PRAYER & STUDY GUIDE

The Power of a
PRAYING Woman

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A supplemental workbook to
*The Power of a Praying® Woman*
by Stormie Omartian,
for in-depth group or individual study.
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What You Should Know
Before You Start

This Prayer and Study Guide is designed to be a companion to The Power of a Praying Woman book. As you answer the questions in each of the following chapters, you will be able to better understand what the truth of your situation is and how you can pray specifically about your life. Answering the questions will also help you to remember what God’s promises are to you as you incorporate Scripture into your prayers.

What You Will Need

This 31-week plan for personal or group study can also be used as a 31-day plan if you have the time and desire to move forward at a more rapid pace. You will need to have the book The Power of a Praying Woman and a Bible in which you feel free to write.

In All Honesty

While most of your answers will help you gain an understanding of the Scriptures pertaining to a specific area of prayer focus, many of them will reflect your own personal feelings, experiences, and needs. Be completely honest with yourself. There are no right or wrong answers, only honest answers. They will help you to determine
exactly what your prayer needs are and enable you to think more clearly about how to pray about them. Write something for each question, even if it is only a sentence or two.

**How to Proceed as a Group**

If you are doing this book as a group, before each meeting read the designated chapter in *The Power of a Praying Woman* and fill out the corresponding chapter in this *Prayer and Study Guide*. When the group comes together, the leader may go over some or all of the questions and ask what insights were gleaned and what God spoke to the heart of each woman as she read and wrote. Some women may feel led to share what their particular prayer needs are regarding this area of prayer focus. It’s always encouraging to hear other women tell of their struggles and how they are overcoming them. It may even be that many of the members of the group will have similar prayer needs and so can pray for one another about them. However, no one should share more than they feel comfortable doing.

I recommend praying the suggested prayer together at the end of the chapter in the book and then embellishing it with individual requests. If the group is large, you may want to break into smaller groups of three to five women for the individual prayer requests. I encourage everyone to participate in the prayer time, even if it is praying only a few sentences. If it is difficult for you to pray aloud in front of others, you’ll find that the more you do it, the easier it will become. Remember, God is not looking for eloquence, the perfect spiritual words, or volume (and neither is anyone else). He is looking for fervency and honesty of heart.

**Praying a Scripture**

It is very important that you understand there is great power in writing out a Scripture as a prayer or including Scripture in your prayers as you pray aloud. When you are asked in this book to write out a particular Scripture as a prayer, it is so that you will be able
to appropriate and apply that Scripture to your own life. Doing this not only increases your knowledge and memory of what God’s Word says and how it applies to you, but it also increases your faith. If you have never done that before, this is the way to do it. For example, Matthew 6:31-33 could be written out as a prayer like this:

“Lord, help me not to worry about what I will eat or drink or what I will wear. I realize that You know I need these things. Help me to, instead, seek first Your kingdom and Your righteousness, trusting that all these things will be given to me.”

May this workbook help you to pray effectively and in depth about your life and the people you care about most. As you proceed, be prepared to see great things happen in both. Shall we get started?
WEEK ONE

Read “The Power” and Chapter 1:
“Lord, Draw Me into a Closer Walk with You”
from The Power of a Praying Woman

Before you begin, ask God to help you be completely honest with yourself and with Him in answering these questions. Remember, He already knows the truth, and no one else should be reading this but you.

1. Do you feel you are growing mentally? ______________. Emotionally? ______________. Spiritually? ______________. Explain each of your answers.

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________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
2. In what ways would you like to see yourself grow and develop in the future?

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3. What are the greatest longings of your heart? What would satisfy those longings and desires? Do you believe it is God’s will for you to have those desires met?

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4. Do you find it harder to pray for yourself than for others? Explain why or why not.

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________________________________________________________________________

5. We will never be happy until we make ___________ the source of our ________________ and the _____________ to our
6. Read 2 Corinthians 12:9 in your Bible and underline it. In light of this verse, why is it okay to feel weak?

7. What do you believe are some of your areas of weakness? (For example, it could be things such as public speaking, confronting issues, meeting new people, being organized, sharing your faith, getting along with others, handling finances, walking in faith, or resisting temptation.) Write out a prayer asking God to help you be strong in the areas where you are weak, if that is His will, or that His strength would be made perfect in your weakness.
8. Do you feel at this moment in your life that you are a survivor, an overcomer, or somewhere in between? Explain. Write out a prayer asking God to help you transcend any particular circumstances or limitations in your life.

9. Read John 10:10 in your Bible and underline it. Do you believe you are living the abundant life Jesus is talking about here? (Spiritually? Relationally? Financially? Emotionally? Physically?) Explain your answer. In what ways would you like to see yourself move into the abundance God has for you?
10. Do you ever feel powerless in the face of your circumstances?

Always_____ Often_____ Sometimes_____ Never_____

Do you recognize your need for a power greater than yourself in your life?

Always_____ Often_____ Sometimes_____ Never_____

Do you believe that without God's power, you can't transcend your circumstances or see your life transformed?

Always_____ Often_____ Sometimes_____ Never_____

Do you sense that you have the Spirit of God living in you?

Always_____ Often_____ Sometimes_____ Never_____

Do you feel the power of God moving in your life?

Always_____ Often_____ Sometimes_____ Never_____

Do you long for more of the power of God to be manifested in your life?

Always_____ Often_____ Sometimes_____ Never_____

How often do you ask the Holy Spirit to move powerfully through you?

Always_____ Often_____ Sometimes_____ Never_____
In light of your answers on the previous page, how could you pray about your relationship with the Holy Spirit? Write out that prayer below.

________________________________________________________________________

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11. Read Ephesians 3:20-21 in your Bible and underline these verses. What is the promise to you in this portion of Scripture? What does this promise mean to you in terms of your level of faith and hope?

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12. What are the prerequisite conditions for moving in the power of God? Have you met those conditions? When did you receive the Lord and make Him ruler of your life? (See page 16, first paragraph, in *The Power of a Praying Woman*.)

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________________________________________________________________________
13. Read the “Five Good Ways to Tell if Your Walk with God Is Shallow” on page 25-26 of *The Power of a Praying Woman*. Write out the five signs that your relationship with God is growing deep.

1. ________________________________________________

2. ________________________________________________

3. ________________________________________________

4. ________________________________________________

5. ________________________________________________

In which of these ways would you most like to see your walk with the Lord grow deeper?

________________________________________________________________________________________

________________________________________________________________________________________

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________________________________________________________________________________________
14. Do you have a hunger in your soul to know the Lord better and walk closer to Him? Write out a prayer below explaining your feelings about this to God.

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15. Read James 4:8 in your Bible and underline it. In light of this Scripture, what do you need to do?

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Write out a prayer to God asking Him to help you do those things.

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16. Look up each of the Scriptures below regarding the ten names and attributes of the Lord mentioned. Then write out the part of the Scripture that mentions or confirms that particular attribute of God. For example, the first one would be “Who heals all your diseases.”

1. My Healer (Psalm 103:3)

2. My Strength (Isaiah 12:2)

3. My Peace (2 Thessalonians 3:16)

4. My Counselor (Psalm 16:7)

5. My Redeemer (Isaiah 59:20)

6. My Shelter (Joel 3:16)
7. My Provider (Genesis 22:14)

8. My Deliverer (Psalm 70:5)

9. My Friend (John 15:15)

10. My Restorer (Psalm 23:3)

17. From the list of names to call your God on page 29-30 in *The Power of a Praying Woman*, what is the name you most need to trust God to be to you during this time in your life? __________________________. Write out a prayer telling God why you need to know Him in this way, and thank Him for promising to be that to you. In your prayer include Psalm 20:7.

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18. Do you spend as much time as you would like alone with God? ___________. Do you find securing that time alone with God difficult or easy? ___________. Write out a prayer below asking God to help you find more time to be with Him. Describe any difficulty you have.

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19. Read Psalm 18:1-3 in your Bible and underline these verses. Write them out as a prayer from you to God. (For example: “I love You, Lord. You are my strength, my rock, my fortress…”)

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20. Pray the prayer out loud on page 31 in *The Power of a Praying Woman*. Write out in your own words two or three sentences from this prayer that are the most meaningful to you at this time in your life.