

## “Upsurge”

(Prayer Rocks #1)



### Psalm 61 New International Version (NIV)

1 Hear my cry, O God;  
listen to my prayer.  
2 From the ends of the earth I call to you,  
I call as my heart grows faint;  
lead me to the rock that is higher than I.  
3 For you have been my refuge,  
a strong tower against the foe.  
4 I long to dwell in your tent forever  
and take refuge in the shelter of your wings.  
5 For you, God, have heard my vows;  
you have given me the heritage of those who fear your  
name.  
6 Increase the days of the king's life,  
his years for many generations.  
7 May he be enthroned in God's presence forever;  
appoint your love and faithfulness to protect him.  
8 Then I will ever sing in praise of your name  
and fulfill my vows day after day.

New International Version (NIV)  
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### *Reflection on the Word:*

1. Think of a time when you experienced a spiritual learning, silver lining, or “mountaintop view” at the same time you were experiencing a challenge in your life.
2. What role, if any, did your faith and prayer play? Did the challenge discourage your prayer life or deepen it?
3. What were the expected and unexpected barriers you faced as you tried to overcome a challenge?
4. Were you tempted to give up? What kept you from giving up or conversely how did you continue?

### *Family Time or Small Group Discussion:*

1. When was a time you attempted a challenge that you believed was beyond your skills or out of your comfort zone? What equipment, supplies, or skills did you wish you would have had, but did not?
2. Did you have any traveling companions along the way? Who were they? How did they impact your journey?
3. Where did you see God working? Did you see God as you were working through the challenge or when you were looking back reflecting on the challenge?
4. How can we pray for you this week?

### *Sermon Series Resources:*

Kibbey, Sue Nilson (2019). *Ultimate Reliance: Breakthrough Prayer Practices for Leaders*. Nashville: Abingdon Press.

Kibbey, Sue Nilson (2016). *Flood Gates: Holy Momentum for a Fearless Church*. Nashville: Abingdon Press.

Picardo, Picardo, Kibbey, Sue Nilson (2022). *Dynamite Prayer: A 28 Day Experiment*. Nashville: Invite Press.

### ***Sermon Series Introduction:***

We are kicking off a new ministry year building on the foundation of Oak Grove's fruitful history of prayer with a new sermon series and a new challenge. Our sermon series will focus on prayer and possibilities and is titled: Prayer Rocks! Our new challenge is based on the book *Dynamite Prayer: A 28 Day Experiment by Rosario Picardo & Sue Nilson Kibbey*. My hope and prayer are that both our collective and individual prayer lives are reignited through Oak Grove's Dynamite Prayer Challenge leading us to a rock that is higher than I (Psalm 61:2).

### ***Ways to participate in Oak Groves Dynamite Prayer Challenge:***

1. Join Oak Grove UMC's Prayer Team. Our prayer team receives prayer requests from people throughout the week via the [prayer@oakgroveumc.org](mailto:prayer@oakgroveumc.org) email, prayer request cards, and verbal requests made directly to pastor Amanda, pastor Britney, and the church office. Prayer requests are sent to the prayer team from our Office Manager, Julie or Anita Carity the coordinator for the prayer team. If you would like to join the prayer team, please contact Anita Carity via email at [anitalcarty@gmail.com](mailto:anitalcarty@gmail.com) or call Julie in the church office at 757-547-2319.
2. Follow the prayer prompts on Oak Grove's website and in the weekly sermon notes for the Prayer Rocks sermon series.
3. Help write a new breakthrough prayer for Oak Grove. This will be a prayer that addresses the challenges we are facing today. This is a short-term commitment of working with Pastor Amanda and a group to write and roll out Oak Grove's new breakthrough prayer to the congregation. Contact Pastor Amanda at [pastoramanda@oakgroveumc.org](mailto:pastoramanda@oakgroveumc.org) or via text at 703-608-6444.
4. Purchase the book and follow along on Oak Grove's Facebook Book Page. If the cost of the book prevents you from participating, please take a book and pay what you can afford, leave a note in the envelope so we can account for the books it is fine to do this anonymously or to share your name.
5. Leave a prayer of Thanksgiving or a Prayer Concern on the prayer wall in the narthex of the historic sanctuary or in The Grove in the main building.
6. Pray over the prayers on Oak Grove's prayer walls (see #5)

### ***A Note About the Prayer Walls...***



Oak Grove's worship and arts team has been busy designing and installing prayer walls inspired by the

Western Wall in Israel. The prayer walls will be in The Grove and in the narthex of the historic sanctuary and will remain up through the program year. The walls were designed for prayers to be written and placed in the cracks of the wall similar to the Western Wall.

Pastor Amanda will be leading a trip to Israel in February 2024 which will include visiting the Western Wall. The trip is open to everyone, if you would like more information, please contact Pastor Amanda or pick up a brochure in The Grove or the narthex of the historic sanctuary.

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