

# BE WITH ME: EXPERIENCING JESUS IN PRAYER

## An Intentional Journey to Deepen Your Relationship with the Divine

### Week 9: Be With Me - Contending for Deliverance



#### PREPARATION:

SONG: "Rescue" by Lauren Daigle

<https://www.youtube.com/watch?v=gYR0xP1j4PY>

You are not hidden; There's never been a moment You were forgotten. You are not hopeless; Though you have been broken, Your innocence stolen.

*Chorus: I hear you whisper underneath your breath; I hear your SOS, your SOS. I will send out an army to find you; In the middle of the darkest night. It's true, I will rescue you.*

There is no distance; That cannot be covered. Over and over; You're not defenseless. I'll be your shelter; I'll be your armor.

*Chorus*

I will never stop marching to reach you; In the middle of the hardest fight. It's true, I will rescue you.

*Chorus*

I will never stop marching to reach you; In the middle of the hardest fight. It's true, I will rescue you.

Oh, I will rescue you.

**SCRIPTURE:** Ephesians 6:10-18 Consider the unseen dynamics happening in your prayer life

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**PERSONAL PRACTICE | Fasting:** "Fasting reminds us that we care about 'soul' things. We care about the church. We care about the world. We care about doing God's will. Thus we willingly set aside a little comfort so we can listen and attend to the voice and nourishment of God alone." As we fast, we don't try to manipulate God's will to ours, we join a historical and biblical tradition to lay down our appetites (food, media, habit) and seek God.

This week fast from food for 1 day (after dinner to before dinner so you only miss 2 meals); replace breakfast and lunch with a prayer walk. Adapt your fasting as needed to your health needs. Spend time praying for deliverance and freedom in your life and in the life of those you pass on your walks. Meditate on the life-giving truth that in Jesus we are offered abundant life!

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**GROUP PRAYER | Armor of God:** As you contend for deliverance in life, on behalf of those you love and as co-laborers with Christ in the Kingdom of God, pray Scripture over each other. Allow individuals to share personal situations where they are contending for deliverance (sensitive info coded) and/or collective needs. Consider interceding for deliverance especially of those in domestic violence situations, hopeless addictions, homeless teens and trafficked individuals in our city. Each person, to the right, will then pray over the requests.

As you pray, use Ephesians 6:10-18 to prompt you: for the Lord's strength to act, not only human ability. For spiritual insight against the roots of sin, evil and injustice. For Satan and forces that intend evil, for interference and deterrence. To stand firm. To discern truth from lies, for lies to be dismantled, and truth to reign. That Jesus' salvation would be received and held up; righteousness to reign, peace and peacemaking, reconciliation and shalom to prevail, the promises of the Word of God to be received in faith, trust in the character and action of God!