

SELF-GUIDED COURSE



WELLSPRINGS OF FREEDOM INTERNATIONAL

People of Prayer Series

PRAYING THROUGH RESISTANCE

PERSEVERING IN PRAYER AND STANDING IN VICTORY

Class Two Reflection Exercises:

“Wrestling in Prayer – When Answers Don’t Come Easily”

Pastor Cara Burke

These exercises are designed to help you take the truths from the 'Wrestling in Prayer' lesson and apply them directly to your life. They will help you identify your wrestle, engage God honestly, and persevere with hope.

1. Identify Your Wrestle

Take 5–10 minutes to quietly write down one situation where you’ve been praying and waiting for God’s answer. Be honest about the emotions attached—hope, frustration, weariness, doubt.

Guiding Questions:

- How long have you been praying about this?
- Have you been tempted to give up?
- If God answered today, what would that look like?

2. Honest Prayer Time (Modeled after Jesus in Gethsemane)

Spend 7–10 minutes praying out loud or journaling, telling God exactly how you feel about this situation.

Use this format:

1. Tell Him the truth (“Father, I’m tired of waiting...”)
2. Ask boldly (“If it’s Your will, bring breakthrough...”)
3. Surrender willingly (“Yet not my will, but Yours be done...”)

3. Persistence Challenge (Based on the Persistent Widow)

Commit to pray daily for the next 7 days for the situation you identified—at the same time each day.

Accountability: Tell a trusted friend about your commitment and ask them to hold you accountable.

4. The “Jacob Moment” – Holding On Until the Blessing

Write a declaration to God beginning with, “I will not let You go until...” and fill it in with both your request and your desire for God to change you in the process.

Keep this card in your Bible or on your mirror as a daily reminder.

5. Look for the Change in You

After 1–2 weeks, return to your original journal entry and note:

- Any change in circumstances.
- Any change in your heart, attitude, or perspective.