



PRAYER HABITS

CONVERSATION #4: PRAYING THE SCRIPTURES

ICEBREAKER: SPEECHLESS

Think of a time when you were left completely speechless. It could have been something really good, like unexpected news, a meaningful moment, or a surprise that caught you off guard. Or it could have been something difficult, like loss, conflict, disappointment, or a moment that felt overwhelming. Take a moment to think about what happened and why you were at a loss for words. Then share your story with the group.

STUDY: WHEN WORDS FAIL US

If we're honest, moments like that don't just happen in life - they show up in our prayer lives, too. There are times we come to God with real emotion, real need, or real confusion, and we don't know what to say or where to begin. Instead of seeing that as a failure, Scripture shows us it's an invitation. Today, we're going to talk about how God meets us in those moments and how He gives us words when our own fall short.

Let's **read Psalm 119:18** together: As you listen to this prayer, notice what the psalmist is asking God to do.

- In your own words, what is the author asking for?

Notice that the author isn't asking for new information or better circumstances - he's asking God to open his eyes. This verse assumes something important about us: on our own, we don't always see or understand what God is doing or saying. We need His help. That's the heart of prayer, especially in this stage of growth. Prayer isn't about sounding spiritual or finding the right words to impress God. It's about admitting our dependence and inviting God to speak when we can't see clearly on our own.

- How would you describe your relationship to prayer in a few words?

Many of us struggle with prayer because, without realizing it, we approach it like consumers. We measure prayer by how it makes us feel or what we get out of it, asking questions like, "Did I feel anything?" or "Did God respond the way I hoped?" When prayer doesn't meet those expectations, it can feel frustrating or pointless.

Prayer isn't something you perform for God - it's a relationship you step into with Him. When you don't know what to say, you're not stuck. God has already given you words through Scripture, inviting you to let His Word guide your prayers. While praying Scripture may feel unfamiliar at first, it's a powerful way to grow in listening, trust, and dependence as you allow God's Word to shape your conversation with Him. Let's look at a few passages that can help us build this habit.

ACTIVITY: MATCH THE MOMENT

Together, read the Scriptures in the boxes. As you read each passage, think about when this verse might be especially helpful. Then, using the “moments” listed below, match each verse to the times you would need it most. A single verse can fit more than one moment, so think carefully and match each verse anywhere it makes the most sense.

Romans 8:26	Hebrews 4:12	John 15:7	Psalms 19:14	Psalms 62:8	Colossians 3:16	1st John 5:14	Psalms 145:8
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Moment	Scriptures
I don't know what to pray.	
I want my prayer to reflect God's heart.	
I feel distant from God.	
I'm overwhelmed.	
I feel stuck and need direction.	
I'm anxious and need peace.	

- Which verse stood out to you the most, and what about it caught your attention?
- Which prayer moment do you find yourself in most often right now?
- How might praying Scripture take some of the pressure off feeling like you have to “get prayer right”?

PUTTING IT INTO PRACTICE

Let's look at an example together as one group. **READ PSALM 23:1-3**

This is a powerful passage, but instead of just reading it, we can respond to it in prayer. That might sound something like this: *“God, help me trust You today instead of living like I'm lacking. Help me remember that You are guiding and providing for me, even when I don't feel it.”*

This is what it looks like to pray Scripture - not adding to God's Word, but letting His Word shape what we say back to Him.

CHALLENGE: BORROWED WORDS, PERSONAL FAITH

This week, choose one meaningful Scripture that speaks to you - something that reflects a need, question, or situation in your life. Rewrite it as a simple, personal prayer - using your own words while staying rooted in what the Scripture says. Pray this same prayer each day throughout the week, allowing God's Word to shape your thoughts, responses, and focus. At the end of the week, share with your discipleship partner(s) how praying this Scripture impacted your perspective or awareness of God's presence.