

Spiritual Practices—Prayer

Community Discussion—

1. Describe your view and feelings towards prayer. What is your greatest obstacle to meeting with God in prayer?
2. Are there any aspects of the teaching that are new to you? How could you incorporate these beliefs and practices into your prayer life?
3. **Read John 14:12-14 & John 15:12-17.** What do these verses teach us about prayer?
4. What practices or tools have helped you engage in the practice of prayer?
5. How can you challenge and support one another as you grow in the spiritual practice of prayer?
6. **Pray together.**

In groups of 3-4, use one of the acronyms below to lead your prayer time.

Praise

Repent

Adoration

Yield

Adoration

Confession

Thankfulness

Supplication

Optional: Form prayer teams of 2-3 people to connect—by phone, text, or in person—before your next group meeting to pray for one another.

Personal Practice—

During your daily time with Jesus this week, emphasize prayer. Devote time to share your heart with God and time to “Be Still” in his presence and let the Holy Spirit share his heart with you.

Prayer is a time to enjoy being with God, like a child who loves time with his or her father.

Try 3 by 3 Prayer Practice.

In this practice, set a reminder or alarm to alert you 3 times a day (do your best to spread these times out throughout your day).

With each reminder, take 3 minutes to pray with God using 3 prompts:

- 1) Recognize that He is present and loves you.
- 2) Ask for Jesus’ heart, perspective, and insight.
- 3) Invite Him to lead you in whatever you are doing (work, play, relationships, etc.).

Check out the Prayer Tips on the next page.

Prayer Tips—

1. **Consider using one of the acronyms you used in your group as a template for prayer.**
 - *Especially early on in establishing a rhythm of prayer, it helps to have structured themes to lead your prayers.*
2. **Journal or pray out loud to keep your mind centered and focused.**
 - *Verbalizing your thoughts and heart to God is impactful and helpful to keep your minds in prayer. If you have fleeting or distracting thoughts during your prayer, simply acknowledge them, commit them to God, and continue where you were before that thought came.*
3. **In your prayer time practice confession and repentance before the Lord.**
 - *Repentance and Confession are deeply intimate moments with God where we can bring our real selves to God and receive his Grace to take away our sin and shame and be filled by His Spirit to change our desires and habits.*
4. **On days where you can't think of what to pray, try using a prayer from Scripture:**

<i>Deuteronomy 6:24-26</i>	<i>Matthew 6:9-13</i>	<i>Luke 18:13</i>
<i>Psalms 19</i>	<i>Ephesians 3:14-21</i>	<i>Psalms 51</i>
<i>Psalms 23</i>	<i>Jude 24-25</i>	<i>Ephesians 1:15-23</i>
5. **Dedicate five minutes of your prayer time listening to God instead of talking.**
 - *Try taking intentional, deep breaths to relax your body and mind. This is time meant to let your heart and soul rest with God in the moment. Consider any thoughts or impressions you receive during this time and write them down or share them with a friend.*
6. **Listen to a sermon on prayer: <https://macmissoula.com/messages>**
 - ***Does Prayer Work?** is a three week series giving insight, encouragement, and practical steps for prayer.*