



What's the Big Deal About Prayer?

Key Scriptures

Matthew 6:5-7 ⁵“And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. ⁶But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. ⁷“And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words.

Philippians 4:6 “Don’t be anxious about anything, but in **everything** by prayer and petition with thanksgiving, present your requests to God.”

I Thessalonians 5:16-18 ¹⁶ Rejoice always, ¹⁷ pray without ceasing, ¹⁸ give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Start Talking. Conversation starter for your group.

- On a scale from 1-10, with 1 being not very good and 10 being amazing, how would you rate your prayer life? What are things that contribute to your number?

Start Thinking.

- Why do you think many people struggle with prayer?
- Read **Matthew 6:5-7**. What is Jesus saying not to do in prayer? Why? What does this reveal to you about prayer?
- Prayer isn’t just an **action** you **do**, but a **way** you **live**. What does this practically look like?
- Read **Acts 13:1-3**. This is an account of the church commissioning and sending missionaries. What two things did they do? Why did they do this?

Start Sharing.

- Do you have a regular rhythm when it comes to prayer? Share what has helped or hindered you when it comes to your prayer rhythm?
- How honest are you when you talk to God? What are the things you find hard to pray for?
- When you pray, do you find it harder to talk to God or to be still and listen for His voice? Why?
- Prayer is less about **discipline** and more about **desperation**. Talk about a time when this was true for you.

Start Doing.

- 7-Up Challenge (First 7 minutes of the day, for 7 days, pray! But don’t pray for yourself)
- Split up into smaller groups and share prayer requests. Spend time in prayer together.
- Hold your group accountable this week when it comes to prayer.