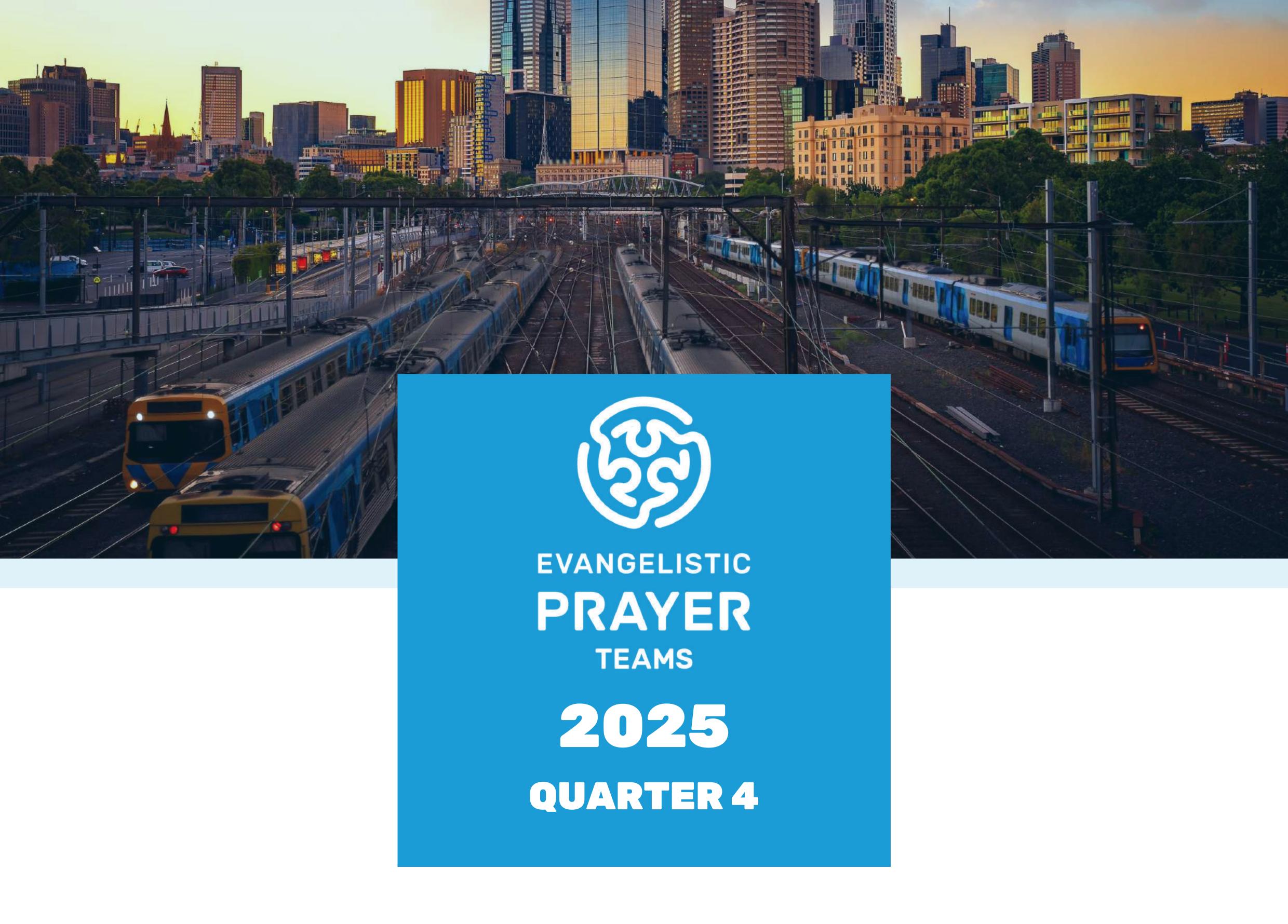


PRAYER

TEAMS

2025

QUARTER 4



EPTs gather Christian workers across Australia to encourage one another in our CONVICTION, CHARACTER, COMPETENCE, and COURAGE in helping our friends and colleagues meet Jesus. We also pray for each other that God may work in each other's lives so that Jesus may be known.

Vision: To reach the world through workers with the good news about Jesus.

Aim: 1000 people across Australia meeting Jesus in the pages of the Bible.



TAKE THE NEXT RELATIONAL STEP

COFFEE

Shared a personal conversation

Knows I'm Christian

Spent social time together

DINNER

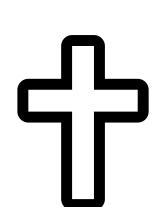
I understand their values and worldview



I've shared the Bible's worldview

GOSPEL

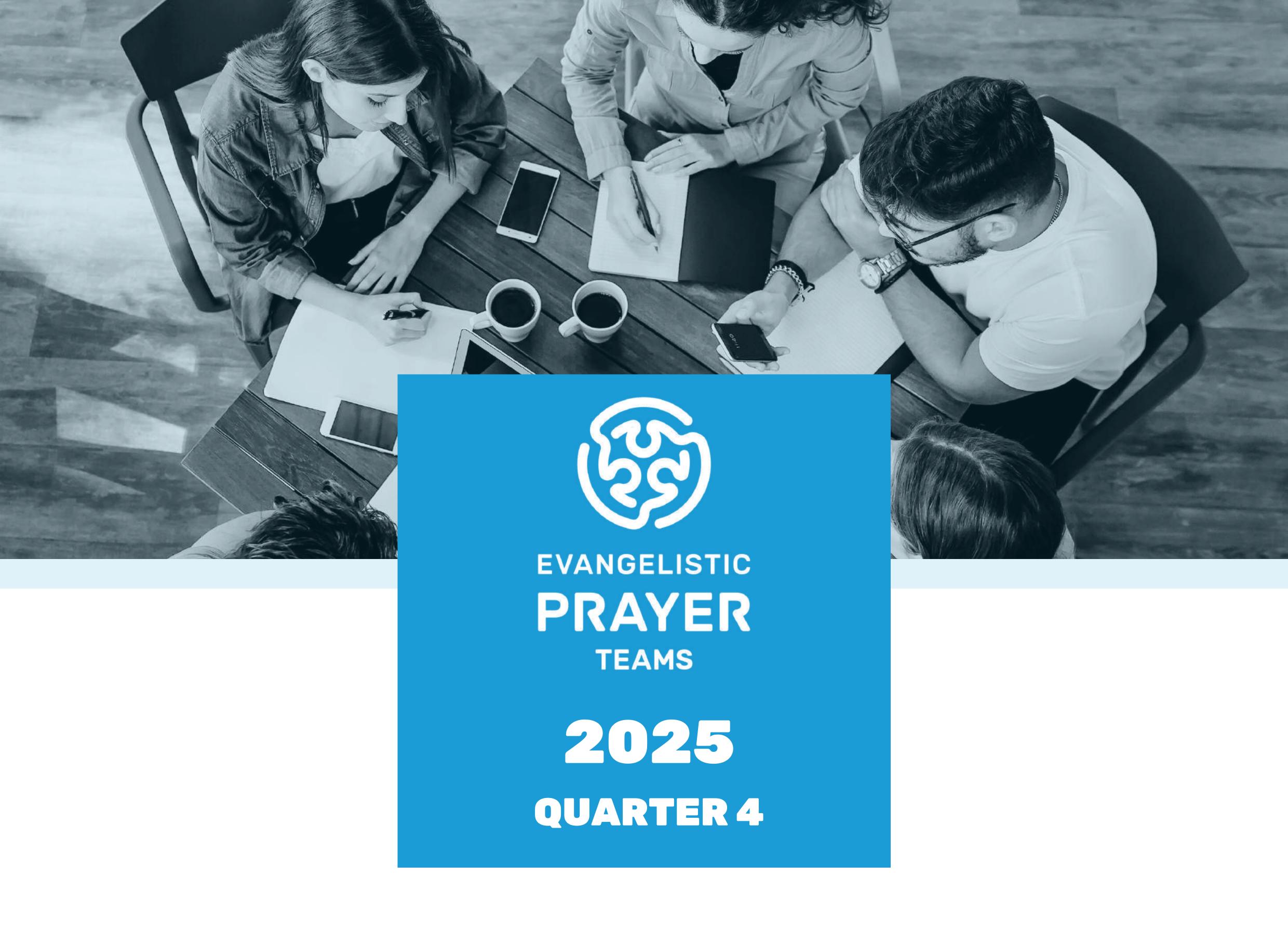
Made a clear gospel presentation



Reading the Bible

Become a Christian

Joined a good church



OVERVIEW

GOD IN THE STORM

GOD AND OUR STUFF

THE VITAL IMPORTANCE OF REST

PERSISTANCE IN PRAYER

REFLECTION



GOD IN THE STORM









Course Summary

These studies explore Psalms of God's people in times of turmoil.



- 1: KNOW THAT I AM GOD
- 2: COPING THROUGH THE STORM
- 3: SURROUNDED BY LIONS



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Share a time when you faced a seemingly impossible situtation. What got you through?



Big Picture

Though it may not look it – as the nations rage against God – God is the victor, building his kingdom.



Bible Passage

Come and see what the Lord has done,

the desolations he has brought on the earth.

He makes wars cease

to the ends of the earth.

He breaks the bow and shatters the spear;

he burns the shields with fire.

He says, "Be still, and know that I am God;

I will be exalted among the nations,

I will be exalted in the earth."

The Lord Almighty is with us;

the God of Jacob is our fortress.

Psalm 46:8-11

COMPETENCE

CHARACTER

CONVICTION



Key Truths

- 1. As you look through history, kingdoms rise, empires fall, nothing lasts forever. A superpower always looks unstoppable until it falls. We're invited to look over the ruins God has brought over the earth as great powers are brought to nothing, wars are stopped, weapons of war are shattered.
- 2. Be still! Be still and know that I am God is a favourite for serene Christian posters. But given the military context, it can't be talking about seeking quiet moments to hear from God. The Christian Standard Bible says "Stop fighting" it's a command from God. As the nations line up outside God's city and his people, God demands they give up now.
- 3. And know that I am God. God is exalted above all the earth, no one can stand against him.

 Knowing God is understanding him truly he is Lord of all. And this God our heavenly

 Father is our defender too. We stand on the walls of the city of God and see the opposing powers and superpowers throwing down their weapons in surrender before our God.

Thoughts? Questions?



Application

When you're in the middle of strong opposition or even persecution, the people opposing us seem unstoppable. How can we ever hope to stand up under it?

When the idea of sharing Jesus at work comes up, inevitably the fear arises – "But if I mention Jesus in my workplace I could lose my job!" Now, it may not be as drastic as that, but there is a real sense in our workplaces today that talking about Jesus could have some serious impacts upon our career. God is exalted among all nations and authorities. How does this help address our fears of the authority over us at work?



Pray for boldness to share Jesus when people may not welcome him in our workplaces.

Pray that as you face potential opposition that you would remember that God wins – and is truly exalted over all!

Pray for an opportunity to share Jesus this week.

Remember

COFFEE



DINNER



GOSPEL









Not waving, drowning. We have all had those moments where we've felt completely overwhelmed - wave after wave have crashed over us.

Maybe you've had someone say to you - "Where is your god?".

What do you do? Do you just knuckle in and get on with it? Do you curl up into a ball? How do you cope?



Big Picture

When our workplace gets hostile, and God seems far away - he is there in the suffering.



Bible Passage

My soul is downcast within me;

therefore I will remember you

from the land of the Jordan,

the heights of Hermon-from Mount Mizar.

Deep calls to deep

in the roar of your waterfalls;

all your waves and breakers

have swept over me.

By day the Lord directs his love,

at night his song is with me-

a prayer to the God of my life.

I say to God my Rock,

"Why have you forgotten me?

Why must I go about mourning,

oppressed by the enemy?"

My bones suffer mortal agony

as my foes taunt me,

saying to me all day long,

"Where is your God?"

Why, my soul, are you downcast?

Why so disturbed within me?

Put your hope in God,

for I will yet praise him,

my Savior and my God.

COMPETENCE

CHARACTER

CONVICTION



Key Truths

- 1. "Why have you forgotten me?" Even when God feels absent, he's there. Though the Psalmist can't sense God's presence he acknowledges that God is still there the waterfalls and waves are God's waterfalls and breakers and waves God is there. Indeed, as "deep calls to deep" there is a sense in which there is divine communication even in suffering.
- 2. Feeling disheartened? Get historical! Remember how God has dealt with you in the past.

 David remembers God's goodness in the land. We can remember God's goodness in the giving of his Son (Romans 8:32). We can bring to mind times of blessing by God's hand in the past and look forward to God renewing that goodness.
- 3. Trust in God can look like despair. Doesn't feel right does it? But it's true! When we're disappointed, dejected, or despairing, it is our privilege as God's people to bring our complaints to God. "God why have you forgotten me?" is a legitimate prayer of the faithful. Jesus prayed it! When you are getting more than your fair share of life's waves crashing over you, it is the act of the faithful to bring that emotion to God.

Thoughts? Questions?



Application

We are often victims of our feelings when it comes to our Christian walk with God. When things are going well, we assume God is with us. When we feel awful, or when life is dumping on us, God seems far away. We feel bad, and then feel worse because we assume that God is angry with us or we've failed. We feel we should be thankful and joyful – but we don't – so we spiral down.

So it is comforting to read this Psalm that shows us how the faithful can express their depression before God.

The workplace can feel like an oppressive or overwhelming place at times, how does this Psalm help us when we feel like that?



Pray that you would remember God's goodness during low times.

Pray that you would trust in God when you are overwhelmed.

Remember

COFFEE



DINNER



GOSPEL









ABC radio presenter Richard Glover (not a Christian), once invited a Biblical scholar to to share about the historical roots of Christmas. He received a torrent of abuse, experiencing what has increasingly been a familiar feeling for Christians in the workplace, where 'roaring lions that tear their prey open their mouths wide against' us (Psalm 22:13). How should we respond? Do we stand up and fight? Or duck and hide? (or something else?)



Big Picture

When surrounded by hostility, God's anointed one sought God's presence and strength and in response declares God's praises as the whole world turns to the Lord.



Bible Passage

But you, Lord, do not be far from me.

You are my strength; come quickly to help me.

Deliver me from the sword,

my precious life from the power of the dogs.

Rescue me from the mouth of the lions;

save me from the horns of the wild oxen.

I will declare your name to my people;

in the assembly I will praise you.

You who fear the Lord, praise him!

All you descendants of Jacob, honor him!

Revere him, all you descendants of Israel!

For he has not despised or scorned the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help.

All the ends of the earth will remember and turn to the Lord, and all the families of the nations will bow down before him, for dominion belongs to the Lord and he rules over the nations.

Psalm 22:19-24, 27-28

CONVICTION



Key Truths

- 1. David was God's anointed king. Despite this his life was constantly surrounded by pain and enemies. How he responds to the antagonism surrounding him is intruiging He begs for God's presence and deliverance.
- 2. David looks forward to responding to God's salvation by declaring the good news of God's deliverance. Evangelism is a great response to hostility!
- 3. David anticipates that the result of the praise of God will be that the ends of the earth turn to God as their Lord. The only way to change the world: whether feeding the poor (v26), or seeing justice and righteousness reigning, or for worship to ring around the world, is for the gospel to be declared (v29).
- 4. "My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish?" (v1) This Psalm so identifies with David's son, Jesus, that it reads like Jesus' own personal reflection on his crucifixion even down to the villains surrounding him and piercing his hands and feet (v16). God's deliverance costs Jesus however through it all he trusted God and God exalted him. And so he brings the nations home.

Thoughts? Questions?

Application

When the pressure comes, our reflex is to do something – fight or flight. David's response is to seek God's presence – his strength and deliverance. How would it change your workplace if you sought God's presence in prayer as you began? Or as trouble or conflict arose?

When revival came to Wales in the beginning of the last century, it had an immediate economic impact. The pit ponies in the mines needed to be retrained to do their work because they no longer recognised their master's voices without all the swearing and blasphemy. Often we feel completely powerless against the hostility of our workplace, but we forget that God can change the hearts of everyone at work – just as he has been changing ours. Culture change comes as the gospel of Jesus is shared in love.



Application (Cont.)

When hostility comes, our response can be to stop sharing Jesus (assuming we started).

When the culture around us is toxic, when it mocks us (and those like us) for trusting God (v7-8) our last instinct is to declare God's praises lovingly. But the one weapon we have is the sword of the Spirit; the only resource we have to change our workplace culture is the Spirit-empowered gospel of Jesus. As we do so, we hope and pray that the whole world will be changed as the gospel of Jesus is declared everywhere – including in our workplace and with our colleagues.



Prayer

Pray for the toxic or unhelpful aspects of your workplace. Pray that the gospel of Jesus would shape and change your workplace culture.

Pray for someone who may seem far from God, but would be radically changed by the gospel.

Remember

COFFEE



DINNER



GOSPEL







GOD AND OUR STUFF









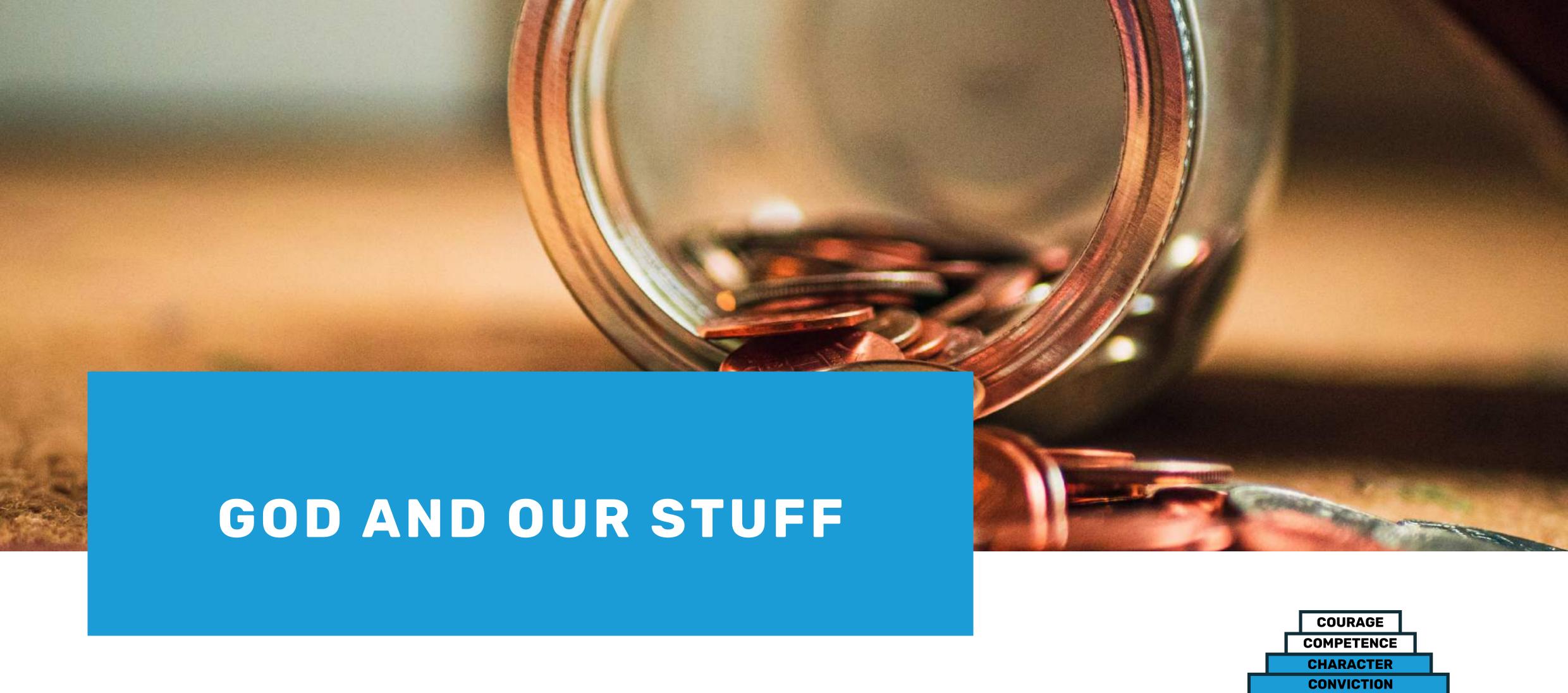
Course Summary

This study looks at our attitude to giving to God's mission.



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Former Prime Minister, Malcolm Turnbull once said "I don't believe my wealth... is entirely a function of hard work. Of course, hard work is important but... there are taxi drivers that work harder than I ever have and they don't have much money."

To what extent can we take credit for our success?



Big Picture

When we give to support God's mission, we're not doing him a favour; it's a chance for joyful worship!



Bible Passage

"The God who made the world and everything in it is the Lord of heaven and earth and does not live in temples built by human hands. And he is not served by human hands, as if he needed anything. Rather, he himself gives everyone life and breath and everything else."

Acts 17:24-25

Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.

2 Corinthians 9:7



Key Truths

- 1. God made everything and gives to everyone impartially.
- 2. God gives life, breath, and everything. There's nothing we can give to God that he doesn't already own.
- 3. God isn't short of cash he doesn't need our service, or our giving.
- 4. When we give to ministry, we're not doing God a favour. God isn't fretting over how he is ever going to afford to see his kingdom come. But giving to mission is a chance to join in with how God is bringing his kingdom in. Giving to mission is a chance to worship joyfully in service of our God.

Thoughts? Questions?



Application

How is God prompting your heart attitude towards giving?

City Bible Forum is a national mission organisation. It exists due to God's generosity expressed through his people. About 80% of financial support comes from individual Christians who give regularly throughout the year or at the two appeals.

Currently 20% of EPT members give regularly and 13% give at either the end of financial year appeal or the Christmas appeal - or both. 67% of people who are regularly going to an Evangelistic Prayer Team do not currently give to City Bible Forum.

There are many great minsitry opportunities to support, however we hope involvement with your Evangelistic Prayer Team has helped you see that God is working through this ministry to reach workers across Australia.

It takes just 10% of EPT members giving regularly to support one full time ministry worker with City Bible Forum - the more workers supporting Christians reaching their unbelieving colleagues, the more people are reached with the good news of Jesus.

How will you support City Bible Forum this year?



Prayer

Pray for the financial needs of City Bible Forum. Pray God will supply the needs of the organisation.

Pray for the Christmas appeal.

Pray about your attitude towards giving - that he will enable you to be a cheerful giver.

Remember

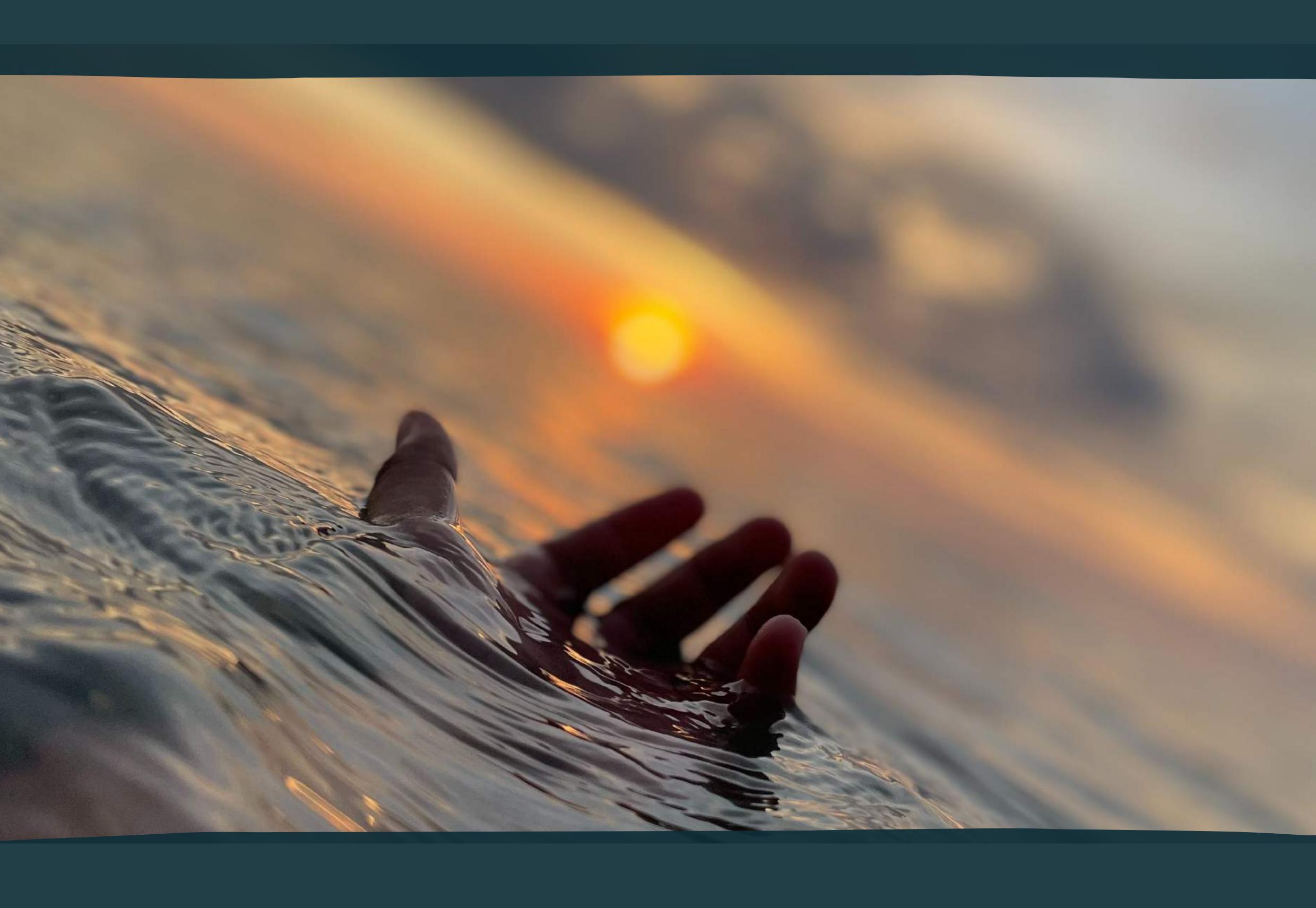
COFFEE

DINNER

999

GOSPEL

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THE VITAL IMPORTANCE OF REST









Course Summary

These studies explore how the biblical notion of rest impacts the way we approach our work and helps us stand out in our workplace.



1: BUSYNESS AND REST

2: GRACE AND REST

3: TRUST AND REST



City Bible Forum @2025





Australia is known as the land of the long weekend and yet our annual leave statistics suggest that we're not great at taking our opportunities to rest. The average Australian worker has over 20 days annual leave accrued – yes! a year's worth of leave. Why do you think that is?



Big Picture

Rest doesn't come naturally because deep down we mistakenly think if we work enough we can hold off unemployment, old age, disease, ill health, and – ultimately – death.



Bible Passage

"All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Matthew 11:27-30



Key Truths

- 1. Rest is not the freedom from all burdens that's laziness (which is it's own burden). Rest is the replacement of a heavy burden with a light one. This happens when we come to Jesus.
- 2. The crushing burden of our own self-salvation in our work is replaced by the light yoke of living Jesus' way.
- 3. Water Brueggemann said that "Sabbath (the Jewish day of rest) is a bodily act of testimony to alternative and resistance to pervading values." That is, taking on Jesus' rest displays to our world that our slavery is not to work, or ourselves, or our base desires and instincts. Rather our slavery is to Jesus, whose burden is light.

Thoughts? Questions?



Application

How might the light and easy burden of Jesus be seen in our lives?

When you go on leave do you find it hard to switch off? (Answering emails? Phone calls?)

If we cannot seem to rest what does that reveal about our trust in Jesus and the rest he brings?

When you first start working it can be easy to slip into bad habits of working late just because others are doing it. It's important early on to determine your boundaries. Do you really need to work long hours, or are you trying to impress someone?

What if we're in a bad habit of working outside our boundaries? Firstly, we can repent and pray for strength. Then, it can be helpful to ask a trusted Christian to keep you accountable, to create smaller boundaries and build from there. Perhaps decide to no longer check email or messages after a certain time or on weekends?

Maybe deciding to finish work, or leave work, by a certain time?



Pray that we would be happy to throw off our self-imposed burdens and take on Jesus' light and easy burden.

Pray that, even amid extreme busyness, our ability to rest would be testament to our obedience to Jesus rather than to the working world.

Pray that this would be evident to those around us.

Remember

COFFEE



DINNER



GOSPEL









If financial planning ads are to be believed, our goal in life is to retire with a comfortable lifestyle. However, research tell us that retirement is a difficult adjustment. It can often result in depression and even the onset of severe physical ailments. Why do we find rest so hard?



Big Picture

Rest from work is a wonderful gift of God. Rest is a 'burden' to be enjoyed – not endured – something that doesn't come naturally.



Bible Passage

One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?"

He answered, "Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions."

Then he said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath."

Mark 2:23-28



- 1. The Sabbath was a gift of God to his people for their refreshment and recovery; it was made for their benefit. It was set into the natural fabric of life in creation. Rest is a gift to be enjoyed, not a law to enslave people in heartless obedience.
- 2. Jesus is the Lord of the Sabbath. He rules over the Sabbath. Just as the king of Israel was able to break food laws in the temple, so too Jesus stands over the Sabbath laws.
- 3. Jesus exercises his rule over the Sabbath by healing and restoring people (See Mark 3:1-6)
- 4. The sabbath rest is the gift of God. It is part of Jesus' 'burden' that is to be enjoyed, not endured. Rest from work is a gift from God that we should embrace and for which we can give thanks to God.

Thoughts? Questions?



Application

The Sabbath shows us that God cares about our rest. How does your life incorporate God's rest?

How might enjoying God's gift of rest help you stand out at work?

If you are someone who is responsible for others, how can you encourage your team to be well rested for their work?

If you are a recent graduate, or starting a new role, when we first start in a new position we can find that the things that used to relax us are no longer effective or you don't have the time to do them in the same way. What have you found helps you rest during the working week, or over the weekend?



Pray for each other that we will enjoy God's gift of rest and that it would be evident in our lives.

Remember

COFFEE



DINNER



GOSPEL









We've all been there – working late, or working on the weekend. It's just part of what it means to work in the modern world, right?

Could there be another way?



Big Picture

Rest doesn't come naturally. Enjoying God's rest means trusting in God's good provision and not our own efforts.



Bible Passage

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Exodus 20:8-11



Key Truths

- 1. Reflect upon the Sabbath in Israel's history. Put yourself in the wilderness with Moses, following the pillar of smoke or fire. No fridges, no processed food or preservatives. Food is what God provides in the manna for that day (or the previous day on the Sabbath). Now jump forward to when Israel is in the promised land. The manna stops and Israel is an agricultural society. You eat what is grown or raised. On the Sabbath you eat what was prepared the day before. When you only eat what you have been able to procure that day, God's rest only works if God's people have a deep trust in him to provide.
- 2. Obeying the Sabbath laws out of obligation makes them a terrible burden. Enjoying God's rest requires an active trust in God; we rest in his providence.

Thoughts? Questions?



Application

We often find that we work late, or on our weekend, because we believe things won't happen unless I do them. We're trusting in our own efforts and not in God to see our work done. Our lack of rest could be an indicator that we're trusting in our own hands – or perhaps in our boss or company – to provide for us. Rather than trusting in God's loving providence. But *all* good gifts come from the Father of the heavenly lights (James 1:17).

God's rest is enjoying his providence; it's not an inconvenience to all the work we need to do. What difference would our co-workers notice in our lives if we had this kind of attitude as we work?



Pray that we would have the courage to take our opportunities to rest and wouldn't be succumb to the pressure to work through our rest.

Pray that co-workers would notice the difference when we enjoy his rest as an exercise of trust.

Remember

COFFEE



DINNER



GOSPEL







PERSISTENCE IN PRAYER









When have you felt like giving up? What kept you going?



Big Picture

Persistence in evangelistic prayer flows from a right view of God and ourselves.



Bible Passage

Then Jesus told his disciples a parable to show them that they should always pray and not give up. He said: "In a certain town there was a judge who neither feared God nor cared what people thought. And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.'

"For some time he refused. But finally he said to himself, 'Even though I don't fear God or care what people think, yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually come and attack me!"

And the Lord said, "Listen to what the unjust judge says. And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?"

Luke 18:1-8

CHARACTER

CONVICTION



Key Truths

- 1. Jesus tells this story to illustrate the need to persist in prayer. The crooked judge gives in to the widow's request, not because it is right, but because she is persistent.
- 2. The crooked judge gives in to shut the widow up. God is not like the crooked judge, he will grant justice, and soon so keep praying!
- 3. Persistent prayer is a fundamental expression of dependence on God.

Thoughts? Questions?



Application

Most things we do in life, we seemingly can do without God. However, we need God's help in every avenue of life.

How much more evangelism? We are seeking to bring the spiritually dead back to life – impossible without God!

We can't lift the veil from people's eyes, we can't exonerate people – God is the only judge. People cannot become Christians through our shrewd planning, amazing skills or with all the money and ministry resources behind us. Only God can save, so we must pray. We must keep asking like the widow. We are not without power to help people, we can start with prayer. Pray and never give up!



Prayer

Spend some time praying for the people you know who aren't yet Christians.



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Remember

COFFEE



DINNER



GOSPEL





REFLECTION







It's time to reflect over everything God has been doing this year.

Think back over the year - look over your prayer notes and messages. What has God done in our lives together this year?

Reflect

What has God been teaching you this year?

Where and how have you seen God working?

With whom have you seen significant progress in relationship?

Who has begun meeting Jesus?

Share

Share with the team a difficulty or challenge God has brought you through.

Share with the team an answer to prayer you have seen.

Prayer

Thank God for answered prayer.

Thank God for his presence in the city and at work.

Thank God for how he has worked this year and displayed his glory.

Pray for your colleagues - that even now God would reveal himself to them.

Celebrate

If you haven't already done so, why not have a meal together to celebrate your year together?

