

Category: Prayer

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SAMPLE CONTENTS

- I Forget Why Prayer Matters
- I Don't Know What to Pray
- I Feel Too Guilty to Pray
- I'm Not Sure God Hears Me
- I Have Mixed Motives
- I Can't Focus
- I'm So Unorganized
- I'm Too Stressed
- I'm Too Busy

When Prayer Is a Struggle

KEVIN P. HALLORAN

If you struggle to pray, be encouraged—God wants to help you in your struggle. Led by God's Word and empowered by His Spirit, you can address the obstacles to prayer by facing them head-on.

Writing as a sympathetic guide, Kevin Halloran shows how gospel truths speak to your prayer struggles, diagnoses issues of the heart that hinder true prayer—and gives practical tips for moving forward. Pinpoint areas of weakness in your prayer life—from distraction and disorganization to guilt and anxiety—and take immediate steps to overcome them.

Outstanding Features

- Sympathetic and practical guide to revitalizing prayer life
- Pinpoints struggle areas of prayer
- Highlights immediate action steps to address weaknesses in prayer
- Written in friendly, accessible tone

Audience

- Christians looking for refreshment in their spiritual lives
- Church leaders looking to help church members
- Bible study leaders or Sunday school teacher for use in study/instruction

Endorsements

"Prayer is a challenge for me, as it is for most Christians, probably because we fail to fully feel just how dependent we are on God. Kevin Halloran's book offers a wise combination of theological reflection and practical helps -- both intended to drive us to our knees in prayer to the One who knows and loves us."

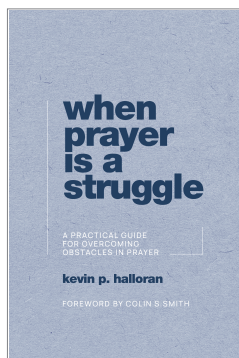
—**Trevin Wax**, *General Editor of The Gospel Project, Author of Rethink Your Self, This Is Our Time, and Gospel-Centered Teaching*

"Let me be honest: my heart's reaction to another book about prayer is that I'd rather spend more time praying than reading about prayer. As I was reading *When Prayer is a Struggle*, however, I felt as if I had a friend leading me on a path to pray more, to pray better, to pray until I could pray. I just couldn't put it down, except for pausing regularly to pray about a particular truth or with the prayers at the end of every chapter. Before I started, I wasn't aware of how much I needed the wisdom deposited in this book. More importantly, I feel motivated (and more prepared) to spend more time before the throne. And for that, I'm so thankful to the Lord for moving Kevin to write it."

—**Jairo Namnún**, *Director for International Coalitions, The Gospel Coalition*

"Kevin's book on prayer is incredibly heartfelt. He is a praying person, and it makes me want to be a prayerful person too. Offering us practical wisdom for growing in the discipline of prayer, Kevin writes with a pastoral heart and an obvious love for God. I now have several take-aways that I'm eager to use when I pray!"

—**Kristen Wetherell**, *Author of Fight Your Fears and Co-author of Hope When It Hurts*



Press Kit

WHEN PRAYER IS A STRUGGLE

Kevin Halloran (MDiv, Trinity Evangelical Divinity School) serves with Unlocking the Bible—a ministry dedicated to proclaiming Christ through media, mobilizing believers for evangelism, and equipping leaders for the church. Kevin lives near Chicago, Illinois, with his wife and daughter. Visit www.kevinhalloran.net to read his writing and connect with him on social media.

Platform Options

Blogs, radio interviews, podcasts, magazines, journals, video, and phone interviews.

Topics

1. Why we struggle to pray
2. Common obstacles to our prayer life
3. Benefits/Methods of praying Scripture
4. Spiritual disciplines in a distracted age
5. Why our prayer lives lack joy
6. Importance of personal communication with our Heavenly Father

Questions

1. Why did you write this book?
2. What was your process for researching our struggles in prayer?
3. What are some of the main ways people struggle to pray? (I can share a few of the struggles or focus on one.)
4. What surprised you about the journey you went on to diagnose and remedy our struggles in prayer?
5. What are a few of the practical tools that you find the most helpful in overcoming struggles in prayer?
6. Questions on specific chapters:
 - a. Why do we forget why prayer matters?
 - b. Chapter two focuses on having Scripture shape our prayers; why is that so important?
 - c. How might you counsel someone who tells you that they don't pray because they feel guilty?
 - d. We all struggle to focus in prayer (Chapter 6). What practical helps do you share in the book to fight distraction?
 - e. We live in an anxious age. How would you encourage someone to fight anxiety through prayer?
 - f. Your last chapter deals with busyness. What are some tactics we can use to incorporate prayer into busy lives?