

"The Prayer of Jabez: Reflecting and Applying" Worksheet



1 Chronicles 4:10

10 And Jabez called on the God of Israel, saying, Oh that thou wouldest bless me indeed, and enlarge my coast, and that thine hand might be with me, and that thou wouldest keep me from evil, that it may not grieve me! And God granted him that which he requested.

Objective: To help individuals reflect on the message of the prayer of Jabez and apply it to their own lives.

Reflect on the following questions

1. What stands out to you about this prayer?
2. What do you think the main message of the prayer is?
3. How do you think the prayer can be applied to your own life?

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

Write down specific ways you can apply the message of the prayer of Jabez to your own life.

Examples could include:

- Asking God for blessings in your life
- Praying for protection and provision
- Seeking wisdom and guidance in decision making
- Strive to live a life that honors God

Set a goal to incorporate the prayer of Jabez into your daily prayer routine.

Reflect on your progress in a week, and make any necessary adjustments to your plan.

Repeat the process regularly to keep the message of the prayer of Jabez fresh in your mind and to continue growing in your relationship with God.

Share your findings with a group or a friend for accountability and encouragement.

