

MY GOD IN MOTION...

The Trinity: Who To Pray To and How

*“For through Him we both have access by one Spirit to the Father.”
— Ephesians 2:18*

Virtual Home Group Bible Study

10-20-2026

Agenda

- Purpose & Opening
- Topic: What, Why, How,
- Resources
- Discussion
- Group Prayers
- Next Session & Closing

Purpose & Opening

Purpose: Exhort One Another Into Love and Good Works

“And let us **consider one another** in order to **stir up love and good works**,
Not forsaking the assembling of ourselves together, as is the manner of some,
but **exhorting one another**, and so much the more as you see the day approaching.”

Hebrews 10:24-25

Opening Prayer:

Lord, Thank You for this opportunity.

Give me words to deliver **Your** message.

Give us Eyes to See **all** things from **Your** perspective
and Ears to Hear and understand **Your** Word.

Help us know You through Your written Word and your Son who came in flesh.

Help us be transformed into the people You intended us to be when you sent us.

Help us embrace Your Words and turn them into loving action through our flesh.

Help us bring You glory in each, and every thing we do. In Jesus' Name, Amen.

Topic

What: The Trinity: Who To Pray To And How

Why:

“My children are lost and confused.

The plural language We have used helps people know We exist as a complex being, but the modern human language of “persons” leads many to think of Us as independent agents.

We are One in essence and operate as One.

Once you get that in your head you can address any aspect of Us by name.

I have told you to pray to the Father through the Son using the Holy Spirit.

You and the people around you need to recognize that God the Father loves you.

He showed that by coming into creation as a Son in the flesh to suffer and die for you.

He now rules in heaven as Lord.

Recognize Jesus as Lord, Submit to Him, and follow Him and you are reunited with the Father.

Get to know Jesus and the Father who sent Him, and you will spend eternity with Us.

Everyone needs to recognize The Father is the source, The Son is the only way to the Father, and the Holy spirit is the enabler to make the connection.”

(From Interactive Journaling With Jesus – 10/15/2026)

Approach: What, Why, How

Christianity Frequently Asked Questions

THE TRINITY

- ✓ What is the Trinity?
- ✓ How can God be one and yet Father, Son and Holy Spirit?
- ✓ Is the Father God?
- ✓ Is Jesus God?
- ✓ Is the Holy Spirit God?
- ✓ Are Father, Son and Spirit distinct?
- ✓ How do Father, Son and Spirit work together?
- ✓ Is the Trinity taught in Scripture?
- ✓ Is the Trinity a later Christian invention?
- ✓ Why does understanding the Trinity matter?

RELATIONSHIP WITH GOD, PRAYER & WORSHIP

- ☐ Can I really have a personal relationship with God?
- ☐ How do I draw near to God?

☐ **What is prayer?**

☐ **Who Should I Pray To?**

☐ **How should I pray?**

- ☐ What should I pray for?
- ☐ Does God answer prayer?
- ☐ Why aren't some prayers answered?
- ☐ Why pray if God already knows everything?
- ☐ Does prayer actually change things?
- ☐ What is worship?
- ☐ How do I commune with God?
- ☐ What does it mean to abide in Christ?
- ☐ How do I remain connected to God

What Is Prayer

1 Thessalonians 5:16-18

Rejoice always, **pray without ceasing**, in everything give thanks;
for this is the will of God in Christ Jesus for you.

From Strong's Concordance/HELPS Word Studies

Pray = Proseuchomai (pros-yoo'-khom-ahee)

from **Pros** = towards, against, exchange + **Euchomai** = wish, offer request, pray

Pray to God, Supplicate (humbly approach with a request), Worship

Literally, to interact with the Lord by switching human wishes (ideas)

for His wishes as He imparts faith ("divine persuasion").

Illustrative interpretation

We are to establish a continuous process of interacting with God,
Bringing Him your earthly needs and desires, receiving His truth and direction,
and coming into alignment with His plans and promises as we respond in faith.

Why Pray

Why pray?	What prayer makes possible	Key Verse
Deepen our relationship with God and receive His love	Grow in fellowship with Him and in knowing and experiencing His love.	James 4:8 — “Draw near to God and He will draw near to you.” Ephesians 3:19 — “to know the love of Christ which passes knowledge”.
Receive wisdom and direction	Understand His will and discern our next steps.	James 1:5 — “If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach...”
Align our desires with God’s purposes	Surrender our independent agenda and embrace His will.	Luke 22:42 — “nevertheless not My will, but Yours, be done.”
Receive forgiveness and inner renewal	Bring sin into the light and invite His cleansing and transforming work.	Psalms 51:2, 10 — “Wash me thoroughly from my iniquity, And cleanse me from my sin.” ... “Create in me a clean heart, O God...”
Grow in faith and strength to obey	Receive help to trust God, resist temptation, and remain faithful under pressure.	Mark 9:24 — “Lord, I believe; help my unbelief!” Matthew 26:41 — “Watch and pray, lest you enter into temptation.”
Receive provision and help	Depend on God for daily sustenance, mercy, and help in our needs.	Hebrews 4:16 — “that we may obtain mercy and find grace to help in time of need.”
Entrust anxiety to God and receive His peace	Release our concerns to His care and experience His guarding peace.	Philippians 4:6–7 — “let your requests be made known to God; and the peace of God... will guard your hearts and minds through Christ Jesus.”
Participate in God’s work in others	Intercede for their needs, understanding, growth, and fruitfulness.	Colossians 1:9–10 — “do not cease to pray for you” ... “that you may walk worthy of the Lord... being fruitful in every good work...”
Receive empowerment to serve and witness	Receive boldness and spiritual enablement to carry out God’s calling.	Acts 4:29, 31 — “grant to Your servants that with all boldness they may speak Your word” ... “they were all filled with the Holy Spirit”.
Bring glory to God	See the Father glorified through the work of Jesus in response to prayer.	John 14:13 — “And whatever you ask in My name, that I will do, that the Father may be glorified in the Son.”

How: Four Basic Modes

Mode	Meaning	Key Verse
Personal Prayer — For Myself	I personally approach God about my needs, decisions, relationship with Him, and growth.	Matthew 6:6 — “But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.” Psalm 25:4–5 — “Show me Your ways, O LORD; Teach me Your paths. Lead me in Your truth and teach me, For You are the God of my salvation; On You I wait all the day.”
Intercessory Prayer — For Others	I bring another person’s needs and spiritual journey before God, whether or not they are present.	Colossians 1:9–10 — “For this reason we also,..., do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; that you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God”.
Prayer Partnership — With Someone	I join someone in approaching God about their needs and journey, supporting their participation and growth.	Matthew 18:19–20 — “Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. For where two or three are gathered together in My name, I am there in the midst of them.” James 5:16 — “Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.”
Corporate Prayer — Together as a Body	A congregation or group approaches God with a shared concern and asks Him to equip them for their common purpose.	Acts 4:24, 29–31 — “they raised their voice to God with one accord” (v. 24). “Now, Lord, look on their threats, and grant to Your servants that with all boldness they may speak Your word” (v. 29). “And when they had prayed, the place where they were assembled together was shaken; and they were all filled with the Holy Spirit, and they spoke the word of God with boldness” (v. 31).

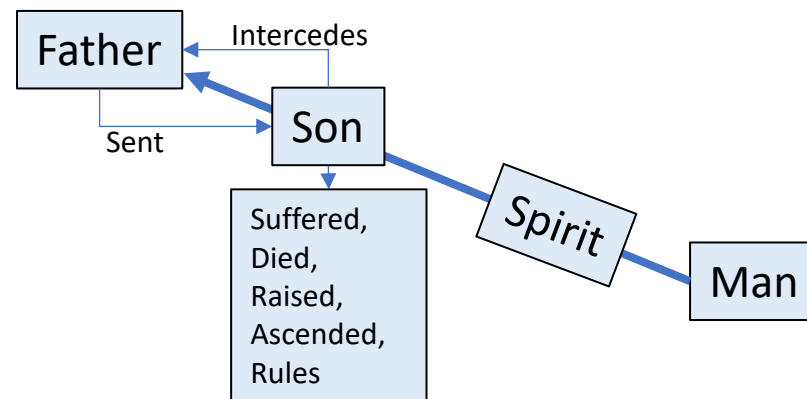
How: Various Forms Of Prayer

Form of prayer	What we are doing	Supporting Scripture text
Praise / Adoration	Honoring God for who He is —His greatness, holiness, love, and faithfulness.	Psalm 145:3 — “Great is the LORD, and greatly to be praised; And His greatness is unsearchable.”
Thanksgiving	Expressing gratitude for what God has done, is doing, and has provided.	Psalm 100:4 — “Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name.”
Confession / Repentance	Acknowledging our sins, turning toward God, and asking Him to cleanse and change us.	Psalm 32:5 — “I will confess my transgressions to the LORD.” Psalm 51:10 — “Create in me a clean heart, O God, And renew a steadfast spirit within me.”
Surrender / Consecration	Yielding our preferences to God and committing ourselves to His will.	Luke 22:42 — “Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done.”
Seeking Guidance / Understanding	Asking God for wisdom to understand, decide, and act according to His purposes.	James 1:5 — “If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach...”
Petition / Supplication	Bringing needs and requests to God with humility, earnestness, and faith.	Matthew 7:7 — “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”
Lament / Bring Pain To God	Bringing pain, grief, fear, or confusion honestly to God while reaching toward Him in trust.	Psalm 13:1 — “How long, O LORD? Will You forget me forever? How long will You hide Your face from me?”
Intercession	Standing before God on behalf of others—their needs, salvation, growth, protection, and circumstances.	1 Timothy 2:1 — “Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men”.
Blessing Others	Speaking a blessing over others, invoking God’s care, favor, and peace.	Numbers 6:24–25 — “The LORD bless you and keep you; The LORD make His face shine upon you, And be gracious to you”.
Declaration / Affirmation of Faith	Speaking God’s Word boldly in faith: standing on His promises, affirming identity and purpose, addressing obstacles, and declaring intended obedience.	Hebrews 10:23 — “Let us hold fast the confession of our hope without wavering, for He who promised is faithful.” Mark 11:22–23 — “Have faith in God.” ... “whoever says to this mountain, ‘Be removed and be cast into the sea’...”

How: Who Do I Pray To

Guidance	Key Verse
Jesus teaches us to address the Father	Matthew 6:9 — “In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name.”
Jesus provides the path to the Father	John 14:6 — “I am the way, the truth, and the life. No one comes to the Father except through Me.” Hebrews 7:25 — “... He is also able to save to the uttermost those who come to God through Him, since He always lives to make intercession for them.”
Jesus provides access, the Spirit provides the mechanism	Ephesians 2:18 — “For through Him we both have access by one Spirit to the Father.” Ephesians 6:18 — “praying always with all prayer and supplication in the Spirit,....”
We are to give thanks to the Father through Jesus whom He sent.	Colossians 3:17 — “And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.”

Pray To: The Father
Through: The Son
By Way Of: Holy Spirit



“Heavenly Father,
I pray....

....

I speak this in Jesus’ name
to bring glory to the Father who sent Him.”

How: Pray In Jesus Name

Meaning	How	Key Verse
Through His work and our relationship with Him	Jesus brings us into relationship with the Father. Our access rests on Him rather than our own merit.	Ephesians 2:13, 18 — “you who once were far off have been brought near by the blood of Christ.” ... “For through Him we both have access by one Spirit to the Father.”
Under His authority	His name represents His authority. We approach as people who belong to Him and acknowledge Him as Lord.	Acts 4:7 — “By what power or by what name have you done this?”
In agreement with His words and purposes	Jesus connects effective asking with abiding in Him and allowing His words to abide in us.	John 15:7 — “If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.”
Representing Him, and recognizing His work in us	Speak and act as someone who belongs to Jesus, acknowledging His work in our lives, and giving thanks to the Father through Him.	Colossians 3:17 — “And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.”
For the Father’s glory	Jesus identifies the intended outcome of asking in His name: the Father being glorified through the Son.	John 14:13 — “And whatever you ask in My name, that I will do, that the Father may be glorified in the Son.”
With confidence in the Father’s love	We are welcomed by the Father Himself; Jesus does not portray Him as reluctant to receive us.	John 16:26–27 — “you will ask in My name” ... “for the Father Himself loves you, because you have loved Me, and have believed that I came forth from God.”

How: Who Not To Pray To

Do not pray to...	Truth to apply	Key Verse
Anyone other than GOD	Through Jesus Christ, by the Holy Spirit, we have access to the Father. Direct prayer to God.	Ephesians 2:18 — “For through Him we both have access by one Spirit to the Father.” 1 Timothy 2:5 — “For there is one God and one Mediator between God and men, the Man Christ Jesus”. John 14:6 — “I am the way, the truth, and the life. No one comes to the Father except through Me.”
Other gods or idols	Worship and serve the living God alone.	Matthew 4:10 — “You shall worship the LORD your God, and Him only you shall serve.” Exodus 20:4–5 — “You shall not make for yourself a carved image ... you shall not bow down to them nor serve them.”
Angels	Angels are fellow servants; they reject worship and command us to worship God.	Revelation 22:9 — “See that you do not do that! For I am your fellow servant ... Worship God.”
The dead or spirits through mediums	Seek God rather than seeking guidance or help from the dead.	Isaiah 8:19 — “should not a people seek their God? Should they seek the dead on behalf of the living?”
Human spiritual leaders as divine intermediaries	Others can pray with us and for us; Jesus is our Mediator and access to the Father.	1 Timothy 2:5 — “For there is one God and one Mediator between God and men, the Man Christ Jesus”.

How: Can I Pray To Jesus Directly?

Intent Is To Recognize and Reinforce The Gospel Chain of Truth

- God Created Us In His Image.
- Mankind rebelled and Creation fell.
- All have sinned and earned eternity in Hell.
- God is a Just Judge, someone must pay the price.
- God Loves Us and sent His Son to rescue us.
- Jesus loves us and gave his life for us even when we were rebelling as sinners.
- Jesus was raised as predicted, defeated death, and now rules as Lord over creation.
- When we repent/turn, and accept Jesus as lord, we are born again into eternal life.
- Jesus intercedes for us, His blood covers/forgives us, presents us as innocent.
- We have access to the Father through Jesus sacrificial blood.

Additional Truths

- One of Jesus' names is "Everlasting Father"
Isaiah 9:6 - "For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace.
- There are examples of Apostles praying directly to Jesus

Always speak the prayer in Jesus' name to give glory to the Father who sent Him

What Did Jesus Show Us About Prayer

Aspect	What Jesus Demonstrated	Key Verse
Privacy and focused communion	He withdrew from activity and crowds to give His attention to the Father.	Luke 5:16 — “So He Himself often withdrew into the wilderness and prayed.”
Dependence on the Father	He approached His suffering through earnest prayer, expressing dependence on the Father.	Hebrews 5:7 — “offered up prayers and supplications, with vehement cries and tears to Him who was able to save Him from death”.
Guidance before major decisions	He devoted extended time to prayer before choosing the twelve apostles.	Luke 6:12–13 — He “continued all night in prayer to God.” The next day, “He chose twelve whom He also named apostles”.
Surrender to the Father’s will	He honestly expressed His desire while submitting to the Father’s purpose.	Luke 22:42 — “Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done.”
Strength to persevere	In anguish, He continued praying and received heavenly strengthening.	Luke 22:43–44 — “Then an angel appeared to Him from heaven, strengthening Him.” ... “And being in agony, He prayed more earnestly.”
Thanksgiving and confidence	Before calling Lazarus from the tomb, He thanked the Father for hearing Him.	John 11:41–42 — “Father, I thank You that You have heard Me. And I know that You always hear Me...”
Glory revealed during prayer	At the Transfiguration, His appearance changed while He prayed, revealing His glory.	Luke 9:29 — “As He prayed, the appearance of His face was altered, and His robe became white and glistening.”
Intercession for another’s faith	He prayed for Peter’s faith to endure testing and for his future service to others.	Luke 22:32 — “But I have prayed for you, that your faith should not fail; and when you have returned to Me, strengthen your brethren.”
Intercession for future believers	He prayed beyond those present, including future believers through their witness.	John 17:20–21 — “I do not pray for these alone, but also for those who will believe in Me through their word;...”
Forgiveness toward His enemies	He prayed for those involved in His crucifixion.	Luke 23:34 — “Father, forgive them, for they do not know what they do.”

How: Jesus Instructed Us How To Pray

Step	The Lord's Prayer — Matthew 6:9–13	Our participation
1. Approach the Father	"Our Father in heaven"	Come as His child, trusting His love and recognizing His authority. We approach through Jesus, by the Spirit.
2. Elevate / Honor God	"Hallowed be Your name."	Recognize His holiness and greatness. Lift your attention from the problem to the One you are approaching.
3. Align yourself with His will	"Your kingdom come. Your will be done On earth as it is in heaven."	Humble yourself, surrender your agenda, and express your intention to cooperate with His purposes.
4. Ask for today's provision and nourishment	"Give us this day our daily bread."	Ask for what sustains us today —physical necessities and spiritual nourishment. Receive life from Jesus, the Bread of Life; truth from God's Word; and living water through the Holy Spirit to strengthen and guide us. Note: "us" includes others.
5. Seek forgiveness and forgive	"And forgive us our debts, As we forgive our debtors."	Acknowledge your sins, seek His forgiveness, and release others from what you hold against them.
6. Seek guidance and protection	"And do not lead us into temptation, But deliver us from the evil one."	Ask Him to guide your steps, preserve you through temptation, and deliver you from evil.
7. Glorify God	"For Yours is the kingdom and the power and the glory forever. Amen."	Acknowledge that the authority, ability, and ultimate glory belong to Him. Close in worship and trust.

Barriers to Effective Prayers and Truths to Correct

Barrier	Truth to correct it	Key Verse
Not asking — relying on myself, assuming nothing will change, or neglecting prayer.	God invites me to ask. Bring needs and concerns to Him rather than carry them alone.	James 4:2 — “Yet you do not have because you do not ask.”
Asking for wrong reason — seeking selfish desires rather than God’s purposes.	Align my motives with God’s will. Ask for what supports His purposes and the good of others.	James 4:3 — “You ask and do not receive, because you ask amiss, ..you may spend it on your pleasures.”
Ignoring God’s will and Word — expecting Him to endorse my independent agenda.	Let His Word shape my requests. Seek alignment with revealed character and purpose.	1 John 5:14 — “if we ask anything according to His will, He hears us.”
Cherishing sin / resisting correction — protecting what God calls me to surrender.	Confess, repent, and receive cleansing. Approach honestly, willing to change.	Psalms 66:18 — “If I regard iniquity in my heart, The Lord will not hear.”
Mistreating others — seeking fellowship with God while dishonoring people.	Honor others in my conduct. My relationships and prayer life are connected.	1 Peter 3:7 — Husbands are instructed to honor their wives, “that your prayers may not be hindered.”
Unforgiveness — holding resentment or demanding repayment from others.	Release others as God has forgiven me. Forgiving belongs within my prayer life.	Mark 11:25 — “And whenever you stand praying, if you have anything against anyone, forgive him...”
Not standing in righteousness and New Identity in Christ — approaching as rejected, unworthy, or without direct access to God.	Through Christ, I am accepted and have access to the Father. My confidence rests in His grace, rather than earning an audience.	2 Corinthians 5:21 — “that we might become the righteousness of God in Him.” Hebrews 4:16 — “Let us therefore come boldly to the throne of grace...”
Doubting God’s character and faithfulness — asking while refusing to trust Him.	Ask in faith. Trust His wisdom and faithfulness even when I cannot see the outcome.	James 1:6 — “But let him ask in faith, with no doubting...”
Giving up — treating delay as proof that prayer is ineffective.	Persevere in prayer. Continue trusting God while remaining open to His answer and timing.	Luke 18:1 — “men always ought to pray and not lose heart”.

Other Failure Modes

Failure mode	Truth / Adjustment	Key Verse
Focusing on performance or empty repetition	Speak sincerely to God. Eloquence, length, and repeated phrases do not earn His attention.	Matthew 6:7 — “do not use vain repetitions as the heathen do. For they think... they will be heard for their many words.”
Talking without listening	Make room to receive His wisdom and correction, rather than filling every moment with our words.	Eccl 5:1–2 - “draw near to hear” ... “Do not be rash with your mouth,... let not your heart utter anything hastily before God.”
Focusing on the formula rather than God we trust	Put confidence in God’s character, Christ’s work, and His promises—not wording, posture, volume, or sequence.	Mark 11:22 — “Have faith in God.” Matthew 6:8 — “your Father knows the things you have need of before you ask Him.”
Treating “in Jesus’ name” as a verbal formula	Approach through Jesus, remaining connected to Him and allowing His words to shape our requests.	John 15:7 — “If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.”
Treating prayer as a payment transaction	Seek God Himself and His purposes, rather than treating devotion as payment for a desired result.	Matthew 6:33 — “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”
Making prayer only a crisis response	Develop ongoing interaction with God throughout ordinary life, including gratitude and fellowship.	1 Thessalonians 5:16–18 — “Rejoice always, pray without ceasing, in everything give thanks”.
Praying without acting on what God reveals	Follow prayer with obedience. Put His direction into practice and take the steps that belong to us.	James 1:22 — “But be doers of the word, and not hearers only, deceiving yourselves.”
Assuming every inner impression is God’s answer	Test what we receive against Scripture and exercise discernment before acting.	1 Thessalonians 5:21 — “Test all things; hold fast what is good.”
Assuming delay or different answer means failure	Remain open to God’s wisdom. His response may provide sustaining grace rather than remove difficulty.	2 Cor 12:8–9 — “I pleaded with the Lord three times that it might depart from me.” ... “My grace is sufficient for you...”

Examples:

- Personal Prayer

“Heavenly Father, I come to You as Your beloved child, through Jesus Christ, with the help of the Holy Spirit.

You are holy, loving, and faithful. You know my needs and see what I cannot see. I honor You as my Father and the source of my life.

Your kingdom come; Your will be done in me today. I surrender my agenda and choose Your purposes. Forgive my sins and reveal anything I need to change. I forgive those who have hurt me and release my resentment to You.

Give me what I need for today. Provide for my practical needs, nourish me with Your truth, and guide my decisions. Help me resist temptation and protect me from evil.

Lord, what do You want me to understand or do today?

[Pause, quiet yourself, fix your attention on Jesus, and listen.
Write what flows in and then test it against Scripture.]

I trust You and will act on Your direction. I am Your child, Jesus is my Lord, and Your Spirit is at work in me. I will take the next step in faith and let Your love flow through me.

Thank You for loving me, hearing me, and working in my life. Yours is the kingdom, the power, and the glory forever. In Jesus' name, amen.”

Examples:

- Pray With

“Father, we come together in Jesus’ name, where two or more are gathered you are here. We turn from sin, receive Your forgiveness, and confess Jesus Christ as Lord. We trust Your love and welcome Your Holy Spirit.

Father, You created us for life with You, but we fell in the garden. Jesus came and bore our sins in His own body and by His stripes we were healed.” We stand in His righteousness and speak healing to this leg: pain, cease; let this leg function as God designed.

(Person 2) Lord Jesus, I receive Your love and healing work in faith.

Thank You, Father, for hearing us. We place our confidence in You. In Jesus’ name, amen.”

- Pray For (Intercession):

“Father, I bring before You this person who opposes me. Open their eyes to Your truth and free them from selfish ambition. Help them know Your love, recognize Jesus as Lord, and embrace Your purposes. Restrain the harm they could cause, and lead them into repentance and restoration. Guard my heart from bitterness; help me forgive, act wisely, and respond with Your love. In Jesus’ name, amen.”

Declaration: I Will Pray To The Father In the Name Of The Son

Heavenly Father,

I will pray to You, in the name of Jesus Christ, with the help of the Holy Spirit.

I approach as Your beloved child, trusting Your love and the access Jesus has provided.

I will bring You my needs, listen for Your direction, and align my desires with Your will.

I will speak Your Word boldly in faith and act on what You lead me to do.

I will forgive others, pray for them, and join them in seeking You.

I will pray without ceasing, persevere in faith, and give thanks.

Your love will flow into me and through me, bringing glory to You in all I do.

In Jesus' Name, Amen

Call to Action

Be Bold:

Pray personally:

Set aside time each day to approach your Heavenly Father in Jesus' name, with the help of the Holy Spirit. Bring Him your needs, listen for His direction, and act in faith.

Pray **for** someone:

Ask God whom to intercede for. Seek His perspective on their needs and pray in agreement with His love, truth, and purposes for them.

Pray **with** someone:

Invite someone to bring their needs to God with you. Listen to their concerns, help them participate, and encourage their own connection with God and response to His leading.

Journaling Opportunities:

Lord, what misunderstanding about You or access to You is hindering my prayer life?

Lord, where do my desires need to come into alignment with Your will?

Lord, what have You been communicating that I need to hear and act upon?

Lord, whom are You leading me to pray for, and what would You have me ask on their behalf?

Lord, whom are You leading me to pray with, and how can I help them connect with You?

Christianity Frequently Asked Questions

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- ✓ Is the Father God?
- ✓ Is Jesus God?
- ✓ Is the Holy Spirit God?
- ✓ Are Father, Son and Spirit distinct?
- ✓ How do Father, Son and Spirit work together?
- ✓ Is the Trinity taught in Scripture?
- ✓ Is the Trinity a later Christian invention?
- ✓ Why does understanding the Trinity matter?

RELATIONSHIP WITH GOD, PRAYER & WORSHIP

- ☐ Can I really have a personal relationship with God?
- ☐ How do I draw near to God?

- ✓ **What is prayer?**
- ✓ **Who Should I Pray To?**
- ✓ **How should I pray?**

- ❖ What should I pray for?
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- ❖ Why aren't some prayers answered?
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Resources — MyGodInMotion.org

The Trinity: Who To Pray To and How

<https://mygodinmotion.org/about-him-god-jesus/how-to/the-trinity-who-to-pray-to-and-how/>

The Trinity: What It Is And Why It Matters

<https://mygodinmotion.org/about-him-god-jesus/how-to/the-trinity-what-it-is-and-why-it-matters/>

Christianity FAQ (Initial Version)

<https://mygodinmotion.org/info/faq-god-and-his-kingdom/>

Bible Study Cross Reference — By Topic, Question, Process (Work In Progress)

<https://mygodinmotion.org/bible-study/>

Christianity 101 — Who, What, Why, How

<https://mygodinmotion.org/about-him-god-jesus/how-to/christianity-101/>

Hear God's Voice Via Interactive Journaling:

<https://mygodinmotion.org/about-him-god-jesus/relationship/you-can-hear-gods-voice/>

Discussion

This Topic:

- Questions / Clarification
- Practical Experiences: Struggles, Success, Lessons Learned

Other Topics:

- Questions / Comments?
- Testimony To Share?
- Group Prayers: Updates, New
- Journaling: Calling, Visions/Dreams, Gifts, Opportunities
- Feedback: What Is Working / Opportunities To Improve

Next Session: **Thur 10/29**

Closing Prayer

Closing Prayer

Heavenly Father, Thank You for this opportunity, fellowship, and sharing.

Thank you for the gift of Your written Word, and Your Son who came in the flesh.

May we See ALL things from Your perspective.

May we Hear, and Embrace your Word in our Heart, and assimilate it into our flesh.

May we recognize Your Love and what Jesus accomplished on that cross.

May we put Jesus first in our lives, and bring you glory in each, and everything we do.

May we hear Your voice, be led by Your spirit, and come into alignment with Your will.

May we seek Your face and embrace Your help to root out our selfish agendas.

May we be transformed into Your image and perfect the flow of Your love to others.

May we be inspired into the good works You have prepared,

Walk in the light as Jesus was in the light,

Shine as a beacon in this dark world,

and draw others to you with our lives lived, loving actions, and encouraging words.

In Jesus' name, Amen.

"...if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land." 2 Chronicles 7:14

“My God In Motion” Resources

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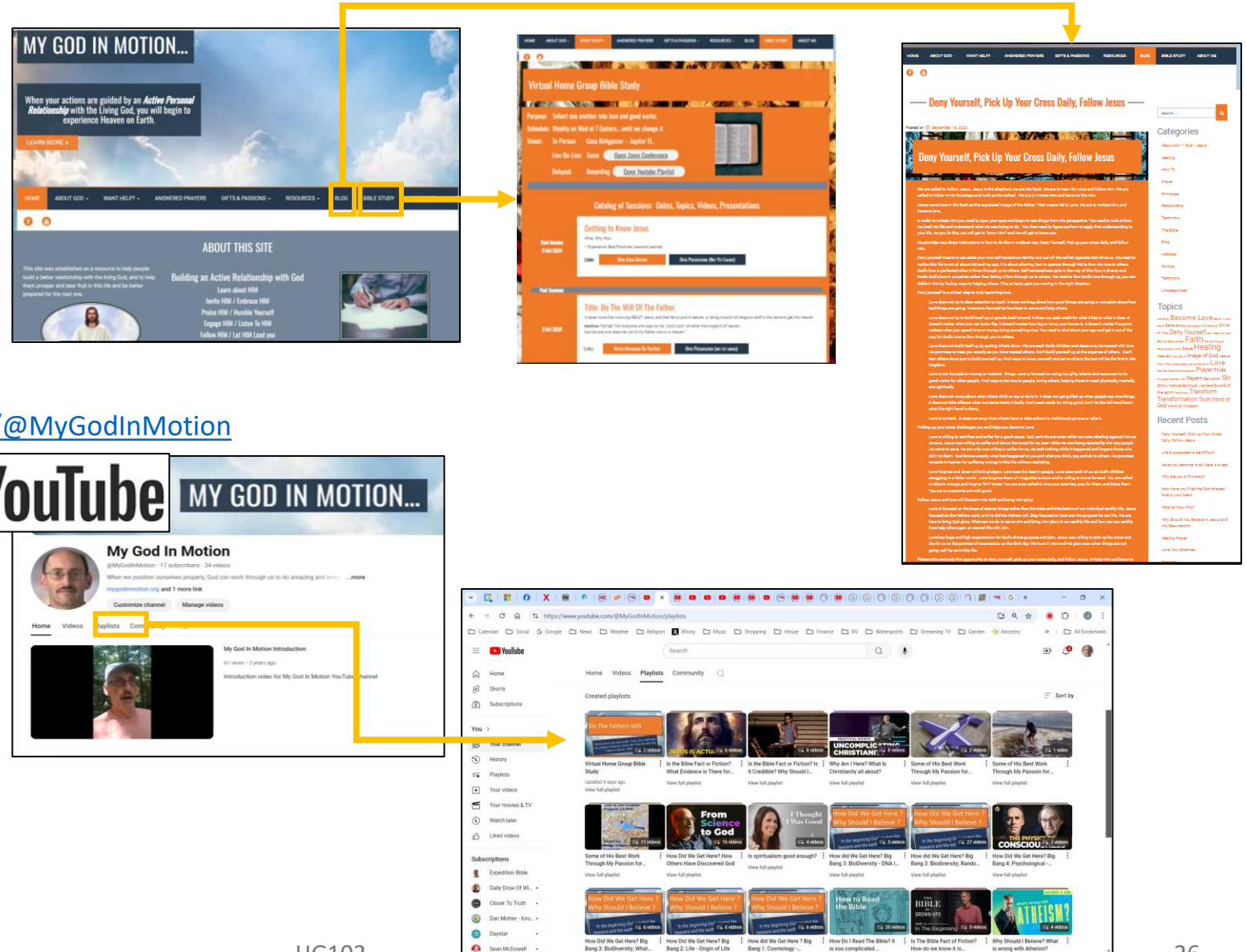
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Group Prayer Activity - Page 7

Date	Person	Situation	"Word" Received	Prayer	Date	Answer
10/6/26	Tamra's son	Wedding and hunymoon		1) Thank you for connecting these souls 2) Thank you for all spiritual blessings, speak success on travels to experience creation and bring you glory		

Group Prayer Activity - Page 6

Date	Person	Situation	"Word" Received	Prayer	Date	Answer
6/25/26	Jim's Dog Nena	Tumor on Gum, needs surgery, needs funds for surgery		1) Lord, Help us raise funds to help this loving service animal. 2) Lord, help them execute the surgery smoothly and help her heal	7/08 8/6 8/11	Funds raised. Surgery executed, biopsy pending Biopsy negative, prayers answered
7/2/26	Jim	Shoulder Pain, residual from rescue swimming		No pain in garden, healing by Jesus' stripes	8/6	New Drug, Got clear improvement.
7/9/26	Emma	Gall Bladder Surgery		Success	7/21	On hold pending insurance. Diet change has minimize symptoms
7/21/26	Ashley	Tooth pain/infection		1) Gods will, Path forward. 2) God be doctor and remove problem.	7/28	Surgery complete- still have teeth. Need divine healing to restore bone else will lose teeth
7/21/26	Micheal	Chest pain not diagnosed, Diabetes not well managed, Neuropathy		No illness/disease in garden, heal by Jesus stripes		
8/4/26	Lacandace	Car Accident - Pain		No car accidents with drunk drivers in garden, be healed in Jesus' name	8/11	Needed knee surgery
8/4/26	Donna Sister Chris	Knee Replacement		Divine healing to impress Dr with God's grace		
9/10/26	Cecil's Family	Brother Passed		Safe Journey Home, Peace to family knowing He is with Jesus		

Group Prayer Activity - Page 5

Date	Person	Situation	"Word" Received	Prayer	Date	Answer
4/28/26	Donna' Daughter, Ginger	Lost Job, Searching		Perfect Job To Support Her, Help Her Grow and Mature Into God's Intended Person		
4/28/26	Donna's Son Philip Gregory	Heart Issues, Ablation Procedure		Perfect execution of procedure, No heart disease in Garden, Healing in Jesus' name, Run race in perfect divine health.	5/19	Through procedure, back to work.
4/24/26	Emma	Family Distress		Healing for family past and baggage, Help me help, Help emma help, help each be receptive and bring glory	5/26 6/4 7/2	Lacandace baptized today Lacandace got Job this week, Helped partner start journalling with God. Lacandace in apartment, with car
4/28/26	Ashley	Ongoing ankle distress, leg pain		Execution of block and positive results, Help her drawn near to her, trust you, receive healing. Bring you glory.	6/23 9/10	Deacon Peacock vision of Ashley receiving Jesus and dancing with no cane..healed Ashley lifts Carol, Carol challenges Ashley, Ashley drops cane and walks cane free.
5/27/26	Tamra's Son Kendrick	Agnostic, underemployed, struggling		Holy Spirit help him find God, Find Purpose, Become the person God intended.		
6/4/26	Jim	Isolation from family. Ex's, Adult Children, Parents, Sibling. Some recent progress, but still major gaps		Thank you for progress. Help Jim be reconnected with important people in his life.	6/18	Dinner with sister twice this week. Conversation with ex#1, Letter To daughters.
6/18/26	Paul – In Michigan	Distress From Snowbank incident – Pain, Frostbite		Strength, Healing. Run race in health. Bring God Glory.	6/26 7/2	Progress. Continued progress, May retain all fingers

Group Prayer Activity - Page 4

Date	Person	Situation	"Word" Received	Prayer	Date	Answer
1/13/26	Donna Son in Law Brett	Intestine resection, healing		Healing and Devine health		
1/20/26	Stacy	Hearing		Your will is healing, we speak healing, whatever mode... miraculous or medical		
2/03/26	Donna's Son Phillip	Bike Accident		Healing, manifest the kingdom, restore bones, flesh, resolve pain.	2/24	Recovered, Baptized
2/03/26	Tom Slocum	Stomach		Healing, restoration of stomach/digestive		
2/03/26	Micheals Mom, and Sister Rene	At risk in Iran, 105 th birthday next month.		Protection and provision during protest, may she complete this journey in peace, and may Iran be restored to glory	2/14 5/12	Mom passed in peace Prayer for sister who remains
2/17/26	Micheals Brother Nasser	Cancer, In Hospice		Complete this journey. God's will for healing be done...this life or next.	2/23	Passed away
3/10/26	Tim	Hip pain		We have group in one accord on authority and speak hip Pain be gone.	4/9	Significant reduction in pain...7 to 3
3/10/26	Jay	Phantom limb pain		We have group in one accord on authority and speak pain be gone.	8/4 8/25	Pain reduced immediately from prayer. TBD on sustainment. Pursuing New Treatment, tapering meds Significant relief from some treatments, will continue
3/24/26	Kayden, Emma's Grandson	Enlarged heart, in Hospital in FL		Strengthen to be released so he can live life	4/9	Released from Hospital, then released from rehab within 3 days

Group Prayer Activity - Page 3

Date	Person	Situation	"Word" Received	Prayer	Date	Answer
10/14/25	Jim	Life Struggles		Holy Spirit Help Jim: Housing, Employment, Mental, Financial, Trust You	10/21 11/11 11/18 12/2	Moved to hotel for week, improving Progress on prayer/journalling, Pursing apartment Progress – good steps forward, some back Progress, grateful
10/28/25	Donna's Elder Friend - Levette	Struggles in Hospice		Have peace with process, Have strength in faith to continue the race	11/4 11/11	Good attitude. Strength and Progress on journey Released from Hospital / Hospice care to all's surprise
11/04/25	Donna's Sister Inlaw – Mel	Digestive issues		Healing	11/11	Solid Progress
11/18/25	Donna's Sister Chris	Heart Attack, Now Home		Recovery, Reduced Stress, Glorify God		
11/18/25	Jay's Friend Jim	Double Bypass impending		Surgeon skill, Success, Recovery, Glorify God	12/2	Surgery done, home, all well
11/18/25	Tamra Son Alex	Recent Knee dysfunction, headed to ortho Dr tomorrow		Diagnostic find cause, Corrective action and healing;	1/26 2/23	Amazing to get specialists scheduled. Med improving pain. New med dramatic improvement
11/25/25	Donna	Heart surgery		Successful surgery	12/16	Went well , success, no complications
12/9/25	Emerson	Inflammation / Pain		Rebuke work of devil, gain healing		Pain gone. Returning to work 1/5

Group Prayer Activity - Page 2

Date	Person	Situation	"Word" Received	Prayer	Date	Answer
7/23/25	Tamra	Elbow Injury		Elbow be healed		Returned to urgent care, found fracture, wrapped differently, healed in 1 wk
7/23/25	Ashley	Broken Ankle		Path through surgery and recovery		Surgery successful, working PT
8/12/25	Tom	Kidney Issues		Lord, Help Tom find your path through these issues.		
	Donna	Heart		Lord, May new medical intervention enable success with heart and continuing this race	9/9	Stable, improved.
8/19/25	Michael	Cardiac Issues, Catheterization procedure failed, scheduling second attempt		Lord, Help Michael gain success through this procedure, help the Dr's be successful in addressing the issues.	8/23/25 4/28/26	Procedure was a success, Stints set up. Recovering. Ongoing issues, Prayer for wisdom to flow in and guide healing.
9/9/25	USA	Urban Violent Crime, Woman Killed no train		Lord, May her death be a turning point bringing awareness and better systems of justice and mgmt of mental illness		
9/23/25	Tamra	Long drive ahead		Safe and Sound	10/1	Accomplished despite severe storms
10/8/25	Luis (Lori's Friend)	In Hospice		Peace On His Journey Home		

Group Prayer Activity - Page 1

Date	Person	Situation	"Word" Received	Prayer	Date	Answer
	Jay	Phantom limb pain	Go Around	Lord, Your will is always healing, by your stripes we are already healed. You told us to go around the pain. Help us see the path you have set before us to go around this pain.	1 week	Dr offered new pain med, significant improvement.
	Tammy Neighbor	Fall from unprotected balcony		Lord, we speak healing in Jesus' name.		Upbeat, minor surgery, expecting full recovery.
	World	Geopolitical Upheaval		Lord, help the world repent and find you. Help the US find its path back to leading the world in goodness.		
	Ashley	Vascular calcium		Lord, Help us find your path forward for Ashley.		Cardiac Dr Not Excited, Ordered Echo cardiogram tests to eval.
6/20/25	Lana	UTI	Aster testimony	Lord, help Lana find you and your path to healing. If Aster's supplement is the answer help her embrace it. We speak healing in Jesus' name.	1 Day	Felt significantly better
July/25	Guy	Back	Pray and be patient	Back be healed	1 Wk	Back pain free after church service
					9/8	Back recovered, back in gym
	Bergie	Heart		Help her get proper treatment, heal her heart	9/16	She is in a better situation now