

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

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/>