

**The Jabez Prayer: Bless Me Indeed**  
**Lynn Haven UMC**  
**June 5, 2016**

Introduction

The Prayer of Jabez is found in the First Book of Chronicles:

Now Jabez was more honorable than his brothers, and his mother called his name Jabez, saying, "Because I bore him in pain." And Jabez called on the God of Israel saying, "Oh, that You would bless me indeed, and enlarge my territory, that Your hand would be with me, and that You would keep me from evil, that I may not cause pain!" So God granted him what he requested. (1 Chronicles 4:9-10 NKJV)

This is the only reference to Jabez in the entire Bible. His name appears in a genealogical listing that covers the first 9 chapters of the book. So what made Jabez different than the others in the long list of names? His prayer. We're told that "God granted [Jabez] what he requested." Although it may seem selfish to ask for ourselves, there are a number of reasons why it is appropriate to ask for God's blessing.

Digging Deeper

1. Why is it so hard to ask for God's blessings? Why might some people feel selfish by asking for themselves?
2. Jabez didn't just pray, "Lord, bless me"; he prayed, "Bless me indeed!" What can we learn from Jabez's prayer about God's desire to give us blessings?
3. Read Matthew 7:11. How does this verse, along with the prayer of Jabez, teach us about God's role as a Father in our lives?
4. Bruce Wilkinson wrote, "God's blessing is by definition, directed and determined by God." How is this different from asking for a specific blessing?
5. Discuss Matthew 7:7, 11 and 5:45. See also James 4:3. What do you think about the Bible suggesting there are blessings available to us, we need to simply ask?
6. Read Genesis 12:2. Describe a time when you were able to share with others a blessing that God had given you.
7. Another type of blessing God gives is through family, especially spiritual family. How has being a part of the community of believers at Lynn Haven UMC been a blessing to you?
8. The greatest blessing God can give is His Divine Presence. How have you seen/felt God in your life this past week?

Conclusion

Jabez is remembered, not because of what he did, but because of what he prayed. Commit to praying the Jabez prayer every day during this sermon series. Look for ways God is blessing you. Share these blessings with the church through our God Sightings: email Brian Garmon at [bgarmon@mylhumc.net](mailto:bgarmon@mylhumc.net) or post them on our FB page.