

PRAYER TEAM GUIDE

Warning Two: The Hardened Heart of Unbelief

Hebrews Lesson 3 · Hebrews 3:7 to 19

One Hour of Prayer Covering the Teaching Session

OUR CENTRAL PRAYER

“To day if ye will hear his voice, harden not your hearts.”

Hebrews 3:7, 8 (KJV)

We are praying that this teaching will move people:

from **unbelief** to **faith**

from **hardness** to **sensitivity**

from **fear** to **trust**

from **wandering** to **God’s rest**

from **isolation** to **fellowship**

from **disobedience** to **obedience**

The lesson holds up Israel in the wilderness as a warning to believers. They had seen God’s mighty deliverance with their own eyes, yet unbelief caused them to miss the blessing and rest He intended for them.

1. Hearing the Voice of the Holy Spirit

0 TO 5 MINUTES

“Holy Spirit, speak to us.”

This warning is not simply the voice of a writer. It is a message from the Holy Spirit Himself, and it is spoken to believers.

MAIN SCRIPTURE

Hebrews 3:7, 8 (KJV)

“As the Holy Ghost saith, To day if ye will hear his voice, harden not your hearts, as in the provocation, in the day of temptation in the wilderness.”

SUPPORTING SCRIPTURES

John 10:27 · Revelation 2:7 · Isaiah 30:21 · Psalm 95:7 · 2 Timothy 3:16

PRAY FOR

- Spiritual ears to hear God.
- Sensitivity to the Holy Spirit.
- The Word to speak directly to hearts.
- Listeners to stay free from distraction.
- People to recognize God’s voice through Scripture.

WORDS TO USE IN PRAYER

“Holy Spirit, speak to us through Your Word. Give every listener spiritual ears to hear. Remove distractions and spiritual noise. Make our hearts sensitive to Your voice. Let the Word of God speak personally, powerfully and clearly to every person in this session.”

2. Today: Responding Now

5 TO 10 MINUTES

“Lord, help us answer You today.”

The lesson reminds us that “Today” is the time God gives us to respond to Him. It is not someday. It is right now, moment by moment.

MAIN SCRIPTURE

Hebrews 3:15 (KJV)

“While it is said, To day if ye will hear his voice, harden not your hearts, as in the provocation.”

SUPPORTING SCRIPTURES

2 Corinthians 6:2 · Joshua 24:15 · Psalm 118:24 · Luke 9:23 · James 4:14

PRAY FOR

- A quick response to God’s Word.
- No putting off obedience.
- People to surrender areas of their lives today.
- Decisions to follow Christ faithfully.

WORDS TO USE IN PRAYER

“Father, help us respond to You today. Do not allow us to say, ‘Tomorrow.’ Give us grace to obey when You speak. Whatever You reveal, help us surrender it right away. Let this teaching lead to real decisions and not only to more information.”

3. Guarding Against a Hardened Heart

10 TO 15 MINUTES

“Lord, keep our hearts soft toward You.”

The central warning of this lesson is simple: “Harden not your hearts.” Hardness grows when we slowly move away from God, from His Word and from the leading of His Spirit.

MAIN SCRIPTURE

Hebrews 3:12 (KJV)

“Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God.”

SUPPORTING SCRIPTURES

Psalm 139:23, 24 · Ezekiel 36:26 · Proverbs 28:14 · Jeremiah 17:9 · Ephesians 4:18

PRAY FOR

- Tender hearts.
- Repentance.
- Sensitivity to conviction.
- Protection from spiritual callousness.
- Hearts that stay teachable.

WORDS TO USE IN PRAYER

“Lord, examine our hearts. Do not allow our hearts to become hard toward You. Where we have ignored Your conviction, soften us. Where we have resisted Your Word, make us teachable. Give us hearts that respond quickly to the Holy Spirit.”

4. Freedom from Unbelief

15 TO 20 MINUTES

“Lord, I believe; help my unbelief.”

This warning is a call to faithful obedience. Unbelief is what allows a heart to grow hard, so we ask God to strengthen our faith.

MAIN SCRIPTURE

Mark 9:24 (KJV)

“And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief.”

SUPPORTING SCRIPTURES

Proverbs 3:5, 6 · Hebrews 11:6 · Romans 10:17 · James 1:6 · 2 Corinthians 5:7

PRAY FOR

- Faith where there is doubt.
- Confidence in God’s character.
- Trust in God’s promises.
- Faith while prayers are still unanswered.
- Faith to obey when circumstances are hard.

WORDS TO USE IN PRAYER

“Lord, we believe; help our unbelief. Where fear has replaced faith, restore our confidence in You. Where our circumstances have become bigger than Your promises, lift our eyes back to You. Teach us to trust Your Word even when we cannot see the outcome.”

5. Trusting God When We Face Our Giants

20 TO 25 MINUTES

“The Lord is with us. Fear them not.”

Israel saw the giants in Canaan and decided they could never take the land. Joshua and Caleb saw the same giants, but they trusted that God was able to give them victory.

MAIN SCRIPTURE

Numbers 14:9 (KJV)

“Only rebel not ye against the LORD, neither fear ye the people of the land; for they are bread for us: their defence is departed from them, and the LORD is with us: fear them not.”

SUPPORTING SCRIPTURES

Numbers 13:30 · Joshua 1:9 · Psalm 56:3, 4 · Isaiah 41:10 · Romans 8:31

PRAY FOR

- Families facing impossible situations.
- Pastors facing challenges in ministry.
- Young people facing pressure.
- Those facing financial or relationship struggles.
- Eyes to see God, not only the giants.

WORDS TO USE IN PRAYER

“Father, teach us to face our giants with faith. Some situations look impossible, but nothing is impossible with You. Do not allow fear to make our decisions for us. Give us the faith of Joshua and Caleb. Help us say, ‘The Lord is with us.’”

6. Living in the Peace of God

25 TO 30 MINUTES

“Lord, guard our hearts with Your peace.”

The lesson makes a helpful distinction. We have peace with God through salvation, and we enjoy the peace of God as we walk with Him in surrender and obedience.

MAIN SCRIPTURE

Philippians 4:6, 7 (KJV)

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

SUPPORTING SCRIPTURES

Romans 5:1 · Isaiah 26:3 · John 14:27 · John 16:33 · Psalm 4:8

PRAY FOR

- Peace in troubled hearts.
- Peace in our families.
- Peace in our churches.
- Peace in times of uncertainty.
- Trust in place of anxiety.

WORDS TO USE IN PRAYER

“Lord Jesus, bring Your peace into every troubled heart. Teach us to trust You in the middle of the battle. Guard our hearts and minds. Help us pray instead of panic, trust instead of fear, and worship instead of worry.”

7. Freedom from Anxiety and Fear

30 TO 35 MINUTES

“Lord, we cast our cares on You.”

When we trust God and take Him at His word, we can face the battles of this world with confidence and rest.

MAIN SCRIPTURE

1 Peter 5:7 (KJV)

“Casting all your care upon him; for he careth for you.”

SUPPORTING SCRIPTURES

Psalm 55:22 · Matthew 6:25 to 34 · Isaiah 43:1, 2 · Psalm 46:1 to 3 · Philippians 4:6, 7

PRAY FOR

- Those carrying hidden burdens.
- Worries about family.
- Fear about the future.
- Fear of failure.
- Fears about ministry.
- A deep assurance that God cares.

WORDS TO USE IN PRAYER

“Father, we bring every burden to You. You know the fears people carry in silence. Replace anxiety with trust. Replace fear with faith. Remind Your people that You care for them and that You are present in every battle.”

8. Victory over Habitual Sin

35 TO 40 MINUTES

“Lord, break every chain.”

The lesson names habitual sin as one area where believers should expect God’s power at work, instead of believing they can never overcome.

MAIN SCRIPTURE

Romans 6:14 (KJV)

“For sin shall not have dominion over you: for ye are not under the law, but under grace.”

SUPPORTING SCRIPTURES

1 Corinthians 10:13 · Romans 8:12, 13 · Galatians 5:16 · Romans 6:6 · 1 John 1:9

PRAY FOR

- Freedom for those caught in repeated sin.
- Honest confession and true repentance.
- Faith that change is possible in Christ.
- Strength to walk in the Spirit each day.
- Wise and loving accountability.

WORDS TO USE IN PRAYER

“Lord Jesus, You have broken the power of sin. Where Your people feel trapped by the same struggle again and again, bring freedom. Remove the lie that we can never change. Teach us to walk in the Spirit and not fulfill the desires of the flesh. Let Your grace reign in us.”

9. Encouraging One Another Daily

40 TO 45 MINUTES

“Lord, keep us close to one another.”

God does not mean for us to fight this battle alone. Hebrews tells us to encourage one another every day, because isolation makes us easy targets for the deceitfulness of sin.

MAIN SCRIPTURE

Hebrews 3:13 (KJV)

“But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin.”

SUPPORTING SCRIPTURES

Hebrews 10:24, 25 · Ecclesiastes 4:9, 10 · Galatians 6:2 · 1 Thessalonians 5:11 · Proverbs 27:17

PRAY FOR

- Those who feel alone or forgotten.
- Real friendships among the women.
- Courage to speak truth in love.
- Churches where people truly care for one another.
- Protection from the deceitfulness of sin.

WORDS TO USE IN PRAYER

“Father, draw us out of isolation and into true fellowship. Help us notice one another and speak words that build up. Give us courage to encourage and, when needed, to lovingly warn. Let no one in this room walk alone. Use us to keep each other close to Christ.”

10. Holding Our Confidence to the End

45 TO 50 MINUTES

“Lord, keep us steady until the end.”

Israel began well when they left Egypt, but many did not finish well. Hebrews calls us to hold firmly to the confidence we had at the start, all the way to the end.

MAIN SCRIPTURE

Hebrews 3:14 (KJV)

“For we are made partakers of Christ, if we hold the beginning of our confidence stedfast unto the end.”

SUPPORTING SCRIPTURES

Hebrews 3:6 · Hebrews 10:35, 36 · 1 Corinthians 15:58 · Philippians 1:6 · Colossians 1:23

PRAY FOR

- Endurance for those who are weary.
- Faith that stays strong through long trials.
- Believers who began well to finish well.
- Pastors and leaders to remain faithful.
- Steady hearts that do not give up.

WORDS TO USE IN PRAYER

“Lord, thank You that You finish what You begin. Keep us from growing tired and giving up. Strengthen those who are weary today. Help us hold our confidence firm, not only at the beginning, but all the way to the end. Let us finish well for Your glory.”

11. From Disobedience to Faithful Obedience

50 TO 55 MINUTES

“Lord, make us people who trust and obey.”

Israel did not miss the promised land because God failed them. They missed it because of unbelief that showed itself in disobedience. Faith and obedience always walk together.

MAIN SCRIPTURE

Hebrews 3:18, 19 (KJV)

“And to whom sware he that they should not enter into his rest, but to them that believed not? So we see that they could not enter in because of unbelief.”

SUPPORTING SCRIPTURES

1 Samuel 15:22 · John 14:21 · James 1:22 · Luke 6:46 · Hebrews 5:9

PRAY FOR

- Willing and obedient hearts.
- Obedience in the small things.
- Quick obedience, without arguing or delay.
- Families that walk in God’s ways.
- Faith that shows itself in action.

WORDS TO USE IN PRAYER

“Father, we do not want to miss what You have prepared for us. Forgive us for the times we heard You and did not obey. Give us willing hearts. Teach us to trust You enough to obey, even when we do not understand. Let our lives show that we truly believe You.”

12. Entering God's Rest

55 TO 60 MINUTES

"Lord, lead us into Your rest."

God's desire was always to bring His people into rest. The wilderness was never meant to be their home. In Christ, there is a rest for the people of God, and we are invited to enter it by faith.

MAIN SCRIPTURE

Hebrews 4:9 to 11 (KJV)

"There remaineth therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his. Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief."

SUPPORTING SCRIPTURES

Matthew 11:28, 29 · Hebrews 4:1 · Hebrews 4:3 · Psalm 23:1, 2 · Isaiah 30:15

PRAY FOR

- Rest for weary and burdened hearts.
- Those still wandering to come home to God.
- Freedom from striving in our own strength.
- Quiet trust in Christ's finished work.
- Every listener to enter God's rest by faith.

WORDS TO USE IN PRAYER

"Lord Jesus, You said, 'Come unto me, and I will give you rest.' We come to You now. Bring every wandering heart out of the wilderness and into Your rest. Teach us to stop striving and start trusting. Let us rest in who You are and in what You have done."

Closing Five Minutes: Praying Together

After the twelve prayer focuses, invite all the women to pray together. The leader speaks the first line and the women respond.

Leader: "Lord, where there is unbelief,"

Women: "give us faith."

Leader: "Where our hearts have grown hard,"

Women: "make us tender toward You."

Leader: "Where there is fear,"

Women: "teach us to trust."

Leader: "Where we have wandered,"

Women: "bring us into Your rest."

Leader: "Where we have been alone,"

Women: "draw us into fellowship."

Leader: "Where we have disobeyed,"

Women: "make us obedient."

Leader: "Today we hear Your voice."

Women: "We will not harden our hearts."

Closing Prayer

Father, we come before You in the name of Jesus Christ.

Thank You that You still speak to Your people. Thank You that Your Holy Spirit calls to us today, just as He called to Israel in the wilderness.

We confess that our hearts can grow hard. We can hear Your Word and put off obeying it. We can look at our giants and forget how great You are. Forgive us, Lord.

Soften every heart in this place. Where there is unbelief, give faith. Where there is fear, give trust.

Where there is anxiety, give Your peace that passes all understanding.

Break the power of every habit and sin that has held Your people captive. Teach us to walk in the Spirit.

Draw us out of isolation and into true fellowship. Help us encourage one another daily, so that none of us is hardened through the deceitfulness of sin.

Keep us faithful to the end. Make us people who trust You and obey You. And lead every weary, wandering heart into Your rest.

Today, we will hear Your voice.
Today, we will not harden our hearts.
Today, we choose faith over fear.
Today, we will obey.
Today, we enter Your rest.

We ask this in the precious and powerful name of Jesus Christ.

Amen.

Three Phrases for the Prayer Team to Keep Praying

1. "Today."

Pray that people will respond to God now and not put it off.

2. "Harden not your hearts."

Pray for tender, teachable hearts that believe God and obey Him.

3. "Enter His rest."

Pray that every listener will trust Christ fully and find rest in Him.

Keep in mind the heart of this lesson. Israel did not fall in the wilderness because God failed them. They fell because **unbelief hardened their hearts**, and so they missed the rest He had prepared for them. Our prayer is that this will not be true of us.