



spiritual infant

DISCIPLE ME

THE ONE ABOUT PRAYER

PART 1: Praying WITH Confidence

ICEBREAKER: THAT WAS AWKWARD

We've all been there - that painfully awkward conversation where you didn't know what to say, what to do with your hands, or how to end it politely. Maybe it was a first date that went nowhere, a job interview where you accidentally called the boss "mom," or that first time you met your in-laws and said something you immediately regretted.

Take a minute and share a story of an awkward first conversation you've had, the kind that makes you laugh now but made you cringe in the moment.

DISCUSS:

For many people, prayer initially feels the same way: a little awkward and unfamiliar. You don't know what to say or how to say it. You wonder if you're doing it right. Because of this, many people only pray when they're desperate or feel guilty.

For Christians, prayer isn't just a religious habit or practice - it's a relationship. It's how we stay connected to the One who gave us life. When Jesus walked this earth, He didn't just teach about prayer; He *modeled it*.

He prayed early in the morning, late at night, and in every moment in between. He prayed when He was joyful, when He was tired, and when He was in pain. And through His example, He showed us something powerful: that prayer isn't reserved for the "spiritually elite." It's an open invitation for every follower of Jesus - not to impress God, but to draw near to Him.

Prayer isn't about getting the words right - it's about getting your heart open. It's how we breathe in God's love and breathe out trust.

- When you think about praying, what usually makes it feel awkward or challenging?
- Have you ever seen prayer make a difference in your own life or in someone else's?
- Why do you think many people wait until they're desperate or feel guilty to pray?
- What are some moments in your daily life when you could pause and talk to God?

STUDY: PRAY WITH CONFIDENCE

A lot of people believe in God, but still hesitate to talk to Him. Maybe it's guilt from the past, fear of saying the wrong thing, or thinking God has more important people to listen to. But the Bible shows a very different picture of prayer, not as a performance, but as an *invitation into God's presence*.

Read Hebrews 4:15-16

- What stands out to you most from these verses, and why does it stand out?
- How could it be comforting that Jesus understands our weaknesses, temptations, and experiences?
- What do you think keeps people from coming to God with confidence?
- How might your prayers change if you believed that God welcomes you instead of judges you?

Read 1 John 5:14

- According to this verse, how can we have confidence that God hears us?
- What might it look like to align your prayers with God's heart rather than just your own desires?

Read Romans 8:26-27

- How does it make you feel to know that even when you don't know what to say, God's Spirit is still praying for you?
- How might knowing the Holy Spirit "fills in the gaps" change the pressure or expectation you feel when you pray?

Read Psalm 145:18-19

- How does knowing that "*the Lord is near*" impact the way you think about prayer?
- What does this verse tell you about God's posture toward the people who reach out to Him?

CHALLENGE: EVERY DAY DIALOGUE

This week, try praying once a day, not because you're desperate, but because you're *invited*. You could use this simple pattern: **(1) Thank Him** for something good in your life. **(2) Talk to Him** about something that's weighing on you. **(3) Trust Him** with one next step. If it feels awkward - that's okay. God's not grading your words; He's listening to your heart.