

SELF-GUIDED COURSE



WELLSPRINGS OF FREEDOM INTERNATIONAL

People of Prayer Series

PRAYING THROUGH RESISTANCE

PERSEVERING IN PRAYER AND STANDING IN VICTORY

Class One Reflection Exercise: “Recognizing the Resistance”

Pastor David Kelly

“Identifying and Overcoming Resistance in Prayer”

This reflection exercise is intended to help you recognize the specific type(s) of resistance you are facing in prayer, understand how God may be calling you to respond, and make a plan to persevere until breakthrough comes.

Step 1 – Pinpoint the Prayer

- Write down one specific prayer request you’ve been bringing to God for a long time—something where you feel you’ve hit a wall.
- Be honest about how long you’ve been praying and how you’ve been feeling about the lack of visible results.

Step 2 – Identify the Resistance

Prayerfully consider: *What kind of resistance am I facing?*

Check all that apply:

- ☐ **Spiritual attack** – I sense pushback from the enemy or unusual opposition.
- ☐ **Emotional resistance** – Weariness, disappointment, grief, or hopelessness.
- ☐ **Circumstantial resistance** – Doors remain closed, problems keep compounding.
- ☐ **Internal resistance** – Sin, fear, doubt, shame, or unwillingness to hear God’s answer.

Write down specific examples for each box you checked.

Step 3 – Respond God’s Way

Next to each type of resistance you identified, write down **one biblical response** you can

begin this week.

Examples:

- Spiritual attack → Speak Scripture aloud daily (Ephesians 6:10–18); renounce any spiritual oppression; remove the attacks of the enemy.
- Emotional resistance → Spend 10 minutes each day in worship before praying; find time to take 10 minutes of silence and ask the Holy Spirit to realign your emotions with His plans and purposes.
- Circumstantial resistance → Ask a trusted friend to pray in agreement with you.
- Internal resistance → Confess specific fears or sins and invite God to cleanse your heart.

Step 4 – Remember God’s Character

Write out one Scripture that reminds you of **who God is** (His goodness, faithfulness, power). Post it where you’ll see it every day—bathroom mirror, fridge, or phone lock screen.

Step 5 – Persevere with Expectation

- Commit to bringing this request to God daily for the next **21 days** (like Daniel), asking Him to move and to strengthen you in the process.
- Each day, journal any “small wins” or signs of encouragement—no matter how tiny they seem.
- At the end of 21 days, reflect: What has changed in my circumstances? In my heart? In my faith?

Optional Challenge: Share your breakthrough prayer journey with a friend or prayer partner so they can encourage you and celebrate with you when God moves.