

Messages from concepts shared in “The Loneliness Solution: Finding Meaningful Connection in a Disconnected World” by Jack Eason. More free resources are available at: [www.jackeason.org](http://www.jackeason.org)

## The Power of Prayer

Prayer does not change God, but it changes him who prays.  
Søren Kierkegaard

James 5:14–16

Prayer is important in the life of a believer; it build community, and there is nothing like building friendship like praying one with another. What are some of the benefits?

### **1. Prayer Unifies**

Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. (James 5:14–16 ESV)

### **2. Praying Together Decreases Our Burdens**

Praying with others lightens our load.

Have you ever had a time when the burden you were carrying was so heavy that you had to share the load with someone else? If you have, then you understand another benefit of doing life together. Knowing someone else is praying for you and sharing a burden makes a tremendous difference.

### **3. Praying Together Decreases Our Doubt**

Have you ever prayed about something but in the back of your mind been thinking, “God won’t really answer this prayer” or “God isn’t concerned with this prayer”? I have. And then I have had the opportunity to pray with someone else about the same issue and my doubt decreased dramatically.



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#### **4. Praying Together Increases Our Faith**

If we don't pray with others, we may find ourselves lacking in faith. One of the main reasons our spiritual lives sometimes become stagnant is because we don't have other individuals with whom we can pray in faith.

#### **5. Praying Together Broadens Our Perspective**

Have you ever been overwhelmed with your own trials and troubles? Have you ever prayed with someone and had them share their struggles or difficulties? When this happens, we are more acutely aware that we aren't on this journey alone.

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#### **Call to Action:**

Do you need to recommit yourself to a lifestyle of prayer?

Have you experienced the power of prayer in your life?

How would you encourage someone else to experience the power of prayer?



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