

WEEK 5

PRAYER

WARMUP

How did your reading go this week? What about memorizing Psalm 119:34-35? As a group, say the verses together.

What challenges did you have in memorizing the Word?

What action verbs did you see from Psalm 119? Were there any that stood out to you or spurred you on in your readings?

WATCH

As a group, watch this week's video: Prayer.

WORKOUT

Read Matthew 6:5-13

- What is the posture of prayer that Jesus illuminates?
- What are the elements of prayer that Jesus gives us?

Read Matthew 26:36-46

- What does a passage like this teach us about prayer?
- What does Jesus pray for? What does Jesus warn His followers to pray about?
- How does prayer align our hearts and desires with the will of God?

Read Luke 5:12-16

- Why was it important for Jesus to get away and pray?
- What does a passage like this teach us about our own discipline of prayer?

PRAY

Spend time praying for the members of your group. Pray for continued growth and joy in the Lord. Pray for focus and intentionality in prayer. Praise God, thanking Him for the different members of your group and asking Him to lead them this week.

REPS

This week, pick a time in which you will pray daily (I'd recommend about 10-15 minutes per day). I'd encourage you to write it down or set a reminder or an alarm in your phone to help you get in the rhythm of it. Use that time to pray for the members of your small group, your church family, and your church leaders.

Consider daily reflecting on and reciting the Lord's Prayer. This can be done once per day or multiple times per day. This might be easiest if you establish a schedule or set time you will do this [8 a.m., noon, 4 p.m., 8 p.m., before you eat, etc].

Take a few minutes, personally, to reflect and jot down the answers to these questions:

- Who will I pray for this week?
- Are there any areas in my life that are not living for God's Kingdom? If so, what changes do I need to make to more align myself with His will?
- What are some of the "daily breads" that God has given me? Spend time thanking Him for His sustenance and provision in your life.