



## **Teach Us to Pray – Jabez’s Prayer**

### **July 13 | Weekly Devotionals**

#### **Introduction**

When the disciples asked Jesus, “Lord, teach us to pray,” they were seeking to emulate the words of our greatest Teacher and find a deeper connection with God the Father. Today, we’re asking the same. In this six-week series, we’ll echo that ancient request and allow God Himself to be our guide. Teach Us to Pray explores six powerful prayers from the Old Testament - prayers from real people in real need. Their cries for help varied from forgiveness to healing to blessing to deliverance, but each of them reveals a rich, honest, and dynamic connectivity to God. Together, we’ll learn not only how to pray, but how to live in ongoing, transformative relationship with the One who hears.

This week we are looking at a prayer the concise put powerful prayer of Jabez.

**Read 1 Chronicles 4:9-10.**

#### **Reflection Questions**

Spend some time engaging with each portion of Jabez’s short prayer.

“Oh that you would bless me”

- What kinds of blessings (if any) do you usually ask God for?
- Read Matthew 5:3-12, the passage commonly known as the Beatitudes. Even if these words are familiar to you, try to read them with fresh eyes. What stands out to you about those whom Jesus calls “blessed”?



- Read Matthew 7:9-11. Do you often think of God as a generous Father who delights in giving good gifts to His children?
- These two passages (Matthew 5:3-12 and Matthew 7:9-11) both fall within the same sermon (the Sermon on the Mount). How do they give us a fuller picture of what it means for God to bless us?

“And enlarge my territory”

- Is there an area in your life where you want to enlarge your “territory” (influence, power, status, responsibility, or even actual land ownership)?
- Is there an area where you’re shrinking back? Perhaps God wants you to step into a larger territory, but you are afraid to do so? Why?
- Read Matthew 28:19-20 and Acts 1:8. What kind of enlarged territory do these verses describe?
- Read Esther 4:12-14. Esther had been made a queen (quite a large “territory” to receive!); her cousin Mordecai challenges her that she may have been placed there solely to carry out a greater purpose. Are you in any unique positions (territories) that allow you to speak into the lives of others or speak up for those who otherwise cannot speak for themselves?
- Spend some time praying and reflecting on how God might be inviting you to use or grow your “territory” to make disciples.

“Let your hand be with me, and keep me from harm”

- Read Psalm 16, in which David reflects on the delight and safety that come from being in the presence of God.
- Spend some time sitting in God’s presence. Consider playing worship music or merely sitting still in the quiet. Then pray the words of Psalm 16 to your loving heavenly Father.

“So that I will be free from pain”



- There is a clear connection between Jabez’s desire to be free from pain and his own name (which means “pain”) and his past (he was given birth to “in pain”). His name is also a reference to Genesis 3:16 – pain in childbirth is one of the curses that falls on humanity when Adam and Eve sin.
- Is there pain in your past that needs to be released so that you can be free from it? Pain someone else inflicted on you, or even pain you experience because of your own choices?
- Read Isaiah 61:1-3. This is the passage Jesus reads in Luke 4, declaring that He has come to fulfill it.
- Read Revelation 21:3-4. John is describing a time when the curse of sin is reversed.
- How do Isaiah 61:1-3 and Revelation 21:3-4 give you hope for being free from pain?

**Pray your own Jabez prayer.**

Now that you have had a chance to reflect on each element of the prayer, pray it for yourself. You may use the words of 1 Chronicles 4:10 or use your own words, adding specific requests modeled on the outline of the prayer of Jabez.