

## A Life of Prayer (Part 4)- Going Deeper Questions

Sunday, February 22, 2026

**Question #1:** When you hear the phrase “a life of prayer,” what emotions surface first: excitement, pressure, guilt, or hope? Why do you think that is? If someone followed you for an entire week, what evidence would they see that prayer is part of your everyday life—not just your emergencies?

**Question #2:** What usually prompts you to pray: desperation, discipline, or desire? What does that reveal about your current relationship with God? How has your view of prayer been shaped more by obligation than by relationship? What would need to change for prayer to feel relational again?

**Question #3:** What distractions most often pull you away from consistent connection with God and why do you think they have that power over you?

**Question #4:** In what areas of your life are you most tempted to rely on yourself instead of depending on God? How has that impacted your prayer life? What would change in your daily rhythm if you truly believed God delights in every detail of your life?

**Question #5:** In what areas of your life are you most tempted to rely on yourself instead of depending on God? How has that impacted your prayer life? Can you identify a recent situation where prayer changed your perspective, even if it didn’t immediately change the outcome? Are there prayers you’ve stopped praying because the answer was delayed or different than you hoped? What would it look like to trust God with those again?

**Question #6:** When prayer becomes irregular in your life, what usually replaces it: worry, control, distraction, or avoidance? Where might God be inviting you to pray with more faith and persistence rather than giving up? James 4:8 says we control how close we get to God. What practical step would help you draw closer to God this week?

### Challenge:

1. Choose one consistent moment each day (morning, commute, lunch break, or bedtime) to intentionally connect with God.
2. For one full week, pause and pray before:
  - Responding to stress
  - Making a decision
  - Entering a difficult conversation
3. Each night, thank God for three specific things from your day (big or small).