



JANUARY 21

PRAYER

INTRODUCTION

Like daily Bible reading and Community, *prayer* is a vital spiritual disciple. Jesus taught that the most effective prayers are simple and heartfelt. When we pray, we should talk honestly with God.

DISCUSSION QUESTIONS

1. Talk about a time when you experienced an answer to prayer. What did it feel like to know that God listened and answered?
2. Read **Matthew 6:5-13**. How many times did He say, “When you pray?” Why do you think He said this instead of, “If you pray?”
3. In contrast to hypocrites and pagans, what does the Father desire from us (verses 5-8)? Why do you think this is so?
4. Do you think it’s important to pray every day? Why or why not? How much time should we spend in prayer? When is the best time for you to pray?
5. What did Jesus say the Father knows about our needs even before we ask? Why is it still important for us to pray about our needs?
6. Read **Ephesians 6:18-20** & **1 Thessalonians 5:16-18**. Here Paul teaches us to pray “with all kinds of prayers” and to “pray continually.” What does his teaching say concerning the how, what, when, and who of our prayers?

MOVING FORWARD

Prayer should be natural. The more you do it, the more natural it becomes. Like talking or breathing - before you know it, you’ll do it without giving it any thought at all. Don’t ever be afraid to talk to God. God is crazy about you and He wants you to spend time with Him in prayer.

CHANGING YOUR MIND

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. 1 John 5:14 (NIV)