

*Prayer – Tapping into God’s Power*  
**What Keeps Us from Praying?**

*Grace Fellowship Church / Pastor Brad Bigney / Sunday, Feb. 8, 2026*

**I. We’re Not Convinced That We’re Talking to the One Who is Most in Control**

Where your time goes is a reflection of what your heart actually believes about who is most in control.

If you think earthly leaders carry the most weight and influence over your life and your world, you’ll spend the bulk of your time at your keyboard instead of on your knees, because you’ll be trying to change minds, trying to fight back, and trying to promote your agenda.

But if you believe God is in control, you’ll pray because you’ll want to talk to the One who does rule this entire world.

Knowing that He rules fuels heartfelt prayer.

“To clasp the hands in prayer is the beginning of an uprising against the disorder of the world.”

– Karl Barth

Prayer is the way we push back against this infected, chaotic world, because we truly believe that God is absolutely in control!

**1 Chronicles 29:11-13** “Yours, O Lord, is the greatness, the power and the glory, the victory and the majesty; for all that is in heaven and in earth is Yours; Yours is the kingdom, O Lord, and You are exalted as head over all. <sup>12</sup> Both riches and honor come from You, and You reign over all. In Your hand is power and might; in Your hand it is to make great and to give strength to all. <sup>13</sup> Now therefore, our God, we thank You and praise Your glorious name.”

**II. We Don’t Think We Have Enough Faith**

Your prayers should be fervent, but your faith can still be weak.

That’s what you see in the Bible! Christians who were guilty of battling unbelief in the midst of their prayers.

**Mark 9:23-24** “And Jesus said to him, “If you can”! All things are possible for one who believes.’  
<sup>24</sup> Immediately the father of the child cried out and said, ‘I believe; help my unbelief!’”

Consider also when the early church in **Acts 12:11-16** was praying for God to release Peter from prison. God heard their cry and sent an angel to get Peter out of prison, but when he showed up at the prayer meeting, they wouldn’t let him in.

These are not Christians who had an airtight, robust, believe-it-before-you-receive-it faith, and yet, God still answered their fervent prayers!

A little faith can accomplish great things if it's placed in a great God! It's not all about our faith, it's about our God!

### III. We're Just Not Feeling It

When we're really down and have no felt-sense of God being with us or for us, we may think, "Why should I even pray? What good will it do?"

In **Psalm 88**, the Psalmist prays without any felt-sense of God's presence or favor in his life.

This is the darkest of the **53 Psalms of lamentation or complaint**. The NIV translation ends the whole chapter by saying, "...darkness is my closest friend."

He's not crying out to God because he has any warm, fuzzy feelings. He's crying out to God because he refuses to give up and he's decided, "Where else could I go? I'm still coming to You without feelings."

So many Christians quit praying as soon as they don't feel anything or don't get an answer, but not this guy!

In the most honest and raw terms, he's already told us that he does not feel God's presence or favor. In fact, he feels like God is against him and has become his enemy. He feels cut off and abandoned.

And yet, he prays and keeps looking to God.

"In the darkness we have a choice that is not really there in better times. We can choose to serve God just because He is God. In the darkest moments we feel we are getting absolutely nothing out of God or our relationship to Him. But what if *then* – when it does not seem to be paying or benefitting you at all – you continue to obey, pray to, and seek God, as well as continue to do your duties of love to others? If we do that –we are finally learning to love God for Himself and not for His benefits. And when the darkness lifts or lessens, we will find that our dependence on other things besides God for our happiness has shrunk, and that we have new strength and contentment in God Himself. We'll find a new fortitude, unflappability, poise, and peace in the face of difficulty."

- Tim Keller, *Walking with God Through Pain and Suffering*

If you make the choice to cry out to God in the dark, you'll find that the prolonged pressure of that season of darkness can turn your heart into something wonderful, like pressure that turns a lump of coal into a diamond.

The darkness does not have to destroy you, but it could be the defining moment that takes you to a spiritual place you've never been before.