



## PRAYER HABITS

## CONVERSATION #5: PRAYING HONESTLY

### ICEBREAKER: BROWSER BRAIN

To get us started, let's think about how our brains work a lot like an internet browser. Most of us don't just have one thing open at a time- we've got multiple tabs running in the background. Some are important, some are distracting, and some we forgot to close a long time ago. Take a moment to think about how many tabs might be open in your mind right now, and what page your *main* tab is currently on - what's really occupying your attention? Begin by sharing with your group all the "tabs" you have open.

- Which tab feels the loudest or most demanding in your mind right now?
- Is there a tab that keeps popping back up even when you try to ignore it?
- If you could close just one tab for the next hour, which one would you choose - and why?

### STUDY: JUST AS YOU ARE

As we talk about having all those tabs open in our minds, it helps explain something many of us experience in prayer. Most people don't actually struggle with *whether* to pray - we know prayer matters. What we struggle with is how real to be when we do. When our minds are busy, and our emotions are mixed, prayer can start to sound filtered, polished, or even performative, because we're still learning what it looks like to relate to God personally.

We want God's help, guidance, and peace - but at the same time, we hesitate to bring our whole selves to Him. So instead of pouring out what's actually open in our lives, we offer what feels acceptable or "appropriate." This is where growth begins. Honest prayer is one of the first steps in shifting from being spiritually fed by others to learning how to feed yourself - coming to God on your own, with what's truly there, not just what sounds right.

### READ MATTHEW 6:9-13

What we just read is one of Jesus' most well-known and widely repeated teachings, and because of that familiarity, it's easy to miss what He was actually doing.

Jesus wasn't giving His disciples a rigid script to recite or a formula to follow perfectly. He was responding to a question about *how* to pray by offering a model—a pattern that shows what honest, relational prayer can look like. Over time, many people have treated the Lord's Prayer as something to repeat from memory, but Jesus' original intention was to teach us how to come to God personally, simply, and sincerely.

In another moment, Jesus again teaches His disciples how to pray. Notice the similarity as you read **LUKE 11:1-4**.

But if we keep reading, we get a better understanding of what Jesus was getting at. Stop and **READ LUKE 11:5-13** Here, Jesus tells a story about a friend who keeps knocking, not because he has the perfect request, but because he trusts the relationship enough to be persistent. Jesus' point isn't that God is reluctant or annoyed - it's the opposite. God welcomes our coming, even when we come repeatedly, imperfectly, or urgently.

Jesus then anchors this teaching in a powerful truth: God is a Father who cares deeply about His children. If imperfect earthly parents know how to respond to their children's needs, how much more does God delight in giving what is good? This passage reminds us that prayer isn't about saying the right things - it's about trusting God enough to pour out your heart, believing He hears you, cares for you, and wants to respond with love.

### **ACTIVITY: POUR IT OUT**

Now we're going to put this truth into practice. If prayer is about coming to a Father who cares enough to listen, then this is the moment to drop the filters and be honest. For this activity:

- No Bible language required
- No fixing it or cleaning it up
- No spiritual spin

You can use the notes section in your phone or write out your prayer on a piece of paper, but you are simply going to write a prayer where you pour out what's going on in your heart, that begins like this:

- **God, right now I feel ...**

The goal isn't better wording. The goal is honest connection. God doesn't ask for filtered prayers - He invites your real heart. Take whatever time you need to pour your heart out. You don't have to share this with anyone unless you want to.

### **DISCUSS:**

- What usually shows up first in your prayers - gratitude, requests, frustration, or fear?
- What do you tend to *edit out* when you pray? Why?
- How is praying honestly different from just venting?

### **CHALLENGE: DON'T CHURCH IT UP**

This week, write out your prayers each day in one place - using a journal or notes app - and resist the urge to make them sound "church appropriate." Don't rewrite or improve them; just let them be exactly as they are. The goal isn't to sound put together, but to be 100% honest with God. As you do, you'll start to notice what's really in your heart. This practice matters because it helps retrain us to value honesty over presentation, reminding us that God isn't impressed by polished prayers - He's inviting our real ones.