

SUSIE LARSON



Your  
Powerful  
Prayers



Reaching *the* Heart  
of God with a Bold  
and Humble Faith

## SESSION ONE

# How to Pray Through Disappointment



“Something gets healed in us when we trust God’s love. Something comes alive in us when—amidst the pain we endure—we still believe that *He is good*. Something is mobilized in us when we understand that He wired us to partner with Him in a way that fits who we are.”

So often the cycle of our prayer life looks like this:

We pray → We get disappointed → Things don’t happen the way we thought → We relegate our prayer life to a last resort

Key Quote: “Disappointment is one of the greatest obstacles to a thriving, powerful prayer life.”

There is a difference between expectation and expectancy.

Expectation:

Expectancy:

To Confess:

To acknowledge openly and joyfully

To confess and profess

Key Quote: “There has to be a point where we believe God’s promises to be true, even when they don’t feel true. Especially when they don’t feel true. That’s where faith-heroes are born.”

Key Quote: “How we pray in the storm reveals what we believe about God.”

Three ploys used by the enemy:

Discouragement

Disappointment

Discontentment

Key Quote: “The cure for discontentment is praise, and worship, and gratitude.”

Ask yourself:

What is my heartbreak and disappointment saying *to me* that’s not true?

What is my heartbreak and disappointment saying *about me* that’s not true?

What is my heartbreak and disappointment saying *to me about God* that’s not true?

Write your Song of Deliverance:

## SESSION TWO

# How to Pray When You Forget Who You Are



“I’ve learned that to the extent that I seek to know *this* love—this unending, otherworldly, unrelenting love of Jesus—in a way that’s absolutely personal *to me*, I will walk and talk and pray and give and live in the fullness He intended *for me*.”

Do you believe God is good even when He’s not giving you what you want?

Key Quote: “He overrode my immediate request so he could say ‘Yes’ to the greater story.”

Key Quote: “Even when we cry out for a break, God is after a breakthrough.”

God wants to blow the doors off our *captivity* so we can walk *free*.

When we forget who we are, we forget *who God is*.

We need to remember *who* we are and *whose* we are.

Philippians 3:10–11

It is an honor to suffer like Christ, because through our suffering we know Him more intimately.

When we find ourselves out of sorts, out of balance, out of step with the rhythm that we’re used to, we are tempted to look down rather than up and start comparing. Instead, we need to:

Trust in His love

Rely on His grace

Walk forward in faith

Proclaim out loud the promises of God. Let your ears hear what your mouth says.

Write your Song of Breakthrough:

## SESSION THREE

# How to Pray from an Heir Perspective



“The more time you spend with Jesus, and the more time you spend pondering His great and personal love for you, the more you’ll find that His love heals your soul, makes you whole, and makes your heir status actually believable. What a gift He’s given us! And when you pray from that place, everything changes.”

God has called us out of *darkness* into His powerful *light*.

Describe some characteristics of darkness:

In contrast, describe characteristics of light:

In times of despair, we forget that we’re heirs. In times of favor, we forget *why* we’re heirs.

The enemy accuses us and tells us to sit at the orphan table and think about what we’ve done. But God wants us to sit at the heir table and think about what *He’s* done for us.

When the things you use to control your world fall through, do you hold yourself in contempt?

We need to open our hands and say to the Lord, “I accept me, and I trust You.”

Write your Song of Royalty:

## SESSION FOUR

# How to Pray from Victory



“You will have to fight for some of the things He’s promised you. You will have to stand on His Word even when it doesn’t feel true. But the battle will be worth it. And when it’s all over but the shouting, you can be assured that Jesus will get you safely home, because that’s exactly what He promised He’d do.”

Rather than praying from *underneath* our circumstances, we need to pray from *above* our circumstances.

Two things that can clog our ability to be a vessel through which God’s power flows freely:

Disregard for God’s presence

Disconnect between our problems and His promises

Key Quote: “Any gift from His hand pales in comparison to knowing His heart.”

Key Quote: “He is not a means to an end. He is the beginning and the end.”

Our prayer lives can be transformed as we remember who we are praying to!

Roadblocks to answered prayer:

Pride (Psalm 139:23–24; 1 Peter 5:6)

Unforgiveness (Psalm 89:14; Mark 11:24–25)

Selfish ambition

Jealousy

Unbelief

Catalysts to an active and powerful prayer life:

Traveling light

Praying with humble boldness

Having the attitude of “Not my will, but Thine be done”

Fanning the flame within you

Walking in the Light

Practicing perseverance

Write your Song of Victory:

## SESSION FIVE

# How to Pray with Perseverance



“To live with expectancy is to throw away our puny picture frame and give God time and space to work out His plans for us with the understanding that there’s always a mystery to following God. He’s a miracle-working God, and He often breaks through in ways we couldn’t have imagined and at a time when we least expect Him to.”

How to win battles in prayer:

Fan the flame  
Don’t grow weary  
Don’t give up

Galatians 6:9

Being tired and being weary are two different things.

Tired? Get some rest and prioritize your rest  
Weary? Steward your time/life, refocus, reset

Matthew 13—Parable of the Soils

Hardened footpath (The Unguarded Life)  
Shallow soil (The Immature Life)  
Thorns and thickets (The Distracted Life)  
Rich soil (The Cultivated Life)

Key Quote: “At the end of the day, we have to get to a point where we understand and embrace the truth that we don’t know as much as we think we do and we need Him more than we thought we did. We’re desperate for Him. And if we want to be a reflector of His grace and His glory, we’ve got to humble ourselves and trust that God is always good, His promises are always true, and He will always make a way for us.”

Key Quote: “Prayer is not a formula that guarantees an outcome. Prayer is an offering that promises a harvest. And that harvest will look different than we think. But God is better than we know, kinder and truer, and more potent and more powerful. We’ve got to remember who He is.”

Key Quote: “When He makes us wait for an answer, He’s teaching us something about Himself that’s even better than the answer.”

Write your Song of Perseverance:

## SESSION SIX

# How to Pray with Eternity in Mind



“Life is short. Eternity is long. And if God makes us wait for an answer, it’s because the answer isn’t temporary. It’s eternal. And when we see all He’s prepared for us we’ll wonder why we ever doubted Him in the first place. He is a promise-maker and a promise-keeper. It’s impossible for Him to fail us.”

Recap: So far, we’ve gone through:

- How to pray through disappointment
- How to pray when you forget who you are
- How to pray from an heir perspective
- How to pray with perseverance
- And now, how to pray with eternity in mind

Tithe of time: 1 John 5:14

Ask God to multiply your time offering. He will provide!

Key Quote: “As we commune with God in prayer, our hearts will be burdened for what burdens His. He gives us a greater perspective on His heart for the world.

Ephesians 6:10–18

Pray Audaciously

Pray Big

Pray Together

Praying with eternity in mind: Take yourself out of the small story and insert yourself into the bigger story.

John 15:8

Key Quote: “God’s will for you is not only *your* best case scenario, it will move all of the kingdom purposes forward.”

Key Quote: “God wants you to bear fruit—fruit that lasts.”

Key Quote: “Life on earth is short, eternity is long.”

Write your Song of Eternity: