

HABITS OF A HEALTHY DISCIPLE

SESSION 2 PRAYER



September 24, 2025

SESSION 1: RECAP

- Was there anything from our last session that impacted your scripture intake over the past week?
- Did you attempt to memorize any verses? What techniques did you try? What was most helpful?
- What do you find to be the most challenging of the methods of Scripture intake from the 5 finger method?

HABIT 2: PRAYER

PRAYER

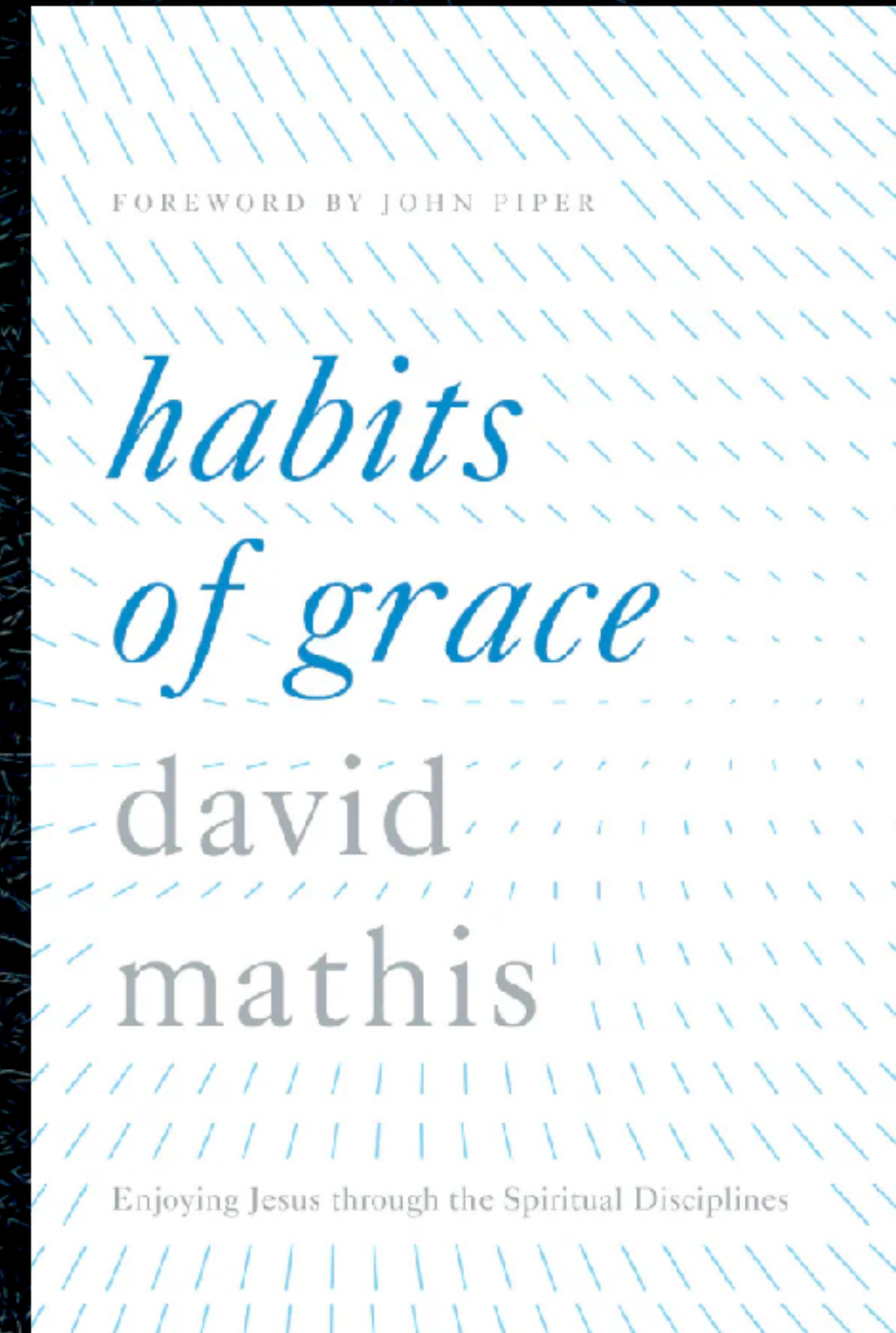
I. WHAT IS PRAYER?

PRAYER

I. WHAT IS PRAYER?

A. Prayer is TALKING to God.

“And wonder of wonders, not only does he express himself and bid us hear his voice, but he wants to hear ours. The speaking God not only has spoken, but he also listens—he stops, he stoops, he wants to hear from you. He stands ready to hear your voice. Christian, you have the ear of God. We call it prayer.”



- DAVE MATHIS

PRAYER

I. WHAT IS PRAYER?

A. Prayer is TALKING to God.

PRAYER

I. WHAT IS PRAYER?

A. Prayer is TALKING to God.

B. Prayer is RELYING on God.

[2] And the king said to me, “Why is your face sad, seeing you are not sick? This is nothing but sadness of the heart.” Then I was very much afraid. [3] I said to the king, “Let the king live forever! Why should not my face be sad, when the city, the place of my fathers’ graves, lies in ruins, and its gates have been destroyed by fire?” [4] Then the king said to me, “What are you requesting?” **So I prayed to the God of heaven.** [5] And I said to the king, “If it pleases the king, and if your servant has found favor in your sight, that you send me to Judah, to the city of my fathers’ graves, that I may rebuild it.”

Nehemiah 2:1–5

PRAYER

II. WHY DO WE PRAY?

PRAYER

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A. Align our HEARTS with God.

[41] And he withdrew from them about a stone's throw,
and knelt down and prayed, [42] saying, "Father, if you
are willing, remove this cup from me. **Nevertheless, not
my will, but yours, be done.**"

Luke 22:41–42

PRAYER

II. WHY DO WE PRAY?

A. Align our HEARTS with God.

B. God WANTS us to.

PRAYER

II. WHY DO WE PRAY?

A. Align our HEARTS with God.

B. God WANTS us to.

C. COMBAT sin.

**“[13] And lead us not into temptation, but deliver us
from evil.”**

Matthew 6:13

**“[40] And when he came to the place, he said to them,
“Pray that you may not enter into temptation.”**

Luke 22:40

PRAYER

II. WHY DO WE PRAY?

A. Align our HEARTS with God.

B. God WANTS us to.

C. COMBAT sin.

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HOW DO WE PRAY?

III. ELEMENTS OF PRAYER

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A. ADORATION

III. ELEMENTS OF PRAYER

A. ADORATION

B. CONFESSION

III. ELEMENTS OF PRAYER

A. ADORATION

B. CONFESSION

C. THANKSGIVING

III. ELEMENTS OF PRAYER

A. ADORATION

B. CONFESSION

C. THANKSGIVING

D. SUPPLICATION

III. ELEMENTS OF PRAYER

A. ADORATION

B. CONFESSION

C. THANKSGIVING

D. SUPPLICATION

E. LAMENT

III. ELEMENTS OF PRAYER

A. ADORATION

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E. LAMENT

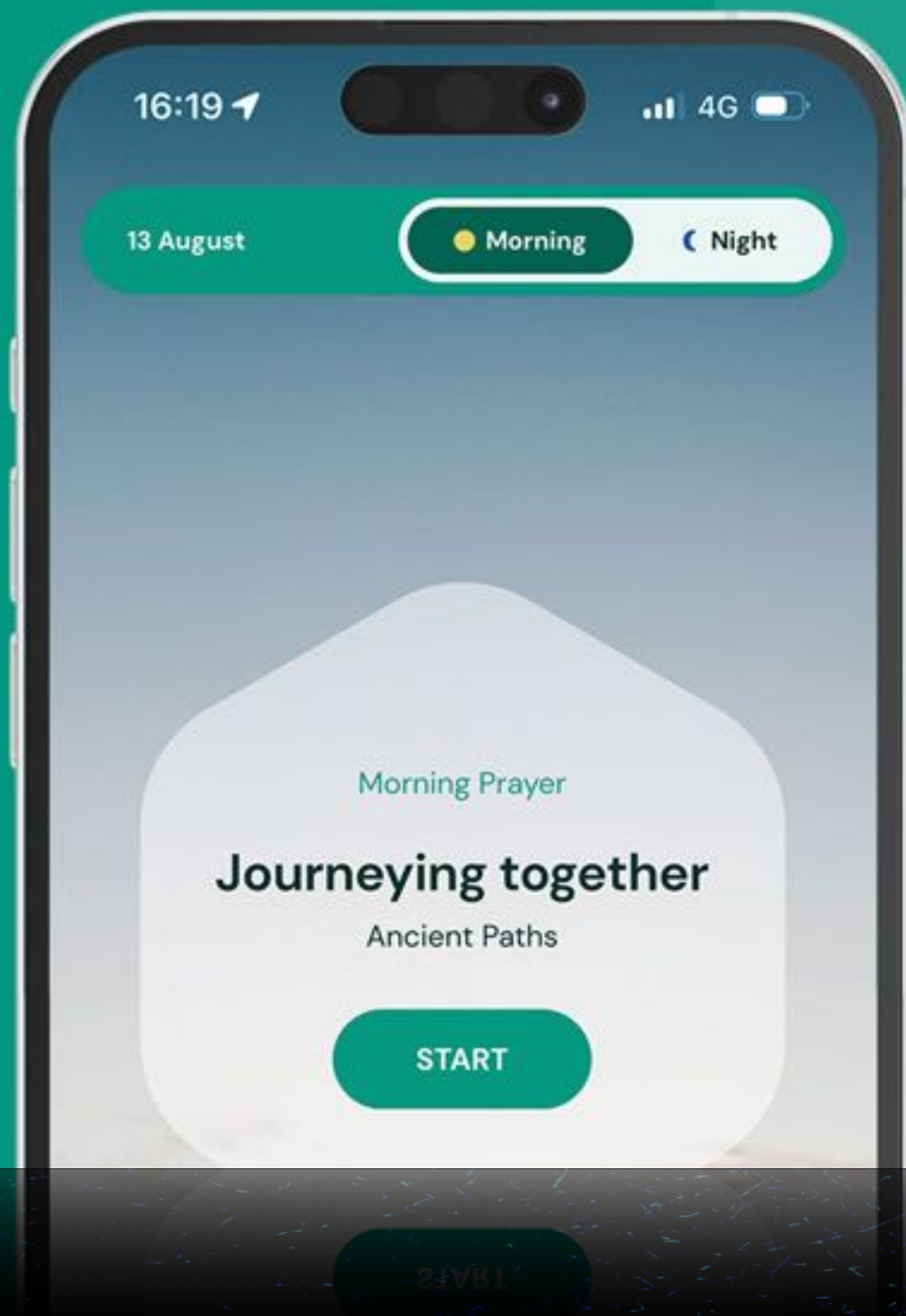
F. FASTING

READ & DISCUSS
MATTHEW 6:5-18

PRACTICAL PRAYER IDEAS

V. PRACTICAL WAYS TO ENGAGE IN PRAYER

A. Pray during quiet/devotional time



Pray the Bible every day, with Lectio 365

FROM  24-7 PRAYER



V. PRACTICAL WAYS TO ENGAGE IN PRAYER

A. Pray during quiet/devotional time

V. PRACTICAL WAYS TO ENGAGE IN PRAYER

A. Pray during quiet/devotional time

B. Prayer List or Journal

V. PRACTICAL WAYS TO ENGAGE IN PRAYER

A. Pray during quiet/devotional time

B. Prayer List or Journal

C. Prayer Walk

V. PRACTICAL WAYS TO ENGAGE IN PRAYER

A. Pray during quiet/devotional time

B. Prayer List or Journal

C. Prayer Walk

D. Pray as a family

V. PRACTICAL WAYS TO ENGAGE IN PRAYER

- A. Pray during quiet/devotional time
- B. Prayer List or Journal
- C. Prayer Walk
- D. Pray as a family
- E. Pray with your church (Life Groups, Prayer Services)

UNITED IN PRAYER

PRAYING FOR OUR CHURCH, COMMUNITY, AND COUNTRY

OCTOBER 19, 2025

5PM



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