

**Rooted!**  
**Rooted in Prayer, Ephesians 3: 1 & Hebrews 4:16**  
**January 6 & 10, 2021**

**Getting Started:** (Choose one or two questions to begin your time together.)

- Do you usually make New Year's Resolutions? What about choosing a word a year?
- How have you thought about the end of 2020 and the beginning of 2021? Could this be your best year ever? What would it take?

**Let's talk about Spiritual Disciplines:**

- How do we see rhythms in the natural world? (seasons, temperatures, life-cycles, plant growth, dying into growing, etc.)
- How did God design us to live our lives in rhythms? (stages of life, sleep cycles, hunger cycles, work/rest, etc.)
- In what ways do you consider yourself a disciplined person? Where do you sometimes lack discipline?

**Section One: De-mystify Prayer.**

- Which of the myths do you tend to believe about Prayer?

**Myth # 1 – Praying life-changing prayers is EASY.**

**Myth # 2 – I don't need to learn to pray – it should come NATURALLY.**

**Myth #3 – When I become spiritually MATURE, prayer will be easy for me.**

**Myth #4 – If my heart is right, I won't get DISTRACTED when I pray.**

- What excites you about establishing a regular time of Bible reading and prayer?
- What seems most daunting about this idea?
- What is more challenging to you – speaking to God, or listening to God?

## **Section Two: Defeat Boredom with Prayer Options.**

- **Pray By a PLAN**
- Did you grow up with any kind of plan like the Baseball Diamond? (Thank you prayers, I'm sorry prayers, Help me prayers)

Consider the **P-R-A-Y** method as an easy to remember plan:

**PRAISE** – Start with a word of thanks for all the wonderful deeds God has done. Praise Him for His love, His mercy, His goodness, His power, and His wisdom.

- How will this align my heart to start my prayer?

**REPENT** – Confess specific sins we have committed and turn away from doing them again. Read 1 John 1:8-9.

- Why is coming clean a crucial part of genuine prayer?

**ASK** – God encourages us to ask for the things that are on our mind. Read Matthew 7: 7-11 (part of the Sermon on the Mount).

- What is the benefit of keeping a list of the requests you've made before God?

**YIELD** – Stay quiet after you have spoken to God and listen to what He might want to say to you.

- Have you ever considered using a journal to record the thoughts and promptings that come to mind while listening for God?

## **2. Pray the BIBLE!**

- Read and pray through Psalms in 2021

**Suggested Spiritual Practices for this week – BE with Jesus, BECOME like Jesus, DO what Jesus did!**

- A. Prayer. Write out a prayer using the P-R-A-Y method. Make sure to leave enough time at the end to sit quietly and listen to God.
- B. Reading and Responding. Read Matthew 6:5-7. How is Jesus instructing us to pray genuinely?
- C. Reach out! Try to identify your ONE or your new ONE this week.