



Session 1:

Introduction – What Is Transforming Prayer?

Video

Watch the video and take notes of anything that stands out to you...

Discussion

Break into small groups of 3 to 6 men and discuss the following questions:

1. Exodus 24:9-18 describes four groups of people who saw the glory of God on Mount Sinai. Which of the four most closely describes where you're at in your prayer life? (*Israelites, 70 Elders, Joshua, Moses*)
2. What do you think are some of the obstacles that keep you from growing in your prayer life?
3. We define Transforming Prayer as "*Scripture-fed, Spirit-led, worship-based prayer that results in life-changing intimacy with God.*" Which part of that definition stands out to you the most and why?
4. If there is one thing you could ask God to change in your life, what would it be? Do you believe God is willing and able to meet all of your needs as you learn to come to him in prayer?

Prayer

In your small group, read the following Scripture out loud... take a minute to reflect on it... and then respond to God in prayer.

2 Chronicles 7:14 – “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 I will forgive their sin and will heal their land.”

1. *(Upward)* – **Praise:** What does this passage teach me about God?
2. *(Inward)* – **Confession:** What does this passage teach me about myself?
3. *(Outward)* – **Petition:** How does this passage lead me to pray for others?

Brotherhood

Pair up with one other man and share your prayer requests. Exchange contact information. Then commit to praying for each other and talking to each other at least once during the week for encouragement and support.

Ecclesiastes 4:12 – “A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.”



Session 2:

Men of Pursuit – Pursuing Intimacy with God

Video

Watch the video and take notes of anything that stands out to you...

Discussion

Break into small groups of 3 to 6 men and discuss the following questions:

1. Psalm 34:8 says: “Taste and see that the LORD is good...” Describe a time when you “tasted” God’s love for you in a special way.
2. On a scale of 1-10, how enjoyable would you say your relationship with God is right now? Please explain your answer.
3. “An idol is anything we love or treasure more than God.” Based on that definition, what idols are competing with God for your devotion?
4. If you valued God as your greatest treasure, how would that change your prayer life? Why is prayer the key to developing greater intimacy with God?

Prayer

In your small group, read the following Scripture out loud... take a minute to reflect on it... and then respond to God in prayer.

Psalm 27:4&8 – “One thing have I asked of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to inquire in his temple... You have said, “Seek my face.” My heart says to you, “Your face, Lord, do I seek.”

1. *(Upward)* – **Praise:** What does this passage teach me about God?
2. *(Inward)* – **Confession:** What does this passage teach me about myself?
3. *(Outward)* – **Petition:** How does this passage lead me to pray for others?

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Session 3:

Men of Confidence – Pursuing Our Identity as God’s Sons

Video

Watch the video and take notes of anything that stands out to you...

Discussion

Break into small groups of 3 to 6 men and discuss the following questions:

1. What was your relationship with your dad like growing up? How do you think your relationship with your earthly father has affected your relationship with your heavenly Father?
2. Which of these four “manufactured identities” do you relate to personally, and why?
 - *I am what I do.*
 - *I am what I possess.*
 - *I am what people think of me.*
 - *I am what I desire.*

3. The list below contains 29 biblical truths about your identity in Christ. Which ones do you have the hardest time believing about yourself, and why? (Underline the top three.) Which ones do you feel the most confident about, and why? (Circle the top three.)

- I am God's Beloved
- I am God's child
- I am God's friend
- I am God's delight
- I am crucified with Christ
- I am risen with Christ
- I am born again
- I am a new creation
- I am fearfully and wonderfully made
- I am a temple of the Holy Spirit
- I am eternally predestined
- I am valuable
- I am forgiven
- I am righteous
- I am holy
- I am a saint
- I am a citizen of heaven
- I am a witness for Christ
- I am an ambassador of reconciliation
- I am the light of the world
- I am powerful
- I am strong
- I am fearless
- I am free
- I am more than a conqueror
- I am an overcomer
- I am blessed with everything I need
- I am equipped for every good work
- I am complete in Christ

4. Henry Nouwen: "From the moment we claim the truth of being the Beloved, we are faced with the call to become who we are." What do you think it's going to take to see *yourself* the way God sees you?

Prayer

In your small group, read the following Scripture out loud... take a minute to reflect on it... and then respond to God in prayer.

Romans 8:15-17 – "For you did not receive the spirit of slavery leading again to fear, but you received the Spirit of adoption, by whom we cry, "Abba, Father." The Spirit himself bears witness to our spirit that we are God's children. And if children, then heirs (namely, heirs of God and also fellow heirs with Christ)..."

1. (*Upward*) – **Praise:** What does this passage teach me about God?
2. (*Inward*) – **Confession:** What does this passage teach me about myself?
3. (*Outward*) – **Petition:** How does this passage lead me to pray for others?

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Session 4:

Men of Purity – Pursuing a Life of Holiness

Video

Watch the video and take notes of anything that stands out to you...

Discussion

Break into small groups of 3 to 6 men and discuss the following questions:

1. Do you think the church is doing a good job addressing the epidemic of pornography in our culture? What could we do better to help people struggling in this area?
2. In the video Russell stated that “sexual struggles are relational disorders.” What do you think he means by that? Why is it so important?
3. 1 Corinthians 6:18 warns us to “flee from sexual immorality” because of the damage we cause to ourselves. List all the harmful consequences of pornography you can think of.
4. What practical steps do we need to take in order to experience victory over sexual sin?
5. Jesus said, “Blessed are the pure in heart, for they shall see God” (Matthew 5:8). How does this verse motivate you to pursue a life of holiness?

Prayer

In your small group, read the following Scripture out loud... take a minute to reflect on it... and then respond to God in prayer.

1 Peter 1:14-16 – “As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, “You shall be holy, for I am holy.”

1. (*Upward*) – **Praise:** What does this passage teach me about God?
2. (*Inward*) – **Confession:** What does this passage teach me about myself?
3. (*Outward*) – **Petition:** How does this passage lead me to pray for others?

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Session 5:

Men of Brotherhood – Pursuing Friendships With Other Men

Video

Watch the video and take notes of anything that stands out to you...

Key Passage – “A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.” (Ecclesiastes 4:12)

Discussion

Break into small groups of 3 to 6 men and discuss the following questions:

1. Who has been the greatest male role model in your life? What impact did that relationship have on you?
2. Why do you think men tend to isolate themselves and have such a hard time forming deep friendships with other men?
3. What did you learn about accountability in this session?
4. Do you have at least one male friend you confide in about your struggles and temptations? If not, what do you think is holding you back?

Prayer

In your small group, read the following Scripture out loud... take a minute to reflect on it... and then respond to God in prayer.

Ecclesiastes 4:12 – “A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.”

1. (*Upward*) – **Praise:** What does this passage teach me about God?
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Session 6:

Men of Faithfulness – Pursuing Intimacy with Our Spouse

Video

Watch the video and take notes of anything that stands out to you...

Key Passage – “Husbands, love your wives, as Christ loved the church and gave himself up for her, ²⁶ that he might sanctify her, having cleansed her by the washing of water with the word, ²⁷ so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. ²⁸ In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. ²⁹ For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, ³⁰ because we are members of his body. ³¹ “Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.” ³² This mystery is profound, and I am saying that it refers to Christ and the church. ³³ However, let each one of you love his wife as himself, and let the wife see that she respects her husband.” (Ephesians 5:25-33)

Four questions to ask your wife:

1. Do you feel loved by me?
2. Do you feel pursued by me?
3. Do you feel nourished by me?
4. Do you feel cherished by me?

Discussion

Break into small groups of 3 to 6 men and discuss the following questions:

1. What are three things you love and appreciate about your wife?
2. Which of the following best describes where your marriage is at right now?
Please explain.
 - *Neglecting an unhealthy marriage*
 - *Maintaining a mediocre marriage*
 - *Pursuing an excellent marriage*

3. It's never too late to become the kind of husband your wife desires. After listening to the women in the video, what are some practical ways you could show your wife that you cherish her?
4. What is your idea of a dream date with your wife, and when is the next possible time you could ask her out? (*Take out your calendar and look.*)
5. What are some specific ways you can pray for your wife and your marriage?

Prayer

In your small group, read the following Scripture out loud... take a minute to reflect on it... and then respond to God in prayer.

Philippians 2:3-4 – “Do nothing out of selfish ambition or empty pride, but in humility consider others more important than yourselves. Each of you should look not only to your own interests, but also to the interests of others.”

1. (*Upward*) – **Praise:** What does this passage teach me about God?
2. (*Inward*) – **Confession:** What does this passage teach me about myself?
3. (*Outward*) – **Petition:** How does this passage lead me to pray for others?

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Session 7:

Men of War – Pursuing the Defeat of Our Enemy

Video

Watch the video and take notes of anything that stands out to you...

Key Passage – “Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God so that you can take your stand against the devil’s schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. ¹⁹ Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.” (Ephesians 6:10-20)

Discussion

Break into small groups of 3 to 6 men and discuss the following questions:

1. Have you ever been in a situation where you clearly encountered demonic activity? How did you handle the situation?
2. What are some of the “schemes” or tactics the devil uses to attack us? Why is spiritual warfare fought primarily on the battlefield of our mind?
3. Explain how each piece of the armor represents Jesus and symbolizes that he is the source of our victory: *belt of truth, breastplate of righteousness, shoes of the gospel, shield of faith, helmet of salvation, sword of the Spirit.*

4. Why do you think prayer is not listed as a piece of armor? Why is prayer the secret to victory?
5. Four times in Ephesians 6:10-20 Paul exhorts us to stand our ground. What ground have you given up to the enemy that you would like to take back?

Prayer

In your small group, read the following Scripture out loud... take a minute to reflect on it... and then respond to God in prayer.

Ephesians 6:10-20 – “Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God so that you can take your stand against the devil’s schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. ¹⁹ Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.”

1. (*Upward*) – **Praise:** What does this passage teach me about God?
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Session 8:

Men of the Cross – Pursuing the Good News of the Gospel

Video

Watch the video and take notes of anything that stands out to you...

Discussion

Break into small groups of 3 to 6 men and discuss the following questions:

1. In your own words, what is the good news of the gospel?
2. How does the message of the cross relate to your everyday life?
3. What unnecessary burdens are you carrying right now? How can you apply Matthew 11:28-30 to your specific situation?

“Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

4. What obstacles keep you from sharing the gospel with others?
5. Now that we are wrapping up the final session, what is your plan to keep growing in your prayer life? Will you commit to taking at least one other man through the Mighty Men of Prayer series?

Prayer

In your small group, read the following Scripture out loud... take a minute to reflect on it... and then respond to God in prayer.

Isaiah 53:5-6 – “He was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. ⁶ We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all.”

1. (*Upward*) – **Praise:** What does this passage teach me about God?
2. (*Inward*) – **Confession:** What does this passage teach me about myself?
3. (*Outward*) – **Petition:** How does this passage lead me to pray for others?

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