



# Destroying Distractions

Spiritual Disciplines: Prayer  
James 5:13-20



## **Study Description**

*In James 5:13-20, James teaches us to pray in various circumstances, emphasizing the power and importance of prayer in the life of a follower of Christ. This passage encourages us to engage in fervent, persistent prayer, both individually and corporately, as a means of seeking God's guidance, healing, and restoration. This week, as we focus on prayer, we will delve into the spiritual discipline and its role in overcoming distractions and aligning our hearts with God's will.*

### **Share:** (5 Min)

- What's one thing you've prayed for this week? How has God responded?
- Read James 5:13-20 together.

### **Learn:** (10 Min)

- James talks about various kinds of prayer. What kinds of prayer does he mention?
- What correlation does James make in regard to prayer and faith? Why is it crucial to our walk in Christ?
- If God already knows everything about us, why then, as followers of Jesus, do we need to pray?

### **Love:** (10 Min)

- How does prayer create intimacy with God?
- How do you struggle in prayer?
- How can prayer be a powerful spiritual habit? How has it been powerful for you in your walk with Jesus?

### **Live:** (10 Min)

- Jesus teaches his disciples to pray. Read Luke 11:1-4. Take time to openly reflect on the Lord's Prayer. Why do you think Jesus teaches them to pray like this?
- How can we support and encourage each other in our prayer journey, both individually and together?
- How have you seen God answer prayers recently?

### **Prayer** (15 Min)

- Pair up with someone and individually pray for one another before breaking into Trios.

### **Trios:** Split into same-gender groups of three and pick a question. (15 Min)

1. What feelings/thoughts do you have when praying?
2. What are things you often find yourself praying about?
3. What's something you would like to pray for more often?



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Feel free to take any notes in the space below.