

# 21 Day Prayer Coaching Week 2 By Elisha Goodman

21 Day Prayer Coaching Week 2 By Elisha Goodman 21Day Prayer Coaching Week 2 Deepening Your Connection with God Elisha Goodman Are you feeling stuck in your prayer life Do you crave a deeper more meaningful relationship with God but struggle to break through the barriers Week two of Elisha Goodmans 21Day Prayer Coaching program is designed to help you overcome these common hurdles and unlock a transformative experience of prayer This post will delve into the challenges many face during this crucial second week offering practical solutions based on biblical principles psychological insights and Elisha Goodmans proven methodology The Problem Plateaus and Discouragement in Week 2 Many participants in prayer coaching programs including Elisha Goodmans acclaimed 21 day program experience a plateau during week two The initial enthusiasm of week one can wane replaced by feelings of discouragement unanswered prayers or a sense of spiritual dryness This is entirely normal its a natural part of the spiritual journey Research on habit formation as highlighted by BJ Fogg's Behavior Model shows that forming new habits requires sustained effort and can involve periods of reduced motivation Applying this to prayer week two often presents a test of commitment Furthermore the psychological concept of cognitive dissonance can play a role If our expectations about prayer are unrealistic instant answers effortless connection the lack of immediate results can create internal conflict and lead to discouragement As Dr David Burns a leading expert in cognitive behavioral therapy CBT explains identifying and challenging these negative thought patterns is crucial to overcoming this hurdle Additionally some might encounter spiritual warfare a concept widely discussed in Christian theology This isnt necessarily a literal battle but rather the subtle influence of negative thoughts and distractions that hinder our connection with God Recognizing this potential obstacle allows us to equip ourselves with spiritual armor as described in Ephesians 6:10-18 The Solution Elisha Goodmans Week 2 Strategies Practical Applications Elisha Goodmans 21Day Prayer Coaching program addresses these challenges headon 2 during week two by focusing on deepening intimacy and persistence Heres how Focusing on Gratitude Praise Week two often emphasizes shifting the focus from petitionary prayer asking for things to expressions of gratitude and praise This fosters a more positive mindset and strengthens the

bond with God even in the absence of immediate answers Research in positive psychology consistently demonstrates the benefits of gratitude for mental wellbeing reducing stress and enhancing overall happiness Developing Consistent Prayer Habits The program likely emphasizes the importance of establishing a regular prayer routine This might involve setting specific times for prayer using prayer journals to track progress or incorporating mindfulness techniques to improve focus during prayer This aligns with the principles of habit formation making prayer a consistent part of daily life Seeking Accountability Community Connecting with other participants in the program or finding a prayer partner provides vital support and accountability Sharing struggles and celebrating victories with others strengthens the faith journey and combats feelings of isolation The power of community in fostering spiritual growth is well documented within various faith traditions Addressing Spiritual Warfare Elisha Goodman likely provides guidance on recognizing and resisting negative thought patterns and distractions This could involve techniques like spiritual warfare prayers meditation on scripture and cultivating a spirit of discernment Understanding Gods Timing A key element of week two is likely teaching the importance of surrendering to Gods timing and trusting His plan This involves accepting that answers may not come immediately and learning to trust in His sovereignty even when facing uncertainty Applying Practical Steps 1 Journaling Keep a detailed prayer journal to track your progress record answered prayers and reflect on your spiritual growth throughout the week 2 Scripture Meditation Spend time each day meditating on specific scriptures related to faith perseverance and Gods faithfulness 3 Mindful Prayer Practice mindful prayer techniques focusing on your connection with God rather than distractions 4 Community Engagement Connect with others in the program or your faith community for support and encouragement 5 SelfCompassion Remember to be kind to yourself Spiritual growth is a process not a 3 destination Allow yourself grace and patience as you journey deeper in your relationship with God Conclusion A Journey of Transformation Week two of Elisha Goodmans 21Day Prayer Coaching program is a crucial step in deepening your prayer life By understanding the potential challenges and implementing the strategies provided you can overcome plateaus navigate spiritual dryness and cultivate a more intimate relationship with God Remember persistence and faith are key Your journey of transformation is ongoing and God is with you every step of the way FAQs 1 What if I dont feel any different after week two Remember that spiritual growth is a gradual process Continue practicing the techniques be patient with yourself and seek support from your community or the programs resources 2 How do I deal with unanswered prayers Unanswered prayers can be

challenging Consider if your requests align with Gods will and focus on trusting His plan even when you dont understand it 3 Is this program suitable for beginners Yes the program is designed to be accessible to people of all levels of faith and prayer experience 4 What if I miss a day of prayer Dont get discouraged Simply pick up where you left off Consistency is important but perfection isnt required 5 Where can I learn more about Elisha Goodmans 21Day Prayer Coaching program Visit [insert websitelink here](#) for details on joining the program and accessing additional resources

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