



# Transforming Prayer: 30 Days to Personal Renewal

DANIEL HENDERSON

**Course Description:** Each cohort will learn the practical dynamics of how worship-based prayer can be applied to every area of life. By feeding on Scripture and prayerful reflection within the context of community, participants will discover the ways the Lord is inviting them to mature in relationship with God, family, calling, and self. They will also assess the health and vitality of their life, leadership, and primary relationships. Lastly, each person will be guided to develop a plan of action for health and wholeness so they might better engage the world through deeper intimacy with God.

**Course Objectives:** Healthy life and ministry always begin at the roots (relationship with Christ), rather than the fruits. Therefore, we will explore and identify key elements of a healthy and deepening relationship with God. After this course, participants will be able to:

1. Discover barriers that are currently hindering a deeper engagement with God.
2. Identify key factors that impact their spiritual formation (growth in Christlikeness) and their relationships with others.
3. Discern where God is presently leading in light of current personal and interpersonal realities.
4. Receive input from various sources about his or her personal and interpersonal characteristics and interact with that feedback in non-defensive ways.
5. Develop a strategy for long-term stability, health, and growth in maturity.

**Readings and Resources:** Each week there will be required reading from *Transforming Prayer* along with supplemental videos and/or articles. To maximize the benefit of our weekly meetings please complete all readings and viewing of resources before each session.

Additionally, participants will read 1 Psalm a day (along with its accompanying devotional), beginning with Psalm 1 from the *Praying the Psalms* Volume 1. Also, a copy of our Scripture Prayer Journal will be provided and specifically utilized during the second half of the coaching journey.

## FOCUS ONE: A Vision for Your Transformed Life

ANALYZE: Growing in Conviction

After completing the reading and reviewing the articles please reflect on these questions in preparation for group discussion.

- Where are you now? Current prayer disciplines/activities/events?
- What's working? Why?
- What's not? Why not?
- Where do we need to go? *Transforming Prayer* Discussion: What has your experience been like in request-based vs. worship-based prayer?
- Why is worship-based prayer so important to your spiritual life? For the life of the church? How do you hope to more intently seek God's face in your prayer experience?

COACH: Daniel Henderson

## Prior to call one:

- **Read** *Transforming Prayer*, Introduction and Part One (Chapters 1-5)
- **Answer** "30 Questions That Lead to Personal Revival" and share with group ahead of time. <https://www.strategicrenewal.com/30-questions-that-lead-to-personal-revival/>  
**\*\*You are encouraged to write out your responses to these questions in order to help aid in discussion**
- **Read** "When God is Silent"  
<https://www.strategicrenewal.com/when-god-is-silent/>

## SESSION TWO: Best and Biblical Practices for Praying

STRATEGIZE: Growing in Commitment

Reflection Questions for Group Discussion:

- How can I learn to practice Scripture-fed, Spirit-led, worship-based prayer?
- How can this enhance my personal prayer life?
- How can I strengthen prayer in my home?

COACH: Dennis Henderson

## Prior to call two:

- **Read** *Transforming Prayer*, Chapters 6-11)
- **Read** 'Keeping Your Fire and Passion Hot in Ministry' (Parts 1 and 2) <https://www.strategicrenewal.com/keeping-your-fire-and-passion-hot-in-ministry-part-1/>  
<https://www.strategicrenewal.com/keeping-your-fire-and-passion-hot-in-ministry-part-2/>
- **Read** A Life of Achieving v. Receiving  
<https://www.strategicrenewal.com/a-life-of-achieving-vs-receiving/>
- **Read** The Enduring Motivation for Prayer  
<https://www.strategicrenewal.com/the-enduring-motivation-for-prayer/>
- **Read** The Beautiful Music of United Prayer  
<https://www.strategicrenewal.com/the-beautiful-music-of-united-prayer/>



## FOCUS THREE: Cultivating Daily Rhythms of Renewal

ACTUALIZE: Growing in Competency

Reflection Questions for Group Discussion:

- How have you begun integrating the 2/2 and 4/4 Pattern for personal and communal life-giving times of prayer?
- How can you build “prayer sidewalks” along common the footpaths of life?
- How do we eliminate hurry in order to cultivate intimacy?
- How does transforming prayer equip you to put your “being” before your “doing?” In other words, how can prayer help us live in such a way that our doing flows from our being?

COACH: Justin Jeppesen

### Prior to call three:

- **Read** *Transforming Prayer*, Chapters 12-15)
- **Watch** “Do We Really Believe in Prayer?” <https://www.strategicrenewal.com/really-believe-prayer/>
- **Download** Strategic Renewal App [HERE](#) and read “Worship-Based Prayer” under the PRAY>RESOURCES tab.
- **Review** the Daily Office PDF Guide.

## FOCUS FOUR: Developing a Trajectory for ongoing Transformation

Reflection Questions for Group Discussion:

- Re-imagining the role of the spiritual disciplines
- What will derail the long-term fruitfulness of prayer in my life?
- What weekly, monthly, quarterly, and annual prayer rhythms will you commit to?
- How can we reproduce what we have received from this coaching journey?

COACH: Justin Jeppesen

### Prior to call four:

- **Read** *Transforming Prayer*, Chapters 16-17, Appendixes 1-5
- Utilizing the Scripture Prayer Journal, **pick three Scripture passages** of your choice and work through the 4/4 pattern in a time of individual prayer. Next, pick one of the three passages and craft a 4/4 prayer guide with 2-3 prayer prompts for each of the four sections.
  - \*\* **Email your prayer guide to Justin before our meeting at:** [justinj@strategicrenewal.com](mailto:justinj@strategicrenewal.com)
- **Read** excerpt on *Rule for Life*. Next, apply this practice to develop a “plumb line of prayer” in your life by writing out what weekly, monthly, quarterly, and annual prayer rhythms you will commit to. Think both individually and corporately.

