

Let Us Pray – The Prayer of Jabez

Introduction

Let Us Pray is a series designed to help us make prayer a *priority*—our *first response* rather than our last resort. This week, the message ties into our ongoing theme of *lesser-known biblical figures* who walked closely with God. Today's focus: **Jabez**.

The Prayer of Jabez

1 Chronicles 4:9–10 (NLT)

⁹ There was a man named Jabez who was more honourable than any of his brothers. His mother named him Jabez because his birth had been so painful.¹⁰ He was the one who prayed to the God of Israel, “Oh, that you would bless me and expand my territory! Please be with me in all that I do, and keep me from all trouble and pain!” And God granted him his request.”

Four Key Requests

“Oh, that You would bless me” — Pray for God’s Favor

Jabez starts with *boldness*. Asks for blessing, not selfishly, but so he can be a blessing to others.

- Hebrew word for "bless" (barak) implies **God stooping down in grace**.
- Cross-reference:
 - Psalm 18:35 – “*You stoop down to make me great.*”
 - Genesis 12:2 – “*I will bless you... and you will be a blessing.*”

Ask God to bless you not just for your benefit—but so you can serve and bless others.

“Enlarge my territory” — Pray for Greater Influence

- Not just about *land*, but *opportunity, impact, kingdom impact*.
- When God expands our reach, our life allows others to encounter God.
- Cross-reference:
 - Psalm 2:8 – “*Ask me, and I will give you the nations as your inheritance.*”

Ask God to expand your heart and vision beyond yourself.

“Let Your hand be with me” — Pray for God’s Presence and Power

- God’s hand = *power, presence, and guidance*.
- Cross-reference:
 - Acts 11:21 – “*The Lord’s hand was with them...*”
 - Philippians 4:13 – “*I can do all things through Christ...*”

Invite God’s hand into your work, your family, and your decisions. Don’t just ask for the calling—ask for the strength to carry it.

“Keep me from harm so that I will be free from pain” — Pray for Protection

- Jabez’s name literally meant *pain*, yet he asked God to *rewrite his story*.
- Cross-reference:
 - John 17:15, 20 – Jesus prayed for our protection.
 - Matthew 6:13 – “*Rescue us from the evil one.*”
 - Romans 8:35, 37 – “*Overwhelming victory is ours through Christ...*”

Pray for protection over your mind, relationships, and mission. Don’t let your past pain determine your future purpose.

God’s Response

“And God Granted His Request”

- When we pray in alignment with God’s will, God *answers*.
- Cross-reference:
 - James 5:16b – “*The earnest prayer of a righteous person has great power...*”

Prayer is not about informing God—it’s about involving God. Just like Jabez, you can walk in blessing, influence, presence, and protection.

Pray the Jabez Prayer Daily

1. **Bless Me** – Ask for God’s supernatural favour.
2. **Enlarge Me** – Ask for increased capacity and influence to bless others.
3. **Empower Me** – Ask for God’s hand and strength daily.
4. **Protect Me** – Ask for spiritual and emotional protection.

Reflection and Call to Action

What could change in your life if you started praying like Jabez—daily, boldly, expectantly?

- Take **60 seconds each day** this week to pray the Prayer of Jabez.
- Place a reminder on your mirror or phone:
“PRAY FIRST”

Let this be your daily heart posture:

“Lord, bless me—so that I may bless others.”

