

# **“Praying Will Help”**

## **Mark 1:35**

### Introduction

- I. When we have something that will help us to accomplish a certain task, we are usually quite grateful for such.
- II. Christians have a tremendous aid in the privilege of prayer.
- III. Prayer helps us to show our thankfulness, gives us a way to ease worry, and allows us to help one another.

### Discussion

- I. Prayer helps us to show our thankfulness.
  - A. We should all be thankful for the good that God has done (James 1:17; Eph. 5:20).
  - B. We are able to express thankfulness and dependence directly to God in prayer (cf. Luke 17:11-19; 1 Thess. 5:17; Phil. 4:6; Col. 3:15).
- II. Prayer gives us a way to ease worry.
  - A. We are constantly fighting against things that cause useless worry (Matt. 6:24-34).
  - B. Worry is like a rocking chair-you go back and forth but never get anywhere.
  - C. By utilizing prayer, we show our trust in God to get us through (cf. Hezekiah, Isa. 37:14-20; Luke 18:1).
- III. Prayer allows us to help one another.
  - A. Paul is a great example of one that helped his brethren through prayer (Phi. 1:3-4, 9; Col. 1:3; 1Thess 1:2; 2Thess. 1:3; 2Tim. 1:3, 4).
  - B. Jesus prayed for Peter (Luke 22:31-32).
  - C. Christians prayed for Peter (Acts 12:1-5).
  - D. Paul requested prayer for himself (Eph. 6:18-20).

### Conclusion

- I. When we struggle with dealing with the issues of life, we should not forget to utilize prayer.
- II. Prayer will help us to remember to be thankful, not to worry, and to be there for one another.