



PRAYER

ICE BREAKERS:

Circle up and answer:

- What does your week look like? Busy?
- Tell them you have a prize for the busiest schedule (make sure you do!) and let the group vote on the busiest.

We live in a fast-paced world where time is precious. Therefore when it comes to God and time spent with him, we may have to build it into our busy schedules.

READ: Acts 2:42-47

- What were the early Christians busy doing?
- Acts 2:42 says they were devoted to what?

Prayer was something the early believers were devoted to!

- What is prayer?
- Why is it important?

READ: Acts 13:1-3

Now, reread verse 3. It says “after they had fasted and prayed.”

- How many decisions do we make without fasting and prayers?
- What is fasting? Is it important?

READ: Matthew 6:6

- What does this say to do in order to have quality prayer?

APPLICATION:

1. Pray more. It's Important!
(Do you feel you pray enough?)
2. Pray over your busy-ness. What could you cut out to be more connected to Jesus in prayer?
3. Try fasting a meal and pray during that time.

