



THE PRAYER OF  
JABEZ

PRAYER  
STUDY GUIDE

# THE PRAYER OF JABEZ

## PRAYER STUDY GUIDE

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# THE PRAYER OF JABEZ

Welcome to this ten-day prayer guide based on the Prayer of Jabez. This is a follow-on from the prayer season earlier in the year, when hundreds of us across our KingsGate centres took up the challenge to pray this prayer every day for 28 days. The results were extraordinary! Throughout that time, people were constantly telling me what the Lord had done in their lives as they prayed, and many wrote to testify of His faithfulness and goodness. I have included some of those testimonies throughout this booklet. As I was thinking about how we should pray during these ten days, I felt a prompt for us to revisit the Prayer of Jabez. So, I've written this prayer guide to help remind us of the wonderful promises in God's Word as we boldly come before Him, and like Jabez, pray for blessing on our lives. This is ultimately so that we will be blessed to be a blessing to others and bring glory to God.

During this time we will also be fasting; so please prayerfully ask the Lord and carefully consider what He would have you fast from during the next ten days. There are various ways that you can fast – such as water only, a juice fast or a 'Daniel' fast (cutting out specific food and eating healthily) or by missing a meal a day, as well as fasting from different things like TV, social media etc. The important thing is to decide beforehand, commit yourself to the Lord and use the extra time to seek Him in the Word, and through prayer and worship.

I want to encourage you to pray this simple prayer on three levels:

- For yourself and your family
- For fellow Christians
- For those around you, who are not yet Christians. For this last group, I have provided space for you to write or re-write a list of people who you are asking God to BLESS through you.

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....
- 7 .....
- 8 .....
- 9 .....
- 10 .....

In addition to your own personal times of prayer and praying in LifeGroups, there will also be opportunities to pray together as a church. Please check the website for details of these meetings.

Each day, I've also included the links to the Prayer of Jabez sermon series, so that you can watch them again.

I'm really expectant at all the Lord is going to do through this ten-day prayer season, and look forward to hearing some more wonderful testimonies!

With love and blessings,



**Dave Smith**  
Senior Pastor

## DAY ONE

### THE TURNAROUND PRAYER - NO MORE PAIN!

Let me remind you about Jabez. He was a man in the Old Testament who, in spite of everything going against him, stood out from the crowd. He appears in one of the least read passages (1 Chronicles 1-9) in the middle of the longest list of genealogies (over 500 names!) in the Bible. This list includes some notable 'celebrities' like Adam, Noah, Abraham and King David. Then suddenly in 1 Chronicles 4:9, the author pauses to highlight one non-celebrity: **'Jabez was more honourable than his brothers'**.

What was it about Jabez that made him stand out? Did he have a royal or noble birth? Did he have a great upbringing, outstanding education or huge natural talent? NO. In fact the reverse was the case.

We read on in 1 Chronicles 4:9b **'His mother named him Jabez [which sounds like Hebrew for pain], saying, "I gave birth to him in pain."**

We don't know all the details of this - but there was obviously something significant about his birth as biblical names actually meant something. Everybody would have known as he was growing up that he was a man linked to pain. It seems likely that this name could have had a negative shaping effect on his destiny. Here's Jabez, born in pain, who grew up with a name which sounded like pain, and with a life that may well have been characterised by pain.

So what made him stand out so much that he got his own little bio in the middle of a list of names, and such that the Scriptures record that he was 'more honourable than his brothers'? Some commentators have even suggested that he was so blessed that a city was named after him (1 Chronicles 2:55).

What made Jabez so remarkable? What caused the turnaround?

We read simply that **‘Jabez cried out to the God of Israel’**. Notice he didn’t look within or around for help, but he looked to God, the God of Israel. Here’s his simple prayer: **‘Oh that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm, so that I will be free from pain. And God granted his request.’**

(1 CHRONICLES 4:10).

That’s it! He prayed this simple prayer to God. This was the key to his outstanding life.

There are four key elements or phrases to this prayer:

**‘Oh that you would bless me’ (a prayer for FAVOUR)**  
**‘enlarge my territory...’ (a prayer for INFLUENCE)**  
**‘Let your hand be with me...’ (a prayer for ANOINTING)**  
**‘and keep me from harm so that I will be free from pain...’ (a prayer for PROTECTION)**

What was the outcome? **‘AND GOD GRANTED HIS REQUEST.’**

So, let’s start to pray this prayer today, considering it in two ways:

- Firstly, pray into situations of pain, where you or others need to see a turnaround. This may include disappointment, relational breakdown, financial pressure or physical sickness.
- Secondly, thank God for situations where you are already experiencing blessing. Pray for more; that you and we, as a church family, will go to the next level of His blessing for us.

Pray that, like Jabez, we will see **GOD ANSWER OUR REQUESTS**, for our good and for His glory!

# JABEZ TESTIMONIES

“My daughter got a new job after applying for over 100 jobs. It wasn’t a good job it was the PERFECT stop-gap before university, and gave me the opportunity to talk to her about God’s love and provision for us.

I have been able to pray for colleagues at work, and one has asked to come with me to KingsGate. It’s so exciting!

I have prayed a lot with a friend who is going through a difficult time. In the space of two weeks she has found blessing and a new level of understanding and has also received a tax rebate of over £3000!! Amazing. She has rekindled her faith and is in our new prayer team!

I have prayed for my husband who is not yet saved, for supernatural strength during a very demanding project and he has been given it.

These are some of the ways that God has blessed me and my family and friends over a very short period of time. But the greatest blessing for me has been how much joy I feel and how excited I am that God is revealing his purpose for me and that he needs so little from me to bless so abundantly.”



Watch back **The Prayer of Jabez part 1** by Dave Smith  
[transformedlife.co.uk/prayer](http://transformedlife.co.uk/prayer)

## DAY TWO

### BLESS ME INDEED

Today and tomorrow we will be focusing on the first part of Jabez's prayer: **'Oh, that you would bless me.'** The English translation struggles to convey the full intensity of this cry. In the original Hebrew, both the noun 'blessing' and the verb 'bless' are found here, carrying the sense that Jabez is saying; "Lord, bless me and BLESS ME A LOT!"

So why does Jabez start here, and why is he so determined and so passionate for God to bless him? In a Biblical context, the word 'bless' is a very important and hugely powerful concept. In essence it means 'to ask for or impart supernatural favour' and 'a divine enabling for success.' If like Jabez we are struggling, and things aren't working out in our lives we need God's blessing; we need to receive favour, resources and power that don't come from ourselves.

The great news is that all through the Bible, we have a picture of God blessing people. From Genesis 1-2, where He blessed Adam and Eve, through to Abram in Genesis 12, where He blessed him to be a blessing, God revealed his desire to bless people. Interestingly, Abraham's grandson, Jacob was also given an unhelpful name from birth - Deceiver. On one occasion he spent the night in earnest prayer with God declaring: **"I will not let you go until you BLESS ME"** (GENESIS 32:26). As a result, his name was changed from Jacob (Deceiver) to Israel (He wrestles with God). Here in our text we have Jabez, a descendant of Israel, calling on the God of Israel, crying out, "Lord don't let my life, my name, my future be characterised by pain, BLESS ME, bless me a lot". 'And God granted his request'.

Let's pause and consider: if an obscure man from the Old Testament was able to fulfil his destiny because he sought God for blessing, how much more can we, as Christians, ask God to



bless us. From Ephesians, we can see that if we are 'in Christ', the Father has already **'blessed us in the heavenly realms with every spiritual blessing in Christ.'** (EPHESIANS 1:3). These blessings have already been provided for in Christ through His death, resurrection and ascension. Now, through our prayers, the Spirit wants to distribute those blessings in our lives and into the lives of those who we are praying for. We don't *produce* the blessings - we are called to *distribute* them as the Holy Spirit ministers through us in prayer.

So, with that in mind, let's start boldly praying this first part of the prayer:

- Oh that you would bless me, my family, my friends, my workplace, my LifeGroup, my church.
- Bring before the Lord any situations that you are 'wrestling' with.

# JABEZ TESTIMONIES

The National Director of an international charity was praying the Jabez prayer. This is what he wrote:

*“Day 1: We received £400,000 - the largest gift from a Trust ever - 20 times what we would normally receive!*

*Day 2: We received the largest ever single gift of £100,000 from an individual donor and this person had never given to us before!*

*Day 3: We heard from our Trading company about the sales of Gifts for Life (these are alternative gifts; school uniforms, medicine packs etc.). We had sold more Gifts for Life in the first three days of June than in the whole of May!*

*By the end of the week we had assurances that our appeal for the people affected by the devastating earthquake in Nepal will reach over half a million pounds. It will be the biggest ever response to any appeal in the 140 year history of the charity.*

*A few days later, the Law Commission in India agreed to advocate on behalf of people affected by leprosy to remove from the statute book all anti-leprosy legislation. They had been working at this for the last decade!”*



Watch back **The Prayer of Jabez part 1** by Dave Smith  
[transformedlife.co.uk/prayer](http://transformedlife.co.uk/prayer)

## DAY THREE

### **BLESS ME INDEED - with every spiritual blessing!**

We are continuing today with the first part of the Jabez prayer: **'Oh that you would bless me'** and we are going to be praying for the blessing and favour of God in all the different dimensions of our lives. We saw yesterday how, in Christ, we have already been blessed with every spiritual blessing. But also that we still need to appropriate what God has already provided. We do this through faith-filled praying and obedience to His Word.

So let's pray this prayer for blessing and favour over seven key areas of our lives:



### **Bless us with Spiritual Vitality**

Where there's spiritual weakness or weariness, pray this over yourself and others:

**'I pray that from his glorious, unlimited resources he will empower you with strength through his Spirit...then Christ will make his home in your hearts as you trust in him.'**

(EPHESIANS 3:16-17 NLT)

### **Bless us with Emotional Peace**

Let's not be anxious, but let's pray to God with thanksgiving for the peace of God for yourselves and for others.

**'And the peace of God which passes all understanding will guard your hearts and minds in Christ Jesus.'** (PHILIPPIANS 4:7)

### **Bless us with Physical Health**

This is one of the areas that we sometimes have to contend for in our own lives and those of our families and others. Pray this:

**'I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.'** (3 JOHN 2)

### **Bless us with Vocational Success**

Pray and position yourself for success in your work and ministry, believing for this promise to be fulfilled:

**'You will be blessed when you come in and blessed when you go out. The Lord will send a blessing...on everything you put your hand to.'** (DEUTERONOMY 28:6-8)

### **Bless us with Financial Provision**

As we align ourselves with God's will for our lives and become good stewards and generous givers, we can pray this:

**'And my God will meet all your needs according to His glorious riches in Christ Jesus.'** (PHILIPPIANS 4:19)

### **Bless us with Relational Harmony**

Let's pray for relational harmony, loyal love and the blessing of God on all our relationships - at home and in the church.

**'Behold how good and pleasant it is when brothers dwell in**

**unity...For there the Lord has commanded the blessing, life for evermore.'** (PSALM 133:1, 3b ESV)

As we see the blessing of God increasingly working in all these areas of our lives we can pray for an overflow:

### **Bless us with Missional Expansion**

Go to the storehouse, start allowing the Spirit to empower you to become a distributor of His blessing. **'I will bless you... and make you a blessing...and all people on earth will be blessed through you'** (GENESIS 12:2-3)

Why not pray this:

- God of Israel, God and Father of our Lord Jesus Christ, I turn to you, I cry to you, I pray that you would BLESS me, my family, my LifeGroup and every KingsGate centre with your supernatural favour with a divine enabling for success in every area of our lives. In Jesus' Name. AMEN!
- Is there anything specifically that you need to pray into, relating to the seven key areas of your life?

# JABEZ TESTIMONIES

“I am writing to share the blessings of God on my life and that of my family. Looking back over the months, indeed we can say God has been so good to us. More specifically, this is sharing the answer to prayers during the 28 day prayer challenge.

## **For me:**

During the prayer season, I got two specific messages: 1) We have supernatural favour for success and 2) we have new anointing for a new season. I took hold of these for my driving test which was a few days after, and to the glory of God, I passed. Please note this success comes after several attempts since 2006, even with a long break in-between.

## **For my husband:**

My husband had been looking for a particular type of contract within his field and for some reason this was scarce. Eventually he got the contract we had been praying for and we were all excited just for this to be dashed with the sad news of the job being recalled due to some technicalities with the agency that had put him forward. We held on to God in faith, committing this to him in prayer during the prayer challenge, and to God’s glory my husband now has an even better contract.

## **For our children:**

God has kept them all in good health. They have settled down really well in their new school. They have won several awards and medals in academics, sports and creative arts and one of them even came out in the papers.

## **For my mum:**

She had an incident where she got three fractures in her femur and had to have an emergency surgery. Her healing process is progressing very well and at a fast rate. She is now able to walk without her crutches for some time. We believe God for total healing where she would walk without a limp”.



Watch back **The Prayer of Jabez part 1** by Dave Smith  
[transformedlife.co.uk/prayer](http://transformedlife.co.uk/prayer)

## DAY FOUR

### ENLARGE MY TERRITORY

Today and tomorrow we are going to be focusing on the second part of Jabez's prayer: **'enlarge my territory.'** This is a prayer for increasing INFLUENCE. Imagine your life like a tent, and where that tent extends is the extent of your influence. Whereas for Jabez this would have literally meant territory or land, for those of us 'in Christ' our territory is far more significant since it concerns people!

When we are praying 'enlarge my territory' we are praying to God for greater opportunities to influence more people who God created, Jesus died for and the Spirit is wanting to bless through us. This goes right back to God's call on Abraham when God says to him: **"I will make you into a great nation, and I will bless you; I will make your name great, and you will be a blessing. I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you."** (GENESIS 12:2-3)

This has always been God's plan: to call a people to Himself, to bless them, and then make them a blessing to others. Now through Christ and for those who are 'in Christ', this promise can be fully realised, promised and fulfilled.

The great news from this prayer is that we can ask God to ENLARGE OUR TERRITORY, to INCREASE OUR INFLUENCE, and to MAKE US A GREATER BLESSING to others. In the words of Bruce Wilkinson, author of the best-selling book, *The Prayer of Jabez*: 'No matter what your vocation, the highest form of Jabez's prayer for more territory might sound something like: "O God and King, please expand my opportunities and my impact in such a way that I touch more lives for Your glory. Let me do more for You!"'

So, take time right now to pray this prayer: **'enlarge my territory.'**

- Pray for your own personal sphere of influence: those in your family, friendship group, neighbourhood, club or workplace.
- Then revisit the BLESS prayer: 'Who do you want to BLESS through me today?'
- Pray about who you can BRING either to the next Alpha course or to a Sunday service. Pray that God would give you the boldness to ask as many people as you can.
- Pray that you would see at least one person come to Christ this year.



# JABEZ TESTIMONIES

“My Head Teacher has wholeheartedly agreed to our newly formed prayer group at school putting a prayer request box in the staffroom so others can receive prayer.”

“When I heard the testimony about the person involved in the Leprosy Mission, I thought perhaps we should pray the Jabez prayer over the charity we run. So we started to do that. Only a couple of weeks later God answered our prayer in the area of widening our sphere of influence. I was listening to Premier Christian Radio last Monday morning when they were discussing the subject of stress and pressures of life and how people needed time and space to cope with it, they invited people to phone in and speak to a professional. I said “They need to come to The Well Head Centre”. I called them and spoke to a lady who asked me to hold, and then I could speak about it on air! Well I was a little shocked to say the least, but I thought, I must do it. So then I was invited to tell everyone who listens to Premier Christian Radio all about The Well Head Centre and what we offer. It was amazing. They gave out our website address 3 times in all as some people didn't have a pen and paper ready to write it down the first time I gave it out, so that was good. We have had 3 contacts since Monday and are expecting so many more. God has answered our prayer to widen our sphere of influence even more than we could imagine.”



Watch back **The Prayer of Jabez part 2** by Simon Deeks  
*[transformedlife.co.uk/prayer](http://transformedlife.co.uk/prayer)*

## DAY FIVE

### ENLARGE OUR TERRITORY

Yesterday, we looked at the second part of Jabez's prayer: **'enlarge my territory'** and how we can pray for God to enlarge our influence for Him. Practically we emphasised how we can specifically pray for those on our **BLESS** lists, as well as pray this simple prayer: **"Who do you want to bless through me?"**

Today, we want to broaden this and apply it to us as a church family by praying: **'enlarge OUR territory'**. Right from the start of KingsGate Community Church, we have been living in a prophetic word: 'Think big or you'll limit Me.' This was reaffirmed in 2013 at our 25 Year Celebration. The phrase 'Think big' is also found in the Message translation of Isaiah 54:2-3. **'Clear lots of ground for your tents! Make your tents large. Spread out! Think big! Use plenty of rope, drive the tent pegs deep. You're going to need lots of elbow room for your growing family. You're going to take over whole nations; you're going to resettle abandoned cities.'** This call to 'Think big' and these verses are at the core of our 2015-16 vision emphasis, which is the call to LENGTHEN AND STRENGTHEN, based on the NIV of the same passage: **'lengthen your cords, strengthen your stakes.'** (ISAIAH 54:2)

So, imagine with me for a moment what might happen if we, as a church, consistently pray together for God to increase our influence for His Kingdom in this way. There is such incredible power that can be released through agreeing prayer, in accordance with the will of God. Listen, for example, to the amazing promise of Jesus: **"Again, truly I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven"** (MATTHEW 18:19).

As we agree in prayer together, our Father is going to move in new ways, and open new doors for the gospel. Many lives are going to be transformed because they are going to be blessed with the

blessing that we have received. As we look ahead to this autumn:

- Pray that God will enlarge our territory as a church.
- Pray for your LifeGroup or Cluster - that God would enlarge your territory.

Pray also for the following:

- KingsGate Leicester - as we move to morning services, that many more people would have the opportunity to come and connect. Pray especially for the Leicester leadership team, that they would have all the resources they need for this new season.
- KingsGate Cambridge - as we celebrate 5 years since the launch of this Centre, that many people would come and join the KingsGate church family. Also, pray for the re-launch of the Sunday evening Revolution service at Ballare - for many students and young adults to be added in, and also pray for the autumn Alpha Course.
- KingsGate Peterborough - for lots of new visitors at our Sunday services, and for much growth and consolidation. Also, for many to come and be impacted at the Alpha Meal and to sign up for the Alpha Course.
- KingsGate London - for a great start to a significant journey! Let's believe that God will add the right people at the right time to help the launch phase, starting with LifeGroups.
- Pray for all the Compassion children who we sponsor in Kolkata, India.
- Pray for continued fruitfulness as we partner with the Bulembu ministry in Swaziland.
- Pray for the Government and all those in authority.
- Finally, pray for the church across the UK - for blessing, enlargement and for a Revival to come and overflow to Europe and to the ends of the earth.

# JABEZ TESTIMONIES

“After just finishing a Return to Nursing University course and placement at a local hospital I was offered a Staff Nurse post, which I will start soon. Shortly after, I received a cheque in the post for a totally unexpected tax refund for a couple of hundred pounds. The next day, TOTALLY out of the BLUE, I received an email from a manager from a different part of the hospital, inviting me to help with recruiting of students. All of the students are from Anglia Ruskin University (Cambridge)! Territory is increasing in my job, and I haven’t even started yet! I will also be reaching out to students in Cambridge, which we’ve been praying into as a church”.

“A member of our LifeGroup has recently retired from the RAF. In adjusting to life as a civilian, he had started to pray a form of the Jabez prayer over his workplace each day as he was going to work – asking that God would bless the business and increase his influence. His hard work and good attitude have been noticed and in the last few weeks he has been offered more responsibility and a pay rise”.



Watch back **The Prayer of Jabez part 2** by Simon Deeks  
*[transformedlife.co.uk/prayer](http://transformedlife.co.uk/prayer)*

## DAY SIX

### LET YOUR HAND BE WITH ME

Today, we turn to the third part of Jabez's prayer: **'Let your hand be with me.'** Once we start boldly praying, **'Oh that you would bless me and enlarge my territory'** we will find that we are more dependent on Him than ever, hence the need to ask for His hand to be with us. Throughout the Old Testament, the hand of the Lord was usually symbolic of God's power or ability: **'...rays flashed from his hand, where his power was hidden.'** (HABBAKUK 3:4)

God creates by His hand (Isaiah 48:3; Psalm 8:3), holds the world in His hand (Psalm 95:4; Job 12:10), delivers His people by His hand (Exodus 13:9) and gives protection by His hand (Ezra 8:31). The psalmists often cried for help from God's hand: **'Arise, Lord! Lift up your hand, O God. Do not forget the helpless.'** (PSALM 10:12)

So when, like Jabez, we pray "let your hand be with me", we are acknowledging our helplessness and our need of God's hand, His sovereign power to work in our lives and in the lives of those we are praying for.

In addition to His help, this reference to 'your hand' emphasises that ultimately our prayers are all about Him and the power that comes from Him. The result of our prayers is that glory goes to Him, as His will is accomplished through us. It's so important that we align our lives and our prayers in this way; away from just *our* needs to an attention for *His* glory.

In *The Prayer of Jabez*, Bruce Wilkinson highlights this emphasis: 'You could call God's hand on you "the touch of greatness." You do not become great; you become dependent on the strong hand of God. Your surrendered need turns into His unlimited opportunity. And He becomes great through you.' Wow, that's so helpful. HE BECOMES GREAT THROUGH YOU!

So, take time today to pray this vital prayer: **'Let Your Hand be with me'**.

- Ask the Holy Spirit to come and fill you, and to overflow from you into every area and sphere of your life.
- Pray, too, that the Lord would bless others through you - that He would empower you to be His witness today!

## JABEZ TESTIMONIES

### Answers to prayer from just one LifeGroup:

- A son has moved from apathy in finding a job, to receiving paid employment and having pride and determination to keep the job - a complete U turn
- Someone else easily securing shifts for work when needed
- Another person receiving a new job
- Family members having promotions in a company which was making a lot of redundancies
- Other family members receiving work after being out of work for many months and receiving praise
- Many contracts come in for a family business
- Somebody else receiving several interviews within a couple of days and offered a job
- A successful house move



Watch back **The Prayer of Jabez part 3** by Pastor Agu Irukwu  
*[transformedlife.co.uk/prayer](http://transformedlife.co.uk/prayer)*

## DAY SEVEN

### LET YOUR HAND BE WITH US

Today, we are continuing to focus on the third part of Jabez's prayer: **'Let your hand be with me'**, but we are going to be applying it collectively and praying **'Let your hand be with US'**. As we saw yesterday, the hand of the Lord represents His power flowing through us to accomplish His will in our lives for His glory.

In effect, the 'hand of the Lord' is not so much a force as a person, the Holy Spirit. The Holy Spirit is the third person of the Trinity, sometimes described as the 'power of the Trinity'. Throughout the Bible, the role of the Spirit in empowering God's people is seen as absolutely essential. Significantly, Jesus Himself, the Son of God, yet a perfect man, didn't accomplish any mighty works until after He received the supernatural empowerment that came from the Holy Spirit at His baptism (see Luke 3:21-22). But once the Spirit was upon Him, He went around doing good and transforming many lives because God was with Him (see Luke 4:18-19; Acts 10:38).

What had happened? In Old Testament language, the hand of the Lord had come upon Him! Then Jesus, on many occasions, promised His disciples the same power that He had received. Notice, for example, Luke 24:49, where He promised that the disciples would be **'clothed with power from on high'**, or Acts 1:5 when He declares that they will be **'baptised with the Holy Spirit.'**

Why? So that they could continue His mission, for His glory: **'... you will receive power when the Holy Spirit comes on you; and you will be my witnesses...to the ends of the earth.'** (ACTS 1:8). That promise was fulfilled on the day of Pentecost when the Spirit came and filled the whole group (see Acts 2:1-4).

Significantly, that was not the end of their need for empowering. A while later, having begun to carry out the will of God in Jerusalem, with many thousands being saved and healed, the

disciples began to experience persecution. Rather than back off, they went to God in united prayer and prayed: **‘Now, Lord, consider their threats and enable your servants to speak your word with great boldness. STRETCH OUT YOUR HAND to heal and perform miraculous signs and wonders through the name of your holy servant Jesus.’** (ACTS 4:29-30).

Notice these Spirit-filled Christians asked God to fill them again and to stretch out His hand to perform miracles in the name of Jesus. What was the result? God answered their request: **‘After they prayed, the place was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.’** (ACTS 4:31).

Many years later, as the gospel goes to another city, Antioch, a number of disciples go about telling the **‘good news of Jesus’**. As they go, we read how **‘THE LORD’S HAND WAS WITH THEM’** and as a result **‘...a great number of people believed and turned to the Lord.’** (ACTS 11:20-21).

So, let’s pray: **‘Let your hand be with us’**. Like Jabez and the early disciples let’s ask the Lord for His empowering.

- Pray specifically that as we seek to BLESS those around us, and as we BRING them to Alpha and to Sunday services, we will see many miracles and salvations, in Jesus’ Name!



# JABEZ TESTIMONIES

“God has been blessing me tremendously lately. He has answered my prayers quickly, and giving me more than I could imagine. He has been directing my path and it seems more clear than ever. Thank you Jesus!”

“Since the Prayer of Jabez I have had two offers of new work, both could lead to further work.”

“A lady has been recovering from an operation. At our Touching Heaven, she came along – her first time at church since her operation. Dave prayed over vocational blessings twice. He prayed that doors that have been closed in the work place will open and where we have been stuck in a job, things will start moving. The very next day she received a text from one of her senior work colleagues inviting her on a training job opportunity that was coming out that day. She had been off work for 5 weeks and is due for another 3-4 weeks off. It was wonderful that a colleague had remembered her and given her the opportunity to apply.”

“I wanted to send encouragement to the team about the amazing things God has been doing in my life since praying into the prayer of Jabez. I had my line management lesson observation carried out by my head teacher. I got the highest I could in all 24 boxes and was graded outstanding in every category! The areas for development box said...None!! The students said things in that lesson that they would not have said before and I felt God’s presence shining on me.”



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[transformedlife.co.uk/prayer](https://transformedlife.co.uk/prayer)

## DAY EIGHT

### KEEP ME FROM HARM

We come now to the fourth and final part of the Jabez prayer: **‘keep me from harm so that I will be free from pain.’** Remember that here was a man who had been born in pain, whose name was associated with pain, and whose life was probably characterised by pain. So, having prayed for FAVOUR, INFLUENCE and ANOINTING, he concludes by praying for avoidance PROTECTION. **‘And God granted his request.’** (1 CHRONICLES 4:10B)

It is so important that we learn to pray this part of the prayer. What does it mean and how can we pray it? I think it includes two things:

First, it’s a prayer of AVOIDANCE. It’s a recognition of our own vulnerability, where, in effect, we are asking the Lord to keep us out of situations that would be harmful for us. We are asking for His providential guidance and protection to keep us out of harm’s way. It’s a very powerful prayer: ‘Lord, keep me from sinful, compromising situations and relationships’.

Secondly, it’s a prayer of PROTECTION. It’s a recognition that since we live in a fallen world, together with our own weaknesses and an active devil, it’s not possible to avoid harm completely. In those instances, we need to make sure that we are spiritually protected with the armour of God, and with all the protection that God has provided. Therefore, it’s a prayer for God to protect us when we’re in the midst of the battle.

In effect, this Prayer of Jabez is a shortened version of Jesus’ instructions in the Lord’s Prayer where we are told to pray: **‘Lead us not into temptation, but deliver us from evil.’** (MATTHEW 6:13 ESV) Jabez prayed a prayer of avoidance and protection, and God answered his request. Jesus instructed us to pray in a similar way and so it’s clearly important that we do so.

So, starting today, can I strongly encourage you to start praying this prayer: **'keep me from harm, so that I will be free from pain.'**  
Pray this:

- Over yourself and family - ask that the Lord would guide and protect you.
- Over others - pray for Christian friends and co-workers.
- Over KingsGate - that the Lord would continue to sovereignly guide and protect us, as He has so faithfully done over these past 27 years.

# JABEZ TESTIMONIES

“A man was told at the end of May that his contract was going to end at the end of June. He and his LifeGroup prayed the Prayer of Jabez for God to favour and bless him with a new contract. He also asked God for the new contract to be in place before the end of June and precisely before the end of the second week in June. In the second week of June he had three interviews, went for the first one on Wednesday and was offered the job the next day Thursday, which he accepted. He then had to turn down the other two who tried their best to get him to come for the interviews! He has now started the role and is very grateful to God”.

“A couple have been on the adoption/fostering route for a long time and had a number of challenges to overcome along the way, from serious illness to redundancy. Last week they were finally approved as Foster Carers. Unfortunately, an electrical safety check on their house required as part of permission to proceed as carers, revealed that they needed some fairly substantial work doing on the house in order to make it conform to the standard required. On Sunday they received, completely unexpectedly, a cheque for a miscalculation of a redundancy payment received 9 years ago. On the same day they received a substantial gift. They were thanking God, but it wasn't quite enough to cover the electrics. Then they received a tax rebate that means they have more than enough to complete the electrical work!”



Watch back **The Prayer of Jabez part 4** by Dave Smith  
*[transformedlife.co.uk/prayer](https://transformedlife.co.uk/prayer)*

## DAY NINE

### KEEP US FROM HARM

Today, we are continuing to focus on praying the fourth and final part of the Jabez prayer: **'keep me from harm, so that I will be free from pain.'** Remember that this is a prayer of AVOIDANCE and PROTECTION. The great news is that God has provided great resources for us to enjoy this deliverance and protection. Primary among these resources are His **NAME**, His **WORD**, His **SPIRIT**, His **PEOPLE** and His **BLOOD**. So, use these resources as you pray this prayer: **'keep and protect me...'**

#### As I call on Your **NAME**

Jabez didn't just pray to any god, he prayed to the God of Israel. The root word for 'God' here is 'Elohim', which highlights that God is the Creator God, the All-powerful God (see Genesis 1:1; 17:1). But for a Jew like Jabez, he also would have known that God revealed Himself by another name, Yahweh, usually translated as 'the Lord', 'I Am, that I Am', 'I will be what you need me to be, when you need me to be it'!

The great news is that, just like Jabez, we can call on the name of the Lord and receive His protection: **'The name of the Lord is a strong tower, the righteous run to it and are safe.'** (PROVERBS 18:10)

We as Christians, have the name that is above every name, the name that represents all the names of God - the name of Jesus Christ, the Lord. We can call on HIS name; **'keep and protect me as I call on Your Name.'**

#### As I live by Your **WORD**

God has given us His Word for many reasons, one of them is to help us keep out of harm. For example in Psalm 119:9,11 we read: **'How can a young man keep his way pure? By living according to your word...I have hidden your word in my heart that I might not sin against you.'** Notice here - the Word will help keep the person pure - this involves hiding the Word in your heart. So, the

Word is a main way that God will keep us, and when we are in the midst of the battle, a primary way that God will protect us. Jesus demonstrated this in the wilderness, where three times He was tempted by the devil, and three times He spoke the Word and defeated His adversary. If we want to win the battles of life, we, too, need to memorise, meditate on and speak out the Word of God.

### **As I follow Your SPIRIT**

The Holy Spirit is your great guide in life. If you pray 'keep me from harm', the Spirit will work in you to help direct your course and there is the promise: **'Live by the Spirit, and you will not gratify the desires of the sinful nature.'** (GALATIANS 5:16). Walking in the Spirit and following His Spirit, will help you stay out of trouble. But you can also be assured that when you do face challenges, you have the mighty one, the third person of the Trinity living in you, walking alongside you. You never have to fear because He is more than able to deal with your spiritual enemies, **'because greater is he who is in you, than he who is in the world.'** (1 JOHN 4:4 NASB)

### **As I dwell with Your PEOPLE**

This principle is highlighted throughout the Bible. **'Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.'** (ECCLESIASTES 4:12). Since I've been a Christian one of the greatest blessings has been to surround myself with God's people. Can I urge you, too, to surround yourself with the people of God - one of the greatest means of protection. Dwell with others; join a LifeGroup and a serving team and regularly pray for each other: **'Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.'** (JAMES 5:16)

### **As I remember Your BLOOD**

This is our ultimate protection. In the Old Testament, the people of Israel were getting ready to leave the slavery of Egypt. God was about to judge the Egyptians so He instructed His people to kill a

lamb and put its blood on the doorposts and lintels. He promised: **‘When I see the blood I will pass over you. No destructive plague will touch you...’** (EXODUS 12:13). Thereafter, they were to celebrate the Passover with an annual festival. Now, we have a greater promise since this Old Testament incident was a foreshadow of the greater sacrifice of Christ who is **‘our Passover lamb.’** (1 CORINTHIANS 5:7). When we accept Him, His blood is applied to the door of our lives - no longer under the judgement of God but instead forgiveness, cleansing and right standing with God. It’s also a mark of protection for us from our enemies. Revelation 12:11 says, **‘They overcame him by the blood of the Lamb and by the word of their testimony.’** The blood of the Lamb, Jesus Christ, is the ultimate basis of our right standing before God, our salvation and also the basis of our protection from evil.

Today, pray over yourselves and others: ‘keep us and protect us’.

- Appropriate God’s great resources on an ongoing basis:  
His **NAME**, His **WORD**, His **SPIRIT**, His **PEOPLE** and His **BLOOD**

# JABEZ TESTIMONIES

“With all of the reminders of what God is doing in the church as a whole, we wanted to let you know how God has blessed us since we started praying more specifically since the Jabez series began. In the past couple of months we’ve been keeping track of answered prayers, both big and small and have seen God answer at least 10 very specific prayers including:

- Our new-born baby gained weight after several worrying weeks of weight loss/plateau
- Healing of post-pregnancy complications
- A seemingly impossible work situation which had arisen during my maternity leave and which I could do nothing to resolve myself was totally resolved in a better way than I could have hoped for!
- My husband’s job has remained secure after a restructure at work which affected many others
- A friend who was struggling to conceive found out she was pregnant a day after I offered to pray for her

This is just a few of the answers we have seen but perhaps the best thing is that both my husband and I have found a renewed motivation to pray and to pursue God more intentionally since joining KingsGate earlier this year. We had been coasting in our faith somewhat and I feel that the Jabez series in particular has provided the injection of motivation and desire to seek God that we both needed. In the wake of this it is no surprise that opportunities with our non-Christian friends are opening and now we’re praying that as we seize those God appointments we’ll see friends coming to church and meeting Jesus”.



Watch back **The Prayer of Jabez part 4** by Dave Smith  
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## DAY TEN

### AND GOD ANSWERED HIS REQUEST

As we conclude our ten days of prayer with fasting, I want to focus on the final phrase of our text on Jabez: **‘And God answered his request.’** This is so simple and yet profound. It reveals the loving heart of our all-powerful God towards us. Here, He answered the cry of an Old Testament believer for FAVOUR, INFLUENCE, ANOINTING and PROTECTION. How much more will He answer His believing children in the New Testament age who are now ‘in Christ’!

There are so many wonderful promises about God’s willingness to hear and answer our prayers. Consider, for example, Jesus’ statements:

**‘Ask and it will be given you...how much more will your Father in heaven give good gifts to those who ask him.’** (MATTHEW 7:7A, 11B)

**‘I tell you the truth, my Father will give you whatever you ask in my name...Ask and you will receive, and your joy will be complete.’** (JOHN 16:23-24)

Then there are the wonderful promises when we pray according to His will: **‘This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us - whatever we ask - we know that we have what we asked of him.’** (1 JOHN 5:14-15)

But it is so important that we PERSIST in prayer. In the original language of Luke 11:9-10, it reads: **‘KEEP ON ASKING and it will be given you; KEEP ON SEEKING and you will find; KEEP ON KNOCKING and the door will be opened to you. For everyone who KEEPS ON ASKING receives; he who KEEPS ON SEEKING finds; and to him who KEEPS ON KNOCKING, the door will be opened.’**

So, on the final day of this prayer season, can I strongly urge you to position yourself to KEEP ON PRAYING every day for the rest of your life!

Let me encourage you with a picture. Imagine a huge canopy of water over your life. The water represents the blessings that Christ has already bought and purchased for you, including FAVOUR, INFLUENCE, ANOINTING and PROTECTION. Every time you pray in faith, you are poking holes in that canopy and the water is beginning to flow out. The more you pray, the more holes, and the more blessings that are released. Until one day, there are so many holes and the pressure of water is so great, that the canopy breaks and you get an OUTPOURING, a 'suddenly', a breakthrough moment!

Imagine a similar but much larger canopy over the WHOLE OF KINGSGATE which represents the blessings that God has for us as a united people - in all our families, groups, teams and centres - in Peterborough, Cambridge, Leicester and as we begin in London. If, as we have heard a number of times, God is calling us as a church family to play our part in seeing a revival and an outpouring in the UK (and beyond!) we need to:

- Keep on praying and positioning ourselves for God to bless others through us!
- Pray that we would enter into a season of 'acceleration' and a time when we will see the harvest of many seeds sown.
- Let's pray with increasing fervour and faith for an outpouring over our lives and over the whole of the Church; so great that the water will OVERFLOW into our communities, villages, towns, cities and into our NATION and the NATIONS, in Jesus' Name for His glory!



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**I trust that you have had a great time praying the Prayer of Jabez during these last ten days. Please send in your testimonies and answers to prayer, so that we can all be encouraged and strengthened by your story.**



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