

Prayer and the New Year

Discussion Questions

Leader – It would be helpful if your small group prepared by reading Hebrews 4:14-16 and all of Hebrews 10 before attending group.

Kick Start Question – Do you find it surprising that 50% of people who make New Year’s resolutions do so with little to no confidence of keeping up with their resolution? What does that statistic reveal to us about change and personal growth?

1. Is prayerlessness a problem in our world today? What about within the Church? What about within your life?
2. For the Christian how is prayer an expression of our created purpose? What does it look like when we neglect prayer? What does prayerlessness reveal about our beliefs in relation to God?
3. Guilt often becomes fuel for our motivation to change whether that be in relation to prayerlessness or something else. Why is guilt a poor fuel for our motivations to change?
 - a. Guilt gives us a wrong view of God and a wrong view of us.
 - b. Motivations fueled by guilt only lasts as long as one feels guilty, once the feeling of guilt wears off, so goes the motivations.
4. In relation to prayer specifically how would guilt cause you to approach God?
5. READ – Hebrews 4:14-16

[14](#) Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. [15](#) For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. [16](#) Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

 - How is Jesus described to us hear in Hebrews 4? What role is he given here? And what is His posture towards us?
 - How does the author of Hebrews instruct us to approach God? “let us then with CONFIDENCE draw near to the throne of grace...”
 - As sinful people, on what basis are we able to approach the throne of a holy God?
6. How is grace better fuel for our prayers than guilt?
7. What does grace fueled prayer look like?
 - a. Grace fueled prayer leads us to Praise.
 - b. Grace fueled prayer leads us to Petition.
 - c. Grace fueled prayer leads us to Confession.