06 | PRAY

THE BIG IDEA

Communicating to God through prayer helps our heart connect to His heart.

SETTING OUT

- Do you think that prayer is important in your relationship with God? Why?
- Do you feel like you know how to pray? Do you feel comfortable praying? If not, why not?
- How frequently would you say that you pray? Why do you think that is?

READ

- **Romans 8:26-27**
  - What comfort can you get from these verses in regards to your prayers?
- **Mathew 6:5-13**
  - What is Jesus trying to impress on us through His teachings on prayer?
- **1 Thessalonians 5:16-18**
  - What would it tangibly look like for you to "pray continually"? Why is this kind of prayer life with God worth pursuing?
- **Philippians 4:6-7**
  - We all want what verse 7 promises, but how does verse 6 teach us to get it?
  - How can prayer help us when difficult situations come into our lives?

NEXT STEPS

- Take time right now to pray and simply ask God to help you desire to talk with Him more through prayer.
- Try to identify someone in your life who you admire their prayer life, and set up a time to pick their brain on the topic of prayer.
- write out all the things that you are grateful to God for and through prayer, truly thank God for each of these things.

NOTES

Other verses to reference

Romans 12:12; Colossians 4:2; Ephesians 6:18; Psalm 6:9