



## LESSON 1 // CHANGE ME

**Big Idea:** Often when we hear that “prayer changes things,” we think of how God can change external situations and other people as we pray. While the Lord does work in situations and the lives of others through prayer, the beginning point of effective praying is to recognize that, first and foremost, God wants to change us!

From Jacob’s life-changing experience with prayer in Genesis 32, we learn valuable lessons about this: how desperately we need to change because of our sinfulness and brokenness; how God uses circumstances to help us see our issues that need to change; how getting real with God is the only way to get rid of our issues; and that the changes the Lord brings are always good.

**Genesis 32:24-28 (NIV)** *So Jacob was left alone, and a man wrestled with him till daybreak. When the man saw that he could not overpower him, he touched the socket of Jacob’s hip so that his hip was wrenched as he wrestled with the man. Then the man said, “Let me go, for it is daybreak.” But Jacob replied, “I will not let you go unless you bless me.” The man asked him, “What is your name?” “Jacob,” he answered. Then the man said, “Your name will no longer be Jacob, but Israel, because you have struggled with God and with humans and have overcome.”*

### Start Talking:

Talk about a situation when you desperately needed something to change in your life. How did you get through that challenge?

### Start Thinking:

Why is it important as we pray to acknowledge that we have issues and need God’s help to overcome them?

**Read Genesis 27:41 and Philippians 1:12-14.** How can God use circumstances to reveal what He wants to do in your life? In what ways has He done this for you?

**Read Genesis 32:9-12 and Isaiah 38:1-6.** What do you learn from these passages of Scripture about “getting real with God” in prayer? What difference could this make in how you pray and the results you see from prayer?

**Read Romans 8:28, 12:2 and Hebrews 11:6.** How do these verses build your confidence that changes God will make in your life through prayer will be good for you?

### Start Praying:

Pray for God to help you identify an area in your life that needs to be changed by His power and grace. Use David’s heart cry in Psalm 139:23-24 as part of this prayer.

### Start Doing:

Ask God to begin to change you in the area you have identified. This may require persistent prayer for some time, but commit to the process of praying this through. Get real with God about it, wrestle with Him about any stubbornness you see in your heart and mind, and believe that He has good things in store as He changes you.