



Prayer is like daily food for your spirit. Just like skipping meals weakens your body, skipping prayer weakens your soul.

1.) When You Don't Pray, You Drift

Everyday, you're either moving toward God or drifting away from Him.

Hebrews 2:1 says, "We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away."

The day you miss prayer is the day you miss power

2.) A Quiet Prayer Life Leads to a Loud Flesh

A sleeping prayer life awakens your past life.

Galatians 5:17 tells us "For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh."

If you're not feeding your spirit, your flesh will start running the show.

It's not enough to know just theology, we need Kneeology!

3.) The Devil Looks For An Easy Target

1 Peter 5:8 says, "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."

He's studying you, and when he sees your prayer life on life support, that's his cue!

If you are weak in prayer, you're weak everywhere.

When you are strong spiritually, you are strong everywhere

When you are weak spiritually, you become more vulnerable to the schemes of the enemy.

4.) Charge Your Spiritual Batteries

That's why Scripture tells us to "pray in the Spirit on all occasions with all kinds of prayers" (Ephesians 6:18) and "He who speaks in a tongue edifies himself" (1 Corinthians 14:4).

Praying in the Spirit is like plugging into heaven's power source.

Some battles you're facing can't be fought with casual prayers.

They need the power that comes only through the language of the spirit.

When you pray in the Spirit, you go beyond words. You tap into divine strategy.

You build up your spiritual immune system so when the enemy comes knocking, you don't answer with weakness - you answer with authority.