

PCF-LA MIDWEEK PRAYER MEETING
TEACHING NOTES

Wed. August 5, 2026

Pastora Venida Antonio

Prayer and the Whole Christian Life

****Text: 1 Thessalonians 5:23 (KJV)***

“And the very God of peace sanctify you wholly...”

Introduction

God desires to sanctify us **wholly**

- Spirit — Soul — Body
- Prayer is the **lifeline** of every part of the Christian life
- Without prayer, every area weakens
- With prayer, every area flourishes

1. Our Spirit — Our INNER LIFE

Prayer Purifies the Heart

Psalm 51:10 (KJV) “Create in me a clean heart...”

Inner Life Insights

- Prayer renews the spirit
- Prayer cleanses motives
- Prayer strengthens the inner man
- Prayer keeps the heart aligned with God

Inner Life Application

- A weak prayer life produces a weak inner life
- A strong prayer life produces a strong inner life
- **Prayer keeps the heart clean and the spirit right**

2. OUR SOUL — OUR RELATIONAL LIFE

Prayer Softens and Heals Relationships

1 Peter 4:8 (KJV) “Have fervent charity among yourselves...”

Relational Life Insights

- Prayer softens the heart
- Prayer helps us forgive
- Prayer gives wisdom in conflict
- Prayer cultivates humility and patience

Relational Life Application

- You cannot stay angry with someone you pray for
- Prayer turns bitterness into compassion
- **Prayer is the oil that keeps relationships from breaking**

3. OUR BODY — OUR PRACTICAL LIFE

Prayer Directs Daily Responsibilities

Proverbs 3:6 (KJV) “In all thy ways acknowledge him

Practical Life Insights

- Prayer invites God into daily decisions
- Prayer strengthens work ethic
- Prayer guides stewardship
- Prayer turns ordinary tasks into worship

Practical Life Application

- Prayer prepares you for Sunday *and* Monday
- Prayer helps you handle pressure and opportunity
- **Prayer makes the practical life a platform for faithfulness**

4.OUR WITNESS — OUR MISSIONAL LIFE

Prayer Empowers Our Witness

Ephesians 6:18–19 (KJV)

Praying always... and for me, that utterance may be given unto me...

Missional Life Insights

- Prayer gives boldness
- Prayer opens doors
- Prayer prepares hearts
- Prayer protects against spiritual attack

Missional Life Application

- A prayerless Christian is a powerless witness
- A praying Christian becomes a vessel God can use
- **Prayer fuels the mission and strengthens the messenger**

Conclusion

- God sanctifies us **wholly**:
- Spirit
- Soul
- Body
- Prayer sustains each area.

Final Challenge

Tend to your heart.

Tend to your relationships.

Tend to your responsibilities.

Tend to your witness.

But tend to them in prayer.

Closing Scripture

1 Thessalonians 5:23 (KJV)

“And the very God of peace sanctify you wholly...”

A Reflective, Heart-Searching Invitation

- a*If your inner life has grown dry—come to prayer. If your relationships are strained—come to prayer. If your responsibilities feel heavy—come to prayer. If your witness has grown weak—come to prayer.
- Whatever area needs tending, bring it to the One who sanctifies wholly.. Let's talk to God.”**
- **Scripture** : “Casting all your care upon him; for he careth for you.”
(1 Peter 5:7)

Leader: “And the very God of peace sanctify you wholly.”

Congregation: “Lord, sanctify us wholly.”

Leader: “Sanctify our spirit—renew our hearts and cleanse our motives.”

Congregation: “Create in us a clean heart, O God.”

Leader: “Sanctify our soul—heal our relationships and teach us to love.”

Congregation: “Make us kind, tenderhearted, and forgiving.”

Leader: “Sanctify our body—guide our steps, our work, and our daily responsibilities.”

Congregation: “In all our ways, we acknowledge You.”

Leader: “Sanctify our witness—give us boldness to shine and strength to serve.”

Congregation: “Use us for Your glory in this world.”

Leader: “Spirit, soul, and body—Lord, we bring every part of our lives to You.”

Congregation: “We come to You in prayer.”

Leader: “Preserve us blameless unto the coming of our Lord Jesus Christ.”

Congregation: “Faithful is He that calleth us, who also will do it.”

Leader and congregation: Amen