heaven, hallowed be your name.  
Your kingdom come, your will be done, on earth as it is in heaven.*

*Give us this day our daily bread, and forgive us our debts,  
as we also have forgiven our debtors.*

*And lead us not into temptation, but deliver us from evil.”*

Matthew 6:9-13



# **IMPACT GROUP QUESTIONS**

## **From the sermon:**

1. What truths impacted you the most from the sermon/ scripture?
  
2. In Matthew 6:9-13, we see a call to pray in several different areas. For each of the following areas, explain what it means to pray for that area.
  - a. "Hallowed be your name"
  
  - b. "Your Kingdom come"
  
  - c. "Your will be done"
  
  - d. "Give us this day our daily bread"
  
  - e. "Forgive us"
  
  - f. "As we have forgiven our debtors"
  
  - g. "Lead us not into temptation"
  
  - h. "Deliver us from evil"

## **From the reading:**

3. What made the biggest impact on you from the reading? (a quote, truth, application, etc.)

4. Read 1 Corinthians 6:12. Prayerfully seek God and ask Him to reveal anything that has been replacing your pursuit of Him. (see page 156)

a. How can you take an opportunity to fast from this?

b. What specific spiritual objective can you pursue as you fast? (growth in an area of your spiritual life, wisdom, victory over sin, pursuing reconciliation/forgiveness, etc.)

5. Re-read the list on pages 155-156 regarding the “seven spiritual benefits” of fasting.

a. Of the ones listed which one(s) do you feel would be good to pursue in fasting?

b. Explain your choice?

6. Read the following verses. What do you learn about self-discipline? How does this apply to fasting?

a. 1 Corinthians 9:24-27

b. 1 Timothy 4:6-8

c. Romans 13:14

d. Hebrews 12:1

**Application:** How does God want you to make use of the discipline of fasting in your spiritual life? How can your group help hold you accountable and pray for you?

What fear do you have of fasting? How can you surrender that to God and trust Him in that?

**Prayer Requests:**

*“Waiting does not necessarily mean inactivity,  
but it does mean a life of obedient faith.”*



LAYING HOLD

**Week 8:**  
***LAYING HOLD of WAITING***

Get ready for group:

- Pray—for you, for your leaders, for the group
- Listen to “Laying Hold of Waiting” sermon from February 26, 2016 (take notes on following page)
- Read chapters 23-26 in *A Journey To Victorious Praying*
- Complete the IG questions on pages 45-47
- Review the scripture memory verse on page 44
- Attend group on \_\_\_\_\_



# **SERMON NOTES**

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**LAYING HOLD OF WAITING**

**1 SAMUEL 1**

**Scripture Memory**

*"I waited patiently for the LORD;  
he inclined to me and heard my cry."*

Psalm 40:1



## **IMPACT GROUP QUESTIONS**

### **From the sermon:**

1. What truths impacted you the most from the sermon/  
scripture?

2. Describe the events that took place in this passage.

a. Who & what were the obstacles that could have  
damaged Hannah's faith?

b. What obstacles get in the way of your faith?

### **From the reading:**

3. What made the biggest impact on you from the reading?  
(a quote, truth, application, etc.)

4. What do the following passages teach us about waiting on the Lord?

- a. Hosea 12:6
- b. Psalm 37:3-9
- c. Psalm 62:1, 5
- d. Psalm 40:1
- e. Isaiah 26:8

5. Read Matthew 6:33-34. Think of a situation in which you're struggling with anxiety.

- a. What is your responsibility in the situation?
- b. What is God's responsibility in the situation?
- c. How can you surrender what you can't control to God?
- d. What truth can you claim to help you deal with this anxiety?

6. Think of a situation where God is calling you to persevere in prayer.

- a. Of the five benefits we are given (pp.190-191), which is God is trying to instill in you through this situation?
- b. Which "aid" (pp.194-195) can you pursue to help you persevere?

**Application:** How does God want you to make use of the discipline of fasting in your spiritual life? How can your group help hold you accountable and pray for you?

What fear do you have of fasting? How can you surrender that to God and trust Him in that?

**Prayer Requests:**

*“Worship delivers a person from the lie that there is someone or something other than God who is worthy of our ultimate trust, affection, and adoration.”*



LAYING HOLD

**Week 9:**  
**LAYING HOLD of PRAISE**

Get ready for group:

- Pray—for you, for your leaders, for the group
- Listen to “Laying Hold of Praise” sermon from March 5, 2016 (take notes on following page)
- Read chapters 27-30 in *A Journey To Victorious Praying*
- Complete the IG questions on pages 51-53
- Review the scripture memory verse on page 50
- Attend group on \_\_\_\_\_



# **SERMON NOTES**

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**LAYING HOLD OF PRAISE**

**1 SAMUEL 2:1-10**

**Scripture Memory**

*"I will bless the LORD at all times;  
his praise shall continually be in my mouth."*

Psalm 34:1



## ***IMPACT GROUP QUESTIONS***

### **From the sermon:**

1. What truths impacted you the most from the sermon/ scripture?

2. List the attributes of God from this passage.

### **From the reading:**

3. What made the biggest impact on you from the reading? (a quote, truth, application, etc.)

4. Of all the benefits (“secondary things”) we receive from worship, seen in chapter 27, which ones have you experienced? Explain.

5. According to the following passages, how would you define true worship? What is not worship?

- a. Psalm 34:1-3
  
- b. Psalm 86:11-12
  
- c. Psalm 103:1
  
- d. Matthew 15:8-9
  
- e. Matthew 22:37-39

6. Worship is attributing worth to God's character.

- a. What is a characteristic of God that has impacted you?
  
  
  
  
  
  
  
  
  
  
- b. Write down a scripture that describes this.
  
  
  
  
  
  
  
  
  
  
- c. How have you experienced this in your life?

7. From pages 214-218, explain our responsibility in abiding in the Lord and being filled with the Spirit based on the following statements:

- a. Filling involves an openness to His control.
  
  
  
  
  
  
  
  
  
  
- b. Filling involves a dependence on His control.
  
  
  
  
  
  
  
  
  
  
- c. Filling involves a responsiveness to His control.

**Application:** Pray and ask God to reveal where your worship has been unacceptable. Have you been worshipping idols (work, family, money, etc)? Have you been worshipping with less than a whole heart and out of ritual? Have you been worshipping without responding in faith?

**Prayer Requests:**