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Week eight - *“Without Ceasing”*

1 Thessalonians 5:17 and Romans 12:12

Bottom line: We need the shameless audacity prayers, the bold and specific prayers, and the groaning prayers, but we also need the everyday, normal rhythm of prayer and life together with God.

1. What would you identify as some of the “mountain-top moments” in your life?
2. What would you identify as some of the lowest moments in your life?
3. How did prayer play a role in the mountains and valleys?
4. What’s the difference between our conversation with God in the highs and lows, and in the everyday parts of our life? When do you pray most? How do your prayers change in those different spaces?
5. Read 1 Thessalonians 5:12-18.
 - a. Do any of Paul’s “final instructions” stand out to you more than the others?
 - b. Why do you think “continually” is the adverb Paul chooses to describe how we should pray?
 - c. What does it mean to pray continually, or to pray without ceasing?
6. In Romans 12, Paul gives a similar list of instructions for how to live, and in verse 12 he says they should be “faithful in prayer.” What does that look like in your life, or what would you like that to look like in your life?
7. Take some time to talk about the big things you’ve learned or changed or started to do throughout this study on prayer.
8. What will a daily rhythm of prayer look like for you going forward?