

# HABITS OF A HEALTHY DISCIPLE

## SESSION 2: PRAYER

### I. WHAT IS PRAYER?

- A. Prayer is \_\_\_\_\_ to God.
- B. Prayer is \_\_\_\_\_ on God.
  - Nehemiah 2:1-5

### II. WHY DO WE PRAY?

- A. Align our \_\_\_\_\_ with God.
  - Jesus' Example: Luke 22:41-42
- B. God \_\_\_\_\_ us to.
- C. To \_\_\_\_\_ Sin.
  - Matthew 6:13, Luke: 22:40

### DISCUSS AT YOUR TABLES

- How have you experienced prayer deepening your trust or reliance on God?
- How can prayer be a challenge sometimes?
- Have you ever used words from the Bible to shape your prayers? How was it beneficial? If you haven't why do you think it might be helpful?

### III. HOW DO WE PRAY? - \_\_\_\_\_ OF PRAYER

- A. \_\_\_\_\_ (Hebrews 13:15, Revelation 4:8-11)
- B. \_\_\_\_\_ (Psalm 51, 1 John 1:9)
- C. \_\_\_\_\_ (Psalm 106, 1 Thessalonians 5:16-18)
- D. \_\_\_\_\_ (Matthew 7:7-11, Philippians 4:6)
- E. \_\_\_\_\_ (Psalms 13, 22, 88)
- F. \_\_\_\_\_ (Nehemiah 1:4, Esther 4:16, Matthew 6:16-18, Acts 14:23)

#### **IV. READ & DISCUSS: MATTHEW 6:5-18**

Read Matthew 6:5-18 together and discuss the following questions.

1. vv.5-8
  - a) What issues with prayer do you think Jesus is looking to address in these verses?
  - b) How does he say we should pray?
2. vv.9-13
  - a) Where do we see the different elements of prayer we discussed in The Lord's Prayer?
  - b) Aside saying this prayer verbatim, how can this model for prayer inform and shape our own personal prayers?
3. vv.16-18
  - a) What is similar between what Jesus says about prayer and what He says about fasting?
  - b) Is fasting something you incorporate into your life? How has it been beneficial?

#### **V. PRACTICAL WAYS TO \_\_\_\_\_ IN PRAYER**

- A. Prayer during \_\_\_\_\_ time
- B. Prayer \_\_\_\_\_ or \_\_\_\_\_
- C. Prayer \_\_\_\_\_
- D. Pray with your \_\_\_\_\_ (With spouse, with children)
- E. Pray with your \_\_\_\_\_ (Life Groups, Corporate Worship, Prayer Services/Meetings)

#### **ADDITIONAL NOTES:**

## ACTION STEPS

1. Pray, talk to God. That's the best action step I can think of.
2. Try to implement one of the practical ways to engage in prayer we discussed.

## HELPFUL RESOURCES

App: Lectio 365 - [lectio365.com](http://lectio365.com)

*Praying The Bible* by Don Whitney

*Prayer: Experiencing Awe and Intimacy with God* by Tim Keller

*A Praying Life* by Paul E. Miller

Ask Pastor John Podcast: Episode 459 - How to Pray the Psalms: <https://www.desiringgod.org/interviews/how-to-pray-the-psalms>

Article: Learning to Lament: A Guide to Praying in Our Hardest Moments: <https://au.thegospelcoalition.org/article/learning-to-lament-a-guide-to-praying-in-our-hardest-moments/>