

Echo Summer Series: Rediscover

Echo Church | Week 32 | August 10, 2025 | Rich Saunders Jr. |

“Rediscover: Your Prayer Life” | John 10:10 NKJV

John 10:10 (NKJV)

10 The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

The New King James Version (Nashville: Thomas Nelson, 1982), Jn 10:10.

Introduction

Scripture Reference: John 10:10 – "I have come that they may have life, and have it to the full."

Let me tell you about Marcus. Marcus was juggling work, family, and trying to get ahead in life. He started hearing advice from everyone—his boss, his friends, social media—but he never paused to listen to what really mattered. He rushed through conversations with his wife, tuned out his kids, and made snap decisions at work.

Soon, everything felt out of control: arguments at home, missed deadlines at work, and a growing sense of frustration in his heart. It was chaos—not because he wasn't working hard, but because he wasn't listening to the voices that mattered.

That's how life gets complicated. Jesus said, "I have come that they may have life, and have it to the full." But fullness of life isn't possible if we never stop to listen—especially to God. The same way Marcus's life spiraled when he refused to listen, our prayer life struggles when we turn it into a monologue instead of a dialogue.

A monologue is when we do all the talking, reciting our lists, our worries, and our wants, never leaving space for a response. But a dialogue is different—it's a conversation. It's about speaking and then allowing the other to speak back. In prayer, God invites us into dialogue. He wants us not only to pour out our hearts but to create space to hear His heart, too.

When we treat prayer as mere monologue, we miss out on God's direction, comfort, and correction. But when we listen as much as we speak, prayer becomes a living connection—a two-way relationship that brings the fullness Jesus promised.

Points

1. Is Life on Mute? Why You Can't Hear God in a Noisy World

Scripture Reference: 1 Kings 19:12 (NKJV) — "And after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice."

Historical Context: The prophet Elijah had just experienced major spiritual victory over the prophets of Baal on Mount Carmel, but now he was running for his life from Jezebel's threat. In

his fear and exhaustion, Elijah isolated himself and was desperate to hear God's direction. God sent wind, an earthquake, and fire—but His voice was not in the chaos. Instead, God spoke in a "still small voice," teaching Elijah (and us) that God's direction often comes not in the drama, but in the quiet. In a world filled with noise and constant stimulation, we too can miss that gentle whisper if we're waiting for God to shout over our chaos.

Key Thought: Life is loud, but God often speaks in whispers. If we don't quiet the noise, we'll miss His voice.

"God's voice isn't absent; it's just waiting for you to turn down the volume of your life."

2. Prayer Is More Than Talking—It's Listening and Applying

Scripture Reference: James 1:22 (NKJV) – "But be doers of the word, and not hearers only, deceiving yourselves."

Historical Context: James, the brother of Jesus and leader of the church in Jerusalem, wrote this letter to encourage believers who were scattered and facing trials. His exhortation was practical—emphasizing that genuine faith is demonstrated by action, not just by what we say or hear. In an environment where religious traditions were deeply rooted, James called for transformed lives that reflected obedience over empty ritual.

Key Thought: The power of prayer isn't in how eloquently you speak but in how obediently you respond to what God says.

"The secret to a powerful prayer life isn't in the words you say but in the steps you take after you pray."

3. Silence Is the Soil Where Spiritual Growth Happens

Scripture Reference: Psalm 46:10 (NKJV) – "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!"

Understand that the word still in its original context doesn't mean to not move but instead it means to RELAX. Our issue at times is that we become so eager that when he says to be still we stop doing everything in reality we simply need to relax.

Historical Context: Psalm 46 was written in the context of turmoil and upheaval, where the nation of Israel faced threats from surrounding enemies. In the midst of chaos and uncertainty, God calls His people to stop striving and rest in the assurance of His sovereignty and power. This verse is a reminder that amid noise and trouble, true recognition of God's authority comes in moments of stillness.

Key Thought: Silence in our spiritual lives creates space for clarity, healing, and transformation—it's not about doing nothing, but about making room to truly hear from God and allow Him to work within us.

"Silence in prayer isn't the absence of activity; it's the presence of expectancy."

Conclusion: The Challenge to Rediscover Prayer

1. Quiet the noise to hear God's whisper. Life is loud, but God's voice is often found in the stillness.
2. Prayer is about listening and applying, not just speaking. The power of prayer lies in obedience, not eloquence.
3. Silence is where spiritual growth takes root. True transformation happens when we create space for God to work in our hearts.

Final Scripture

Matthew 6:6 (NKJV): "But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly."

Matthew 6:6 (GenZ Version): "When you pray, find a quiet spot, shut out the noise, and talk to God in private. He's got you and will show up in ways you can't even imagine."

Scripture Breakdown: This verse is a call to intimacy with God. Jesus is teaching us that prayer isn't about public performance or impressing others with our words. It's about stepping away from the chaos, finding a private space, and connecting with God on a personal level. The "secret place" isn't just a physical location—it's a posture of the heart where we are fully present with Him. And the promise? God sees what's done in the quiet moments and rewards us with His presence, guidance, and peace.

Call to Action

This week, I want to challenge you to take a step that might feel uncomfortable but will change everything: practice silent prayer. Here's what I mean:

1. Set aside 10 minutes each day. Find a quiet space—your room, your car, a park bench—and leave your phone behind.
2. Start with a simple prayer. Say, "God, I'm here to listen. Speak to me." Then, stop talking.
3. Be still and relax. Don't overthink it. Let your mind settle, and focus on God's presence. If your thoughts wander, gently bring them back.
4. Write down what you sense. After your time of silence, jot down any thoughts, impressions, or scriptures that come to mind.
5. Take one step of obedience. Whatever you hear—whether it's a nudge to forgive someone, reach out to a friend, or simply trust God more—act on it. This isn't about

getting it perfect; it's about showing up. God isn't looking for polished prayers—He's looking for open hearts.

Final Thought

"Rediscovering your prayer life isn't about how many words you say or how 'churchy' they sound. It's about creating space for God to speak and having the courage to act on what you hear. *Let's stop performing and start transforming.*"