5 Spiritual Habits That Will Change Your Life
Week 2: Pray Continually
DISCUSSION QUESTIONS



RECAP

In this second sermon on spiritual habits, Josh looks at prayer and discusses three rewards and a cue that can help us pray throughout the day.

DISCUSSION QUESTIONS

1. For those of you that listened to Week 1 (Consume the Word), have you had any success with the habit cue: Rise & Fall? Has your consumption of the Word increased at all the past week?

2. Josh shared truths about habits, that each habit has a cue, a routine, and a reward, and that powerful habits create a craving for the reward that can be a reward in and of itself. What is a habit in your life where you've experienced a craving? What is the cue for this habit?

3. Josh introduced habit #2: Pray Continually (1 Thessalonians 5:17). What's been your personal history with prayer? Do you pray as often as you want to currently? Are there any of the five reasons that Josh shared that have kept you from prayer in the past?
   - We're too busy.
   - We don't think it works.
   - We don't know how.
   - We don't see what's in it for us.
   - We don't think we're worthy.

4. Josh looked at three specific rewards that come when we pray continually. Discuss these three rewards. Which ones have you experienced in your life? Which ones seem the most appealing?
   - Selflessness
   - Peace (Philippians 4:6-7)
   - Answered prayer (Matthew 7:11)

NEXT STEP

Discuss as a group the two cues you've learned so far: Rise & Fall and Take a Drink. How often do you engage these cues? How can you as a group help each other develop these spiritual habits?