

**Play and Pray**  
**House Church Week 4 Notes**  
**Craig Finnestad**

**Advantages of Play**

- 1. Play relieves stress and reduces anxiety.**
- 2. Play stimulates your mind and boosts creativity.**
- 3. Play increases our connection with others.**

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**Play together. Stay together.**

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**Play is not a luxury. Play is a necessity.**

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**This is what the Lord of Heaven's Armies says: Once again old men and women will walk Jerusalem's streets with their canes and will sit together in the city squares. And the streets of the city will be filled with boys and girls at play. This is what the Lord of Heaven's Armies says: All this may seem impossible to you now, a small remnant of God's people. But is it impossible for me? says the Lord of Heaven's Armies. -Zechariah 8:4-6**

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**Pray together. Stay together.**

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**Are any of you suffering hardships? You should pray. Are any of you happy? You should sing praises. Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord. Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven. - James 5:13-15**

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**Prayer doesn't change God. Prayer changes the one who prays.**

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**Our prayers may be awkward. Our best efforts may be feeble. Thankfully, the power of prayer has to do with the One who hears it and the people who pray.**