

## How to Pray

### When You Don't Feel Like Praying



#### Message Summary

Prayer is talking with God, which requires submitting to a holy King. It is also where we learn complete dependence on our heavenly Father. If prayer feels challenging, remember that we don't need self-discipline to pray more; we simply need to learn greater dependence on God. As you pray, be specific, be persistent, be expectant, and be yourself.

#### Key Scripture

*"... 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'"*

Matthew 6:9-13 NIV

#### Additional Scriptures

- 1 Thessalonians 5:16-18 NIV
- Matthew 7:7 NIV
- Mark 5:22-24, 27-29 NIV
- Philippians 4:6-7 NIV
- Romans 8:31-35, 37-39 NIV

#### Start Talking

*Find a conversation starter for your group.*

- What are some things you need every day?

#### Start Thinking

*Ask a question to get your group thinking.*

- Think about your journey in talking with God through prayer. How has it changed over time? What do you know about God now that you didn't know when you first started praying?
- Read **Matthew 6:9-13**. How might these verses influence your view of petitionary prayer (asking for yourself) and intercessory prayer (asking for others)?

#### Start Sharing

*Choose a question to create openness.*

- Share about a time when your prayers reflected a genuine dependence on God. What was that situation like?
- In what areas of your life have you become prayerless? How will you reengage by being specific, persistent, and expectant in the weeks and months to come?

#### Start Praying

*Heavenly Father, we thank You for the many ways You care for us. We want our prayers to reflect our full dependence on You. As we pray for ourselves and for others, please show us where we need to be more specific, persistent, and expectant. In Jesus' name, amen.*

#### Start Doing

- Consider where you've become prayerless and set a time to pray over that specific situation every day this week.
- Start the Bible Plan *7 Biblical Prayers and How to Pray Them Today* using Plans With Friends: [www.go2.lc/prayers](http://www.go2.lc/prayers)
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.