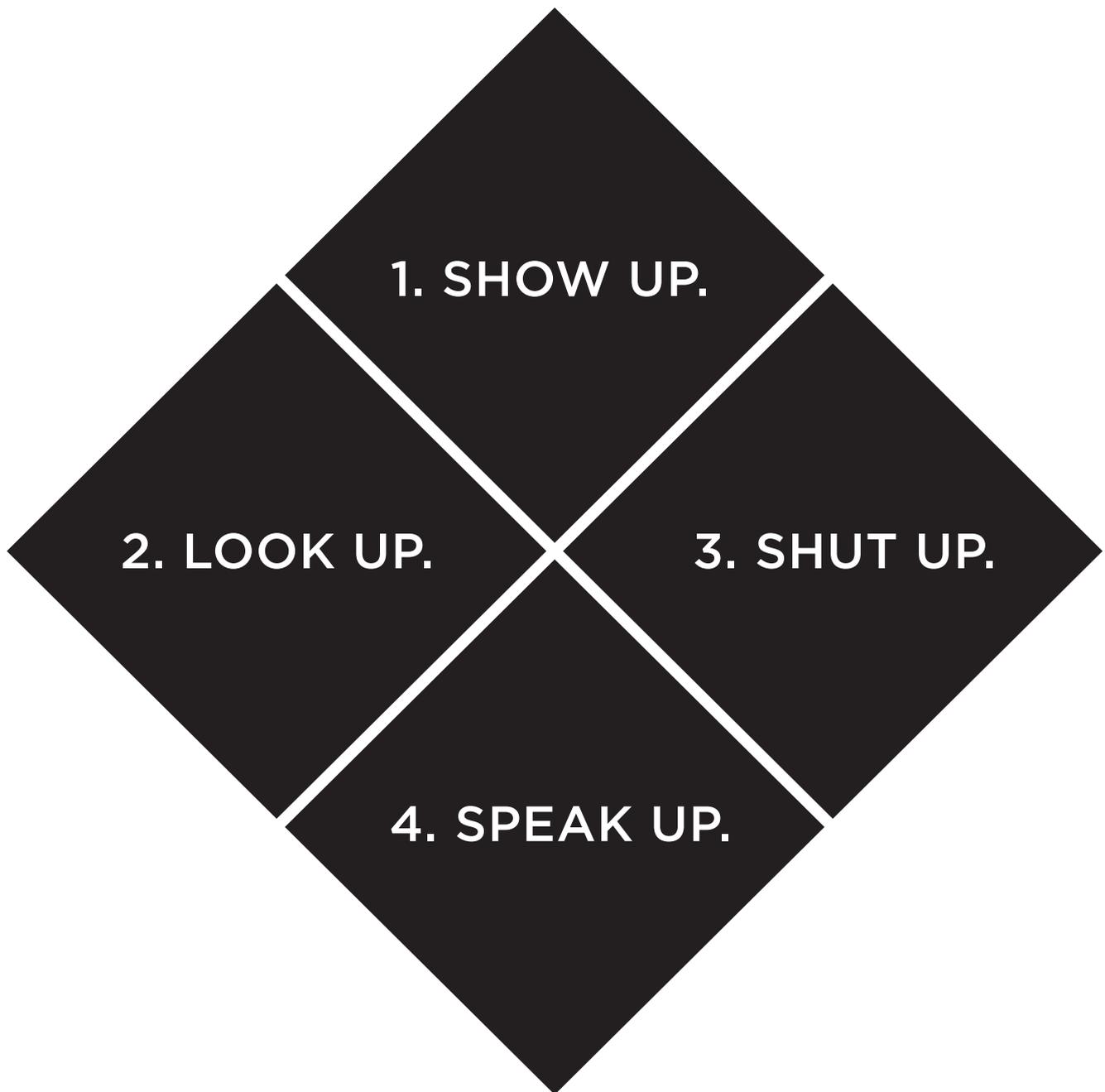


A SIMPLE GUIDE PRAYER



ADAPTED FROM PETE GRIEG - 24/7 PRAYER INTERNATIONAL

SESSION ONE

“We don’t pray because we are into prayer, we pray because we are into Jesus.”(Pete Grieg)
This tool is a simple guide to prayer. There are many approaches to prayer and this one is as simple as it gets! This tool will help you simplify prayer in order to magnify the most important reason we pray!

SCRIPTURE: Mark 1:35. Very early in the morning while it was still dark, Jesus got up, left the house, and went off to a solitary place, where he **prayed**.

Prayer begins with **showing up**.

QUESTIONS

1. Showing up in life is a big deal. Who is someone who has consistently showed up for you?
2. Prayer begins as simple as showing up. Is showing up for prayer difficult or easy for you? Why?
3. Find your place and time to show up. Some people like a chair, others take a walk, for some people it’s on their commute to work. This week find your time and place and go there every day. It will be your anchor to prayer. What is or could be your place for you?
4. In Mark 1:35, Jesus showed up for prayer. How does knowing that Jesus modeled prayer as a key to his life, ministry, and even his power cause you to think about your life.

SESSION TWO

SCRIPTURE: Acts 1:12-14. Then the apostles returned to Jerusalem...when they arrived, they went upstairs to the room where they were staying...they all joined together constantly in **prayer**.

Next we have to **look up**.

So often when we pray we come to him in need and asking for help. Starting prayer that way feeds the belief that God solely exists to help us! However when we **look up** by taking some time to worship and give thanks we place God before ourselves.

QUESTIONS

1. How is this tool helping you think about prayer?
2. Do you have the tendency to focus on your needs and wants in prayer instead of giving thanks and worship God? How does that focus make prayer more about us and less about connecting with our Creator?
3. What are five things you are grateful to God about?
4. This week after you show up begin prayer everyday by looking up and giving God thanks and praise for who he is, what he does, and how he's taken care of you.

SESSION THREE

SCRIPTURE: Psalm 23:1-3. The Lord is my shepherd, I lack nothing. He makes me **lie down** in green pastures, he leads me beside **quiet** waters, he restores my soul.

Thirdly we take time to **shut up**.

We must spend time listening. Many people wonder, 'how do we listen?' We struggle with the notion of not being the one communicating. The primary thing God uses to speak to us is the Bible. So we don't just read the bible for information, but pray the Bible for revelation. We are also told, "*be still and know that I am God,*" (Psalm 46:10). God often speaks in a still small voice, therefore in a busy world we need take time to be still. We must go beside quiet waters and let our Good Shepherd speak to our hearts.

QUESTIONS

1. Do you find the concept of listening to God difficult? Why or why not? How could shutting up for 5 minutes every day and listening to God be a game changer for you?
2. What is something you've heard God speak to you about (not audibly, but impressed on your heart)?
3. This week - show Up, look Up, then spend time everyday **shutting up** for at least 5 minutes. Listen and if you sense God speaking write down what you feel and hear in your heart.

SESSION FOUR

SCRIPTURE: Psalm 5:3 In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.

Lastly we get to **speak up**.

After we show up, look up, and shut up we can speak up. The Bible says that God wants to hear our cries, needs, and even our wants. So now is the time we can pray, “give us our daily bread.” We can even pray audaciously and ask, seek, and knock for miracles!

QUESTIONS

1. Is making requests to God difficult for you? Why or why not?
2. In addition to asking for things for ourselves we can intercede for others and ask in prayer for them. Who is someone who needs prayer that you can intercede (or pray for them)?
3. Psalm 5:3, uses the phrase, “I lay my requests before the Lord and wait patiently.” Often patience is the most difficult part of prayer. Why do you think God often makes us wait?
4. How has this tool helped you pray?
5. What are 1-2 things we can be praying for one another about?