



What will you pray?

How will you know it is the enemy?

If the prayer works.... If nothing changes, then it wasn't, and you have lost nothing.

Can you take this to an extreme?

I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you, Luke 10:19



Wait

God told Jehoshaphat to wait and see the deliverance God would bring. 2 Chronicles 20:17. This was after prayer and fasting, and he still had to go take a stand.

When might you need to do the same?



Obey- Joshua approach

When Joshua faced Jericho, he was told to march around the city 13 times (1x6+7). There are a hundred and one occasions in the bible where people were told to do physical things to see solutions.

For example?

How will you know if you need to do something physical?

What kind of thing might you need to do?



Faith declaration.

Obviously, exercising faith is one of the things that can solve our problems. Faith shows itself in many of the things we have already explored.

What is a Faith declaration?

Faith declaration telling God that you trust Him and that you believe that He has the solution already in hand.

What might this sound like?



Quoting Scripture

Find a verse that relates to your problem and quote it.

For example:

How often will you do this?



Gifts of the Spirit

A Word of Wisdom – knowing what to do, or a Word of Knowledge – knowing what is really going on. It can really help.

Praying in Tongues when you do not know what to pray or how to pray is also great. Prophecy worked wonders in the Valley of Dry Bones, and faith has already been mentioned.

What gift of the Spirit might you need in your problem?

What fruit of the Spirit might you need in your problem?



Reciprocal acts

Jesus said: *Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you!* Luke 6:38

Sometimes our generosity to others or our prayer for others opens up a solution in our own lives.

What might you need to do?

For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 2 Corinthians 4:17

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'I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.' John 16:33

This poor man called, and the LORD heard him; he saved him out of all his troubles. Psalm 34:6
Rather, as servants of God we commend ourselves in every way: in great endurance; in troubles, hardships and distresses; 2 Corinthians 6:4

After the above verse, Paul goes on to give a list of his troubles, hardships and distresses – his problems. (Not as long as the list he gives in 2 Corinthians 11:6.)



What problems do you face?

What different kinds of problems are there?

Problems come in many kinds. There are physical, spiritual and emotional problems. Relationship, work, finance and health. Big problems and small problems, chronic and brief. Problems we face ourselves and problems faced by those we care about. Old problems and new problems. A temptation can be a problem.

Not all problems can be solved. Sometimes we need to develop methods to live with them in a healthy way. 2 Corinthians 12:7



What do you do when you face a problem?

Do we all deal with problems the same way?

All of us have a problem profile. A way of handling problems. This is learned from experience, from how we have dealt with problems in the past. You would hope that this profile is updated and changed by the results, but this is often not the case. Often, we persist in dealing with problems the same way, oblivious to the fact that this method has failed us in the past. This is especially dangerous when we learned our chosen method of problem handling as a child.

You can solve depression by getting drunk.

What bad ways of dealing with a problem can you think of?



What should you do when you face a problem?

Define it.

Figure out why it is a problem.

Talk to God about it

Be realistic about the possible outcomes

Ask: what can I do, what can't I do?

What shouldn't I do?

Think about solutions – their advantages and disadvantages.

Consider what might have caused it.

Figure out what you can do to avoid/mitigate it in future.



Self-control is needed in this process; it is very easy to come up with wildly wrong answers to the above. Sometimes it is because of this that solutions are so hard to find.

When someone picks on you at work, it could be because they hate you, hate Christians, or because they lack skills to interact well with people or because they are a jerk. Each of these



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will trigger a different emotional response in you. Each will require a different solution.

How will you know if you are seeing the situation correctly?

God can help, so can wise people. Time gives clarity. One good tool to use is to ask, if I had to explain this to a judge, how would it sound.

Are you ever without a problem?

Do we all face the same problems?



Have a problem.

Come up with a collective problem or problems. Have in the back of your mind how you would apply each of these to a real problem you have

If we are going to have a problem, what will it be?

People in the bible faced all kinds of problems, and they found all kinds of ways to resolve them. There is no one biblical way to deal with a problem; there are a hundred biblical ways to deal with a problem. Most of us have too small a repertoire of tools, we go for the same ones time and again.

Why?

Each problem requires different tools. No problem needs all of these tools.



Prayer

The most obvious thing we do when faced with a problem is to pray. But this is a big category. There are many ways that you could pray.

For example?

You should be able to come up with a dozen prayer strategies.

Come up with a prayer strategy for the problem you chose.

How often will you pray?

How long will you pray each time you pray?

Where will you pray?

Who will you pray with?

When will you pray until

What will you pray for?

What effect will prayer have



Perspective

One of the things we need to pray for is wisdom.

Lord, how do I approach this problem?

Lord, what tools should I use?

Lord, how do you see this problem?

When you ask God for guidance, what are you going to say?

What are you then going to do?



Confess

If you know that the problem is caused by something that you did. Something you know you should not have done.

You might want to:

Ask God to forgive your sin.

Put right what you have done wrong.

How are you going to ask for forgiveness?

If nothing else, there is a need to centre yourself before God when facing trouble.

David prayed: *See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:24*

How will you pray this prayer?



Fasting

How are you going to fast?

What will you give up?

How long will you

Why are you going to fast?

What will the results of fasting be?

Why does fasting work?



Forgiveness

If you have unforgiven in your life, it can cause problems. Matthew 18:22

Sometimes, to overcome a problem, you might need to forgive someone or seek someone's forgiveness. Mark 11:25, Mark 5:23-24

How will you do this?

This does not always mean your problem is caused by unforgiveness; it could simply be that the solution is not coming because of your unforgiveness.



Praise and worship

How are you going to do this?

What will it look like?

The first thing Job did when he suffered grief was to worship God.

How will this help?

The first thing Jehoshaphat did when faced with an enemy was to send out the worshippers.

Why did he do this?

'Give thanks to the LORD, for his love endures for ever.' 2 Chronicles 20:21

Sometimes worship is a form of prayer.



Giving thanks

Give thanks to the LORD, for he is good; his love endures for ever. Psalm 106:1

Give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:18

Why would you give thanks when you are facing a problem?

What will it achieve?

What is your Thanksgiving going to sound like? (give an example)

Like praise, thanksgiving becomes prayer. We do not thank God for a problem, but we do thank God in a problem. It shows faith in Him.



A Word of Authority

When faced with a mountain (a problem), Jesus did not say that we should speak to God about the mountain. He did not even say pray about the mountain (although the context is prayer). He said to speak to the mountain. He said to tell it to move. Matthew 17:20, 21:21.

How will you do this?

Out loud or quietly?

Why are we reluctant to do this?



Spiritual Warfare

If you suspect that the enemy is directly behind a situation, sometimes there is a need to address the enemy directly in prayer. E.g. Ephesians 6:12.

This can take a number of forms:

Binding and loosing. Matthew 18:18

Resisting the enemy 1 Peter 5:8-9, James 4:7.

In the name of Jesus. Mark 16:17.

The blood of Jesus. Hebrews 11:28.

At its simplest, spiritual warfare means telling the enemy to leave a situation alone.